



Tim Roufs Inspecting Durians in Singapore Market, 2017

## Anthropology of Food Week 3

### Checklist for Week 3

1.0 What's Happening?

\*5.0 Other Assignments

9.0 (optional)  
For Fun Trivia

(optional)  
Live Chat  
Tuesday 7:00-8:00 p.m.

2.0 Video Explorations

6.0 Midterm Exam

10.0 (optional)  
Extra Credit

(optional)  
Questions / Comments

3.0 Slides

7.0 \*Project

11.0 (optional)  
Other

4.0 Readings  
Semester Readings

\*8.0 Discussion

click links for details)  
= leave page

**Items DUE this week:**  
\*enter on-line  
\*\*upload file

## 1.0 What's Happening Week 3?

**This week we ask the question, “Did cooking make us human?”**

**Week 3 of Anthropology of Food we're traveling back into prehistoric times.** You will see some of these materials also in Chapter Two of *Eating Culture*, “Settled Ingredients: Domestic Food Production,” and in Chapter Four, “Cooks and Kitchens.”

Remember that **archaeology is one of the four main branches (“four fields”) of American Anthropology** (from Weeks 1 and 2). The four fields are Archaeology/Prehistory, Biocultural, Sociocultural, and, Linguistics.

***This week* we're going to have a look at how people get their food in non-industrial societies . . . by Hunting-Gathering or Foraging . . . featuring. It's all part of the Hunting-Gathering-Foraging focus.**

(1) the classic film *The Desert People*,

(2) Ch. 2 of *Eating Cultures*, “Hunter-Gathering or Foraging,” and

(3) the chapters from Michael Pollan's *Omnivore's Dilemma on foraging* (Chs. 15-20).

**It's part of the overall topic of Food Revolutions and the Emergence of Food Production**

**Food Revolutions**

Fake Meat

**Food Timeline**

## 2.0 VIDEO EXPLORATIONS WEEK 3 . . .

**Real People . . . Real Places . . .**

[Videos for the Semester](#)

*Did Cooking Make Us Human?*

*Horizon:*

***Did Cooking Make Us Human?***

(ca. 52 min.)

 [On-line Access](#)

[click ↑ here]

(UMD AVON link updated 2022.08.08)

### **Did Cooking Make Us Human?**

BBC, Horizon, Charles Colville, Helen McCrory (narrator)



Available at: [Films on Demand Streaming Videos \(Duluth campus\)](#)

[course viewing guide](#)





Trying the Hadza hunter-gatherer berry and porcupine diet  
-- BBCNews 23 July 2017

**The first porcupine I ever ate**  
was with some of the last of the very traditional hunters and gatherers of the Leech Lake Reservation. Paul Buffalo (born first in 1898/9 and again on White Oak Point on the 4<sup>th</sup> of July in 1900) and I—in the mid-1960s—shared a porcupine, boiled whole, with his brother “Joe Sky” Nason in a small log cabin in the woods west of Deer River. “Joe Sky” killed it with a wooden club explaining that he just had a hankerin’ for some old time food—very much **like we will see this week in the BBC video *Did Cooking Make us Human?*** Paul Buffalo’s family lived following the traditional seasonal food cycle until WWI, about 1915. They were the last hunter-gatherers of the Upper Midwest.

I had the right-front leg and shoulder of the porcupine, which, when I first saw it, was sticking up out of the pan about four inches, hairy

paw attached. The cooked porcupine had a *really* strong flavor, for my tastes, but the old-time lumberjacks who chewed snuff, chewing tobacco, and plug tobacco most of their lives *loved* porcupine—because it was a food that they could still taste after having ruined their taste buds with a life of chewing snus and plug tobacco (sometimes at the same time). In traditional times *Anishinabe* peoples in northern Minnesota did not generally “hunt” (actually more like *collect*) porcupine. No, they generally left porcupines alone *because* porcupine were very easy to catch—one could do it with just a stick—and porcupine was thus a sort of “survival” food in case they didn’t get other meats (which wasn’t very often). In the classical anthropology film *The Hunters* the small Khoisan\* hunting party of four, of a group which had been without meat in their camp for a month, eventually “collected” two porcupine after coming home empty-handed two or three times.

\*[aka the Kalahari Bushmen, !Kung, San, and other names]

**Anthropologists are finding that women in modern foraging societies have played a major role in catching game**

-- [The New York Times](#) (01 August 2023)

**'Man, the hunter'? Archaeologists' assumptions about gender roles in past humans**

**ignore an icky but potentially crucial part of original 'paleo diet'**

-- [The Conversation](#) (30 May 2023)

**An Unlikely Source of Prehistoric Food Identified**

-- [Archaeology](#) (27 April 2023)

**Was the shift to farming really the worst mistake in human history?**

-- [New Scientist](#) (22 February 2023)

**Prehistoric women were hunters and artists as well as mothers, book reveals**

-- [The Guardian](#) (29 April 2022)

**Hunter-gatherers as models in public health**

-- [OBESITYreviews](#) (02 December 2018)

**Trying the Hadza hunter-gatherer berry and porcupine diet**

-- [BBCNews](#) (27 July 2017)

**'Hadza': the last hunter-gatherer tribe in Tanzania – in pictures**[↗](#)

-- [The Guardian](#) (22 October 2018)

**During Week 3 of Anthropology of Food we're traveling back into prehistoric times.** You will see some of these materials also in Chapter Two of *Eating Culture*, “Settled Ingredients: Domestic Food Production,” and in Chapter Four, “Cooks and Kitchens.”

If you find some of the **names of the prehistoric apes and early humans** (and their home locations) confusing, don't let that bother you. **Not so long ago a whole major species was added to the list: *Homo naledi***[↗](#). The class materials this week will walk you through these foreign-sounding topics, *sans Homo naledi*, and provide a little more illustration to the points that the text makes. The video *Did Cooking Make Us Human?* will also review some of the main prehistoric players in the ancient food scene.

 ***Desert People***

(51 min, 1965)

**Online Access**[↗](#)

(Full Text captioned)

[click  here]

(use with VPN if you need to)

[course viewing guide](#)[↗](#)

Before you view the film *The Desert People*,  
have a look at the **viewing guide**[↗](#)

On the viewing guide focus on the “**Terms / Concepts**”[↗](#) and “**Notes**”[↗](#) sections. Peruse the other information on the film's viewing guide as you see fit.



Eating a "grub worm"  
[Australia](#)



Eating a lizard  
[Australia](#)

Have a look at . . .  
***"Extreme Cuisine" Short Video Clips***

**"Eating Rat at the New Year"** [🔗](#)

**"Eating Live Octopus"** [🔗](#)

**"Eating Bats"** [🔗](#)

**"Eating Insects"** [🔗](#)

[click [↑](#) the above]

Class WebPage:

**Extreme Cuisine** [🔗](#)

[click [↑](#) here]

**3.0 WEEK 3 SLIDES . . .**

Class Slides for the Semester [🔗](#)



Main Characteristics of Anthropology		
<a href="#">WebPage Summary</a>		
week 2:	<b>1</b> The <b>four fields of anthropology</b>	<a href="#">(.pptx)</a>
week 3:	<b>2</b> <b>culture</b> as a primary concept	<a href="#">(.pptx)</a>
	• How about a little game of Jeopardy?	<a href="#">(.pptx)</a>
week 3:	<b>3</b> <b>comparative method</b> as major approach	<a href="#">(.pptx)</a>
week 6:	<b>4</b> <b>holism</b> as a primary theoretical goal	<a href="#">(.pptx)</a>
	• Anthropology and its <b>Parts Chart</b>	<a href="#">(.pptx)</a>
	◦ Enlarged Chart " <a href="#">Anthropology and ... It's Parts</a> "	
week 6:	<b>5</b> <b>fieldwork</b> as a primary research technique	<a href="#">(.pptx)</a>

## Main Characteristics of Anthropology: CULTURE as a primary concept

[\(.pptx\)](#)

[click ↑ here]

## How about a little game of Jeopardy?

[\(.pptx\)](#)

[click ↑ here]

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## Main Characteristics of Anthropology: COMPARATIVE METHOD as major approach

[\(.pptx\)](#)

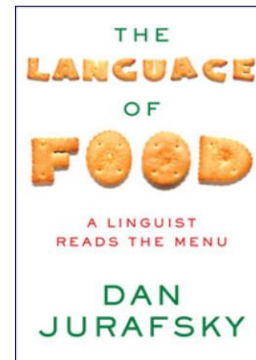
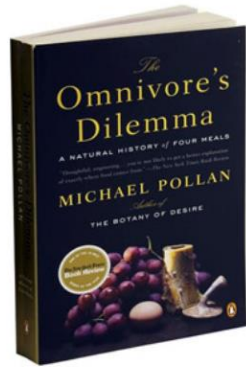
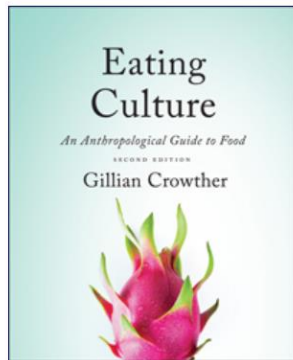
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## 4.0 READINGS FOR WEEK 3 . . .

[Readings for the Semester](#)

[Textbook Information](#)



- **Omnivore's Dilemma, Michael Pollan** -- a nice easy summer perfect beach read
  - Ch. 15 "The forager"
  - Ch. 16 "The omnivore's dilemma"
  - Ch. 17 "The ethics of eating animals"
  - Ch. 18 "Hunting: the meat"
  - Ch. 19 "Gathering: the fungi"
  - Ch. 20 "The perfect meal"

Michael Pollan discusses "The forager" and "The ethics of eating animals" as he has a go at hunting / gathering / foraging as a way people used to get their food in nonindustrialized societies.

## 5.0 OTHER ASSIGNMENT INFORMATION . . .

[Main Due Dates](#)

su2024 [Module 3 – Week 3](#)

## 6.0 MIDTERM EXAM . . .

**Remember, the exams are open-book tests**—so bear in mind that you *do not* have to memorize these names and facts. So familiarize yourself with the materials, but don't spend too much time trying to commit the details to memory. (If you haven't read the materials about the Anthropology of Food exams yet, it might be a good idea to do that before too long. You can find that information at [http://www.d.umn.edu/cla/faculty/troufs/anthfood/afexams\\_midterm.html](http://www.d.umn.edu/cla/faculty/troufs/anthfood/afexams_midterm.html).)

## 7.0 PROJECT INFORMATION . . .

[Basic Information](#)

[Main Due Dates](#)

Keep thinking about your Class Project, about something *that you, personally, are interested in*. Pick out 1-3 things that interest you, that are related to the class, that you think might make a good Class Project.

This Project is something with which you should be able to have *fun*.

Your class Project is your Term Paper, plus a short “work-in-progress” presentation.



*Demosthenes Practising Oratory*  
(1870)

**[Details of Presentation](#)**



*Charles Dickens* (1842)

**[Details of Term Paper](#)**



Your ***Informal Project Statement***[z](#), or Project Proposal, is due by the end of Week 3, **Saturday, 22 June 2024**. Basically that's a short *informal* summary personal statement of what you are interested in doing, how you think you might go about it, and what resources you are thinking about using. It can be as simple as the following:

“For my project I’m thinking about X, or Y, and these are the items I’m thinking about using [add short list]. This is why I’m interested in this/these project(s) [add your reason(s)]. . . .

It is an *informal* statement. A more formal statement will come later on (in Week 5, Saturday, 6 July 2024).

## **8.0 DUE: DISCUSSION WEEK 3 . . .**

(optional) [Online Discussions Information, Rubric, and Sample Posts](#)

su2024 wks 1-3 REM DUE: **“How 'yal doin'?” and How does one really know how your doin'?”**

**DUE: “Covert Entomophagy . . .”**

**DUE: “Anthropophagy”**

## **9.0 (optional) FOR FUN FOOD TRIVIA . . .**

[Food Trivia HomePage](#)[z](#)

(optional) **#1 “If you had to eat a human to survive, which body part should you pick first?”**



[Answer](#)

(optional) **#2 “And after you have finished the first few bites, which parts would taste the best?”**



[Answer](#)

## 10.0 (optional) EXTRA CREDIT . . .

[Basic Extra Credit Information](#)

Extra Credit is available in this class.  
We'll have a closer look at Extra Credit after the Midterm Exam.

## 11.0 OTHER (OPTIONAL) . . .

### (optional) LIVE CHAT: OPEN FORUM / OFFICE HOURS . . .

[Contact Information](#)

Tuesday, @ 7:00-8:00 p.m. (CDT)

[“ZOOM”](#)

[click ↑ here]

or

e-mail anytime: <mailto:troufs@d.umn.edu>

[click ↑ here]



Live Chat is optional.



## QUESTIONS? / COMMENTS . . .

If you have any **questions or comments** right now, please do not hesitate to post them on the  canvas “Discussions”, or e-mail [troufs@d.umn.edu](mailto:troufs@d.umn.edu), or ZOOM <https://umn.zoom.us/my/troufs>. (E-mail is fastest, and most generally best as quite often URLs need be sent.)

Best Wishes,

Tim Roufs

<http://www.d.umn.edu/~troufs>

<https://umn.zoom.us/my/troufs>

[other contact information](#)