Chapter 1

“Next Steps”

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“Setting the Table for a Cultural Feast”

Biocultural Framework for the Study of Diet and Nutrition

Food Systems

Next Steps
The Cultural Feast is organized into three parts:

Part I: “Evolutionary and Historical Roots of Human Dietary Practices”

looks at the evolutionary and historical roots of human dietary practices

The Cultural Feast, 2nd ed., p. 15
Part I: Ch. 2 examines primate and hominid diets and their implications for diet and health today

The Cultural Feast, 2nd ed., p. 15
Part I: Ch. 3 looks at contemporary food systems within a historical context, focusing on the impact of a series of dramatic changes in the ways people interact with the environment to obtain food.

*The Cultural Feast, 2nd ed.*, p. 15
Part II: “Food and Culture”

covers modern human populations

and how the technology, social organization, and ideology related to food production, distribution, and consumption form a set of interacting phenomena that both influence and are influenced by the foods and diets that people consume

*The Cultural Feast, 2nd ed.*, p. 15
Part II: Ch. 4 introduces the concept of culture and describes the influence it has on food practices, including what is considered edible and how groups select certain items to make up their diet.

*The Cultural Feast, 2nd ed.*, p. 15
Part II: Ch. 4

is followed by a more detailed examination of
the major components of culture:

technology (Part II: Chs. 5 and 6)

social organization (Part II: Ch. 7)

ideology (Part II: Ch. 8)
Part III: “Strategies for Addressing Nutrition Challenges” moves beyond the concept of culture to explore the need for and processes of change in contemporary nutrition. It examines some of the important issues in hunger and dietary change and examines issues and various ways to improve human dietary patterns.

*The Cultural Feast, 2nd ed.*, p. 15
Part III: Ch. 9 describes the world food situation and the numerous factors that contribute to...

undernourishment
undernutrition
micronutrient malnutrition
hunger

The Cultural Feast, 2nd ed., p. 16
Part III: Ch. 10 examines the types of solutions that can be implemented at the international, national, and household levels to improve the food supply and make appropriate food available to families and individuals.

*The Cultural Feast, 2nd ed.*, p. 16
and the units of analysis with these latter topics, topics which will be covered towards the end of the semester, are . . .
“units of analysis”:

- one person
- the family
- the community
- a region
- a “culture area”
- a culture / “subculture”
- a nation / several nations
- an item or action itself
- a “cultural metaphor”
Chapter 2
“Diet and Human Evolution”

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