

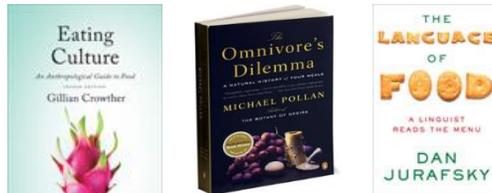
UNIVERSITY OF MINNESOTA

Duluth Campus

Department of Studies in Justice, Culture, & Social Change
College of Arts, Humanities, and Social Sciences

228 Cina Hall
1123 University Drive
Duluth, Minnesota 55812-3306
<http://www.d.umn.edu/socanth>
E-mail: troufs@d.umn.edu
ZOOM: <https://umn.zoom.us/my/troufs>
12 September 2021

Anthropology of Food Week 3



Direct Link
to Canvas

Available on-line in your  canvas folder at

2021 [Canvas Modules](#)
[Module 3](#)

(click links for details)
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[Tim Roufs](#) Inspecting [Durians](#) in Singapore Market, 2017

What's Happening Week 3?

"Settled Ingredients: Domestic Food Production"

THIS WEEK'S HIGHLIGHTS

(click links for details)
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GENERAL COMMENTS FOR THE WEEK . . .

The big question this week is, “just exactly how much food, and what kind of food, do we need to live a healthy life?”

We’ll see; literally.

(optional) **LIVE CHAT / OFFICE HOURS . . .**

(Tuesday, 7:00-8:00 CDT, or E-mail)

[Contact Information](#)

VIDEO EXPLORATIONS WEEK 3 . . .

Real People . . . Real Places . . .

[Videos for the Semester](#)

[Better Brain Health: We Are What We Eat](#)

(42:25 min, CC, 2019)

WEEK 3 SLIDES . . .

[Class Slides for the Semester](#)

And what *are*
our Human Nutrient Needs?

Human Nutrient Needs

(.pptx) [↗](#)

[click ↑ here]

READINGS FOR WEEK 3 . . .

[Readings for the Semester](#) [↗](#)

[Textbook Information](#) [↗](#)

OTHER ASSIGNMENT INFORMATION . . .

[Main Due Dates](#) [↗](#)

f2021 [Module 3 – Week 3](#)

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 Anth 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.)

PROJECT INFORMATION . . .

[Basic Information](#)

[Main Due Dates](#)

DUE: DISCUSSION WEEK 3 . . .

“How 'yal doin'?” and How does one really know how your doin'?”

“Why is it so much easier to choose a doughnut over some broccoli?”

(optional) FOR FUN FOOD TRIVIA . . .

[Food Trivia HomePage](#)

“The human brain encodes what three factors in processing nouns?”

(optional) EXTRA CREDIT . . .

[Basic Extra Credit Information](#)

OTHER (OPTIONAL) . . .

QUESTIONS? / COMMENTS?

General Comments for the Week

The big question this week is, “just exactly how much food, and what kind of food, do we need to live a healthy life?”

We’ll see; literally.

(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.

VIDEO EXPLORATIONS WEEK 3 . . .

Real People . . . Real Places . . .

[Videos for the Semester](#)

Better Brain Health: We Are What We Eat

(42:25 min, CC, 2019)

 [on-line access](#)

[click  here]

[Top Documentary Films Description](#)



Directed by: Raphaël Hitier

“We know that certain foods will expand our waistline, but might they also shrink our mental capacity? Food science has taken a turn for the cerebral as researchers are studying the impacts that food can have on the function and vitality of the human brain. Many of the surprising findings are included in the illuminating documentary *Better Brain Health: We Are What We Eat*. “

“Even prior to our birth, the nourishment we receive determines the development of our brain. In one study of 23,000 pregnant women, it was discovered that the pre-natal consumption of large amounts of sweet, sugary foods resulted in higher incidents of stress, anti-social behaviors and other cognitive issues later in the child's life. Dietary deficiencies have produced similar consequences in laboratory mice. “

“It has been shown that the consumption of omega-3s in the form of seeds, nuts, oily fish and vegetable oils improve upon the electrical properties of nerve cells in the brain. But so few consumers actually receive the nutritional benefits of these foods in their daily diet. “

“The industrialized world relies heavily on processed foods, including those that are composed of astronomical volumes of high fructose corn syrup. Research indicates that these foods produce disturbing imbalances within the brain, which often express themselves in the form of aggression, listlessness and agitation. In one study, hamsters on a strict corn-based diet even resorted to cannibalism. “

"Can nutrition play a role in curbing society's scourge of crime? In one of the film's most fascinating segments, we visit a researcher in the Netherlands who has embarked on an ambitious study in search of the answer."

"The film presents an international panel of nutrition experts who speak to the power of a proper diet in regulating our mood, impulse control and decision making. Their conclusions are supported in a series of inventive laboratory experiments."

***"Better Brain Health: We Are What We Eat* presents an in-depth view of a growing field of research that continues to uncover new possibilities and conclusions. Along the way, we understand the importance of nutrition and learn how we might be capable of retraining our brains to seek out healthier alternatives." -- Top Documentary Films**

WEEK 3 SLIDES . . .

[Class Slides for the Semester](#)

And what *are* our Human Nutrition Needs?

Have a look at these slides using the "slide show" mode:

Human Nutritional Needs

[\(.pptx\)](#)

[click ↑ here]

the
Biocultural Framework
for the Study of Diet and Nutrition
includes

- Nutritional Status
- Biological Makeup
- **Human Nutrient Needs**
- Diet
- Cuisine
- The Environment
 - Physical Environment
 - Sociocultural Environment
 - Economic and Political Environment

individual nutritional needs

The Cultural Feast, 2nd ed., p. 6

Nutritional Status

(.pptx) [↗](#)

[click ↑ here]

Biocultural Framework
for the Study of Diet and Nutrition
includes

- **Nutritional Status**
- Biological Makeup
- Human Nutrient Needs
- Diet
- Cuisine
- The Environment
 - Physical Environment
 - Sociocultural Environment
 - Economic and Political Environment

individual nutritional needs

- **Biocultural Framework for the Study of Diet and Nutrition: Introduction** (.pptx) [↗](#)
 - **Nutritional Status** (.pptx) [↗](#)

(optional)

- **Biological Makeup** (.pptx)[↗](#)
- **Human Nutrient Needs** (.pptx)[↗](#)
- **Diet** (.pptx)[↗](#)
- **Cuisine** (.pptx)[↗](#)
- **The Environment** (.pptx)[↗](#)
 - **Physical**
 - **Sociocultural**
 - **Economic and Political**

- **Food Systems** (.pptx)[↗](#)

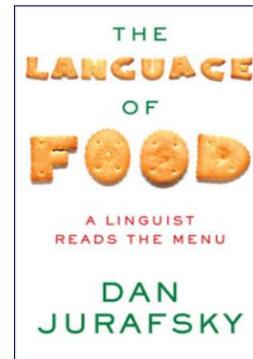
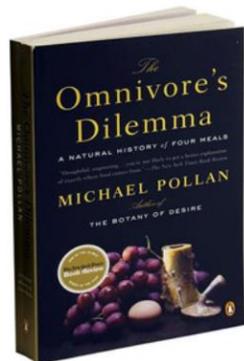
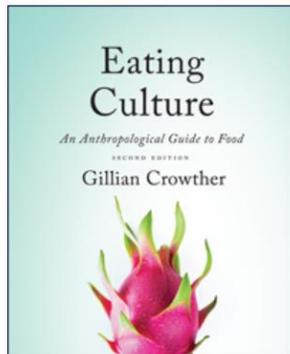
- Figure 1.1 from *The Cultural Feast: Biocultural Framework for the Study of Diet and Nutrition*[↗](#)

- Nutrition Labels[↗](#)

READINGS FOR WEEK 3 . . .

Readings for the Semester[↗](#)

Textbook Information[↗](#)



- **Eating Culture, Second Edition, Gillian Crowther**

- CHAPTER TWO: SETTLED INGREDIENTS: DOMESTIC FOOD PRODUCTION

- **Omnivore's Dilemma, Michael Pollan**

- Ch. 15 "The forager"
- Ch. 16 "The omnivore's dilemma"
- Ch. 17 "The ethics of eating animals"

(We're starting this book here, with Michael Pollan's discussion of "The forager" and "The ethics of eating animals" as next Week we begin having a closer look at hunting / gathering / foraging as a way people get their food in nonindustrialized societies)

- **The Language of Food, Dan Jurafsky**

- (Assignments start in [Week 4](#))

OTHER ASSIGNMENT INFORMATION . . .

[Main Due Dates](#)

f2021 [Module 3 – Week 3](#)

MIDTERM EXAM . . .

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http://www.d.umn.edu/cla/faculty/troufs/anthfood/afexams_midterm.html.)

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, or Project Proposal, is due by the end of Week 4, **Saturday, 25 September 2021**. 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 7, Saturday, 16 October 2021).

DUE: DISCUSSION WEEK 3 . . .

“How 'yal doin'?’ and How does one really know how your doin'?”

**"Why is it so much easier to choose a doughnut over some broccoli?
This is what's going on in your brain . . ."**

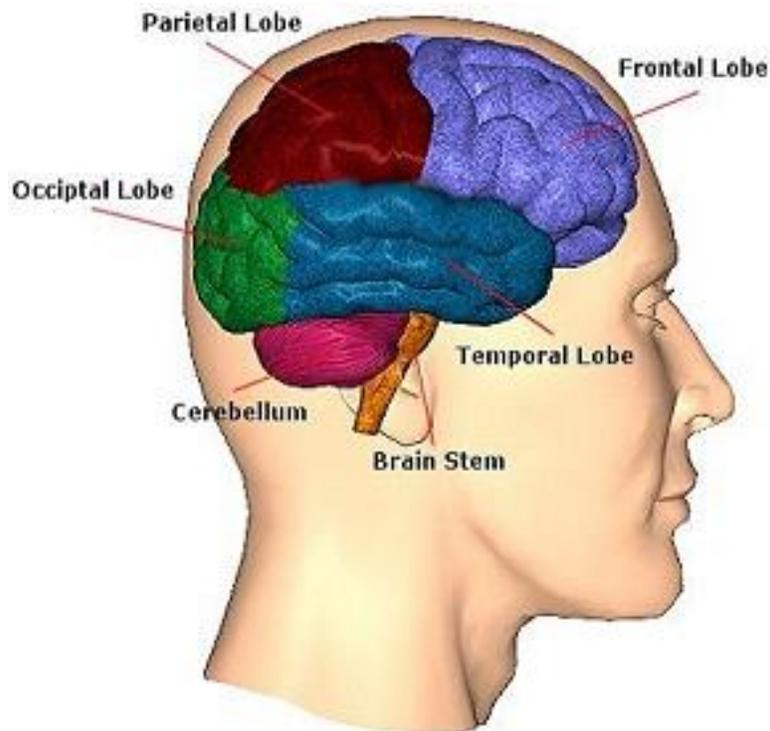


BBC (4:50, 20 July 2020)

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

[Food Trivia HomePage](#)

“The human brain encodes what three factors in processing nouns?”



[Answer](#)

(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.

OTHER (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, 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](#)