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22 September 2019

Anthropology of Food Week 5



**"Cooks and Kitchens"**

**Midterm Preparations**

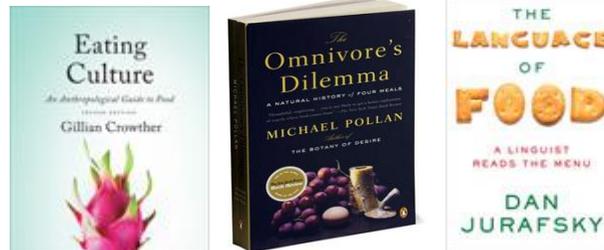
**Catch Up**

**Food and Religion**

**Video Explorations:**

*Food for Body and Spirit* (29 min.)

**"Extreme Cuisine" Short Videoclips**



**1. Midterm Exam Next Week**

**2. Catch Up**

**3. Food and Religion (Intro.)**

**4. Assignments**

In the News:

**Our text *Omnivores Dilemma* by Michael Pollan has just been named one of the best books of the 21<sup>st</sup> century**

<https://www.theguardian.com/books/2019/sep/21/best-books-of-the-21st-century>

## **1. Midterm Exam**

**The Midterm Exam is coming up  
—next week.**

**When they are available—and that will be shortly—use the annotated questions from the assignment of last week as **study questions**.**

**They will be at**

[https://canvas.umn.edu/courses/124753/discussion\\_topics/375429](https://canvas.umn.edu/courses/124753/discussion_topics/375429)

Other **Information on the Midterm Exam** is available at

# Midterm Exam General Information

<[http://www.d.umn.edu/cla/faculty/troufs/anthfood/afexams\\_midterm.html](http://www.d.umn.edu/cla/faculty/troufs/anthfood/afexams_midterm.html)>.

**This could be a handy reference  
when reviewing the readings for the exam:**



([link](#))

## 2. Catch Up

**This week take a little time to catch up . . .**



## 3. Food and Religion (Intro.)

### After the exam

we'll spend much of the rest of the semester (up until it we look at your [Research Project](#)) examining how people get their food in nonindustrial and industrial cultures, and in exploring the social, corporeal, sacred, psychological, political, economic, and cultural aspects of food—that's the holistic anthropology approach (you remember that from Week 1).

In short, after the Midterm Exam,

## “Food and Culture”

will be our focus.

And, hopefully, in the last part of the term you will be **applying your analytical anthropological skills** that you have been developing and honing in the first four weeks of the course.

We begin our focus on Food and Culture this week by looking at **food as medicine**, and how food amongst traditional Chinese Buddhists **unites** families.

**So this week you should watch the short** (29 min.) **film** *Food for Body and Spirit*—the second film of a classic four-part series, *A Taste of China*—the film shows **how in traditional Chinese culture religion and food has united families for over a thousand years.**

*Food for Body and Spirit* visits a sacred Taoist retreat, high on Blue City Mountain in Szechuan Province, China.

 ***Food for Body and Spirit*** (29 min.)

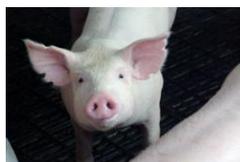
[\*Food for Body and Spirit\* Viewing Guide](#)



Next week we'll have a look at another film as  
part of a **“controlled comparison”**  
involving . . .  
—**Chinese : Buddhism : Food**  
**in China and Malaysia**

In *Food for Body and Spirit* we have a look at a Chinese Taoist temple and Buddhist Slow Food and [Locavorism](#) which has a thousand year history . . . and we see **how food holds Chinese culture *together* . . .**

Next week, in *The Pig Commandments*, we'll see **how food *tears apart*** a major segment of Chinese culture in Malaysia.



# 4. Assignments

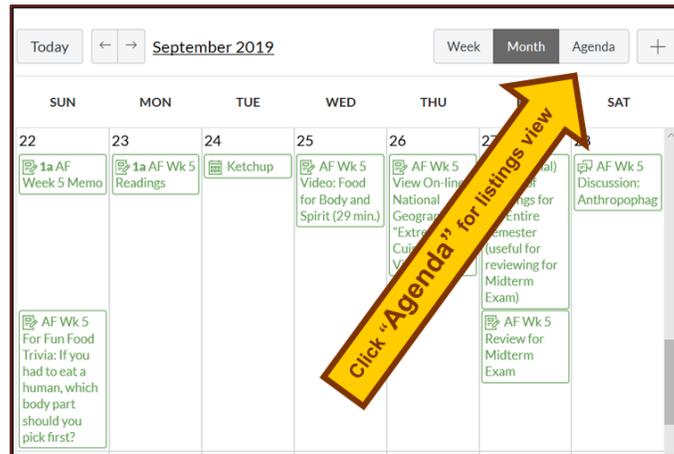
... **this week** are listed on your **"Calendar"**.



**REM: Links on screenshots are not "hot" (active/live)**

Today		← → September 2019		Week		Month		Agenda		+	
SUN	MON	TUE	WED	THU	FRI	SAT					
22	23	24	25	26	27	28					
<p>📅 1a AF Week 5 Memo</p> <p>📅 AF Wk 5 For Fun Food Trivia: If you had to eat a human, which body part should you pick first?</p>	<p>📅 1a AF Wk 5 Readings</p>	<p>📅 Ketchup</p>	<p>📅 AF Wk 5 Video: Food for Body and Spirit (29 min.)</p>	<p>📅 AF Wk 5 View On-line: National Geographic "Extreme Cuisine" Short Videoclips</p>	<p>📅 (optional) AF List of Readings for the Entire Semester (useful for reviewing for Midterm Exam)</p> <p>📅 AF Wk 5 Review for Midterm Exam</p>	<p>📅 AF Wk 5 Discussion: Anthropophag</p>					

**AND REM: Clicking on “Agenda” will give you a listings view**



**And for Fun Food Trivia . . .**

**If you had to eat a human to survive,  
which body part should you pick first?**



Answer

If you have any **questions** right now, please do not hesitate to post them on the  **canvas** Course “Chat”, or e-mail [troufs@d.umn.edu](mailto:troufs@d.umn.edu), or stop by Cina 215 if you’re in the neighborhood [\[map\]](#).

Best Regards,

Tim Roufs

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