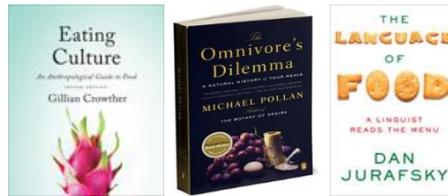


Anthropology of Food Week 2 (Module 2)



Direct Links
to Canvas

Available on-line in your  canvas folder at

<http://canvas.umn.edu/> 

[Syllabus](#) 

[Calendar](#) 

What's Happening this Week

THIS WEEK'S HIGHLIGHTS

(click links for details)

 = leave page



General Comments for the Week

I hope your first week with Anthropology of Food went well, and that it has been enjoyable, and that you are liking the readings and other materials.

Don't forget to check up on your classmates and prof . . . if you haven't already done so.

Your Classmates and Prof

The Course: Part I

REM: Did you finish your [Self-Assessment](#) 
from last week?

Live Chat: Open Forum / Office Hours

[Contact Information](#) 

Video Explorations

Real People . . . Real Places . . .

[Videos for the Semester](#) 

This Week's Slides

[Class Slides for the Semester](#) 

Readings for the Week

[Readings for the Semester](#) 

REM: [Textbooks](#) 

Other Assignment Information

Main Due Dates

[Main Due Dates](#) 

[Calendar](#) 

Week 2 (Module 2) Calendar

Discussion

“Food and Climate Change”

Canvas Cell Phone Apps

For Fun Trivia

What would Willie Nelson's Last Supper be?  s2021

What were the American frontiersman
Kit Carson's Last Words?  s2021

For other optional items for the week check “Calendar”  or “Syllabus” 

Questions? Comments?

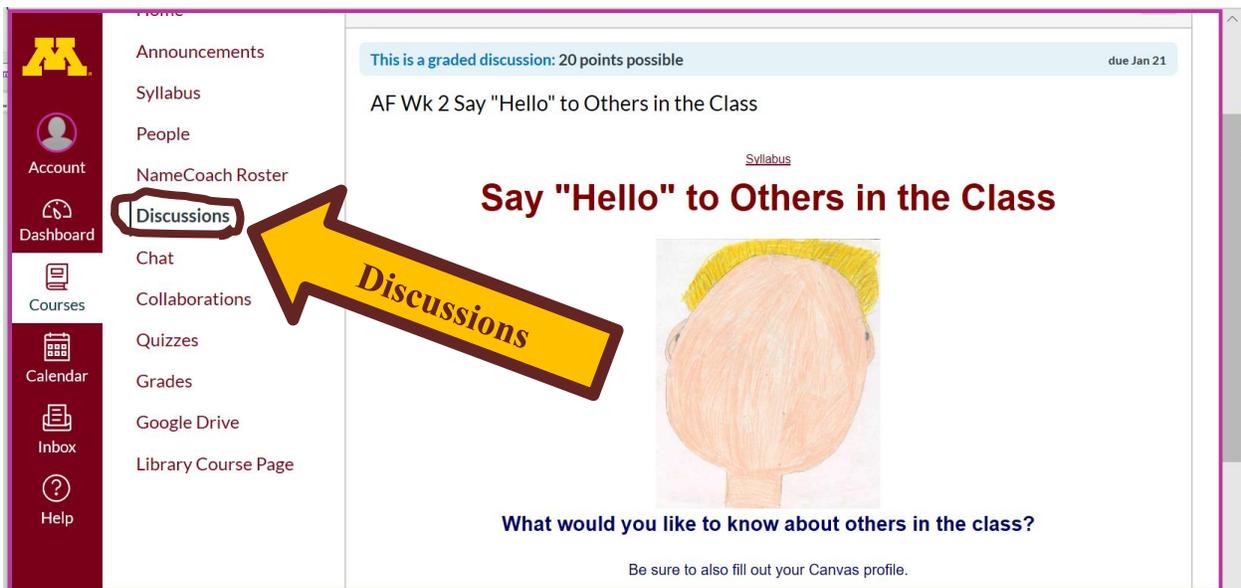
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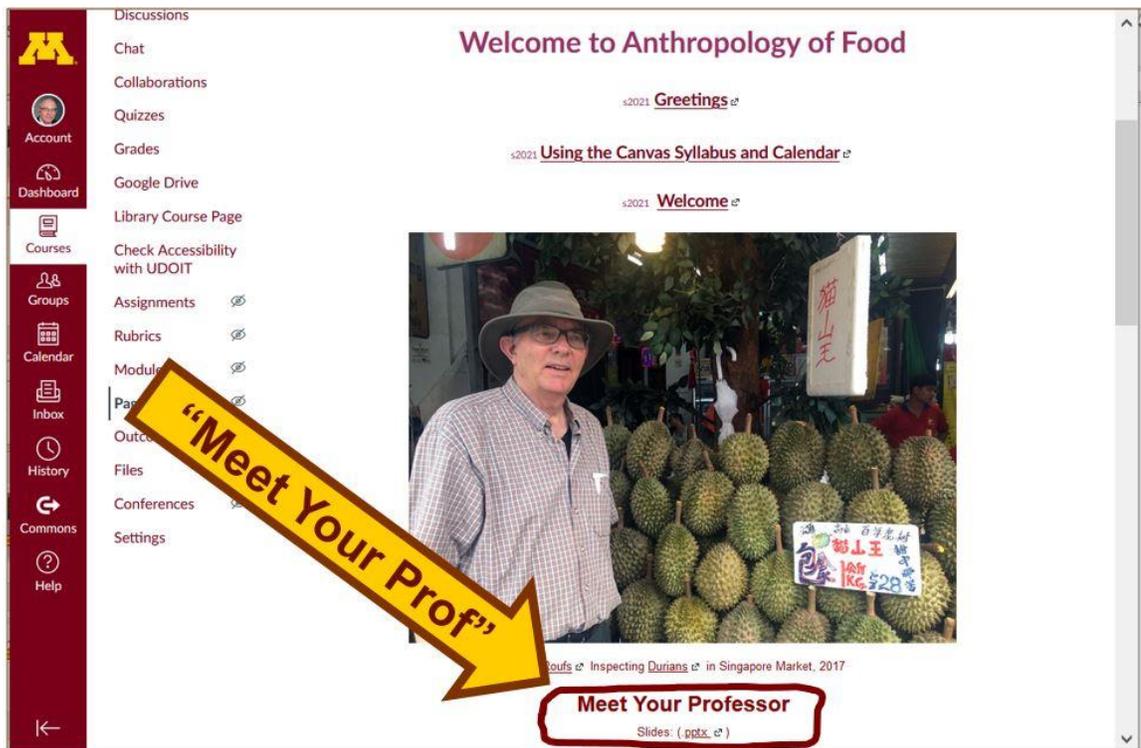
If you haven't already done so, meet the others in class. Have a look at the "Introduce Yourself" entries in the "Discussion" section of your  folder.



Say “Hello” to others in the class . . .
and
[Meet Your Professor . . .](#)

If you are curious about me, more than you probably want (or ought) to know is available on the [Meet Your Professor](#) page <http://www.d.umn.edu/cfa/faculty/troufs/MeetYourProfessor.html>. More that you or anyone needs to know is available, with some nice photos, at http://www.d.umn.edu/~troufs/anthfood/PowerPoint/af-meet_your_prof.pptx.

A while back one of the students seemed to especially like the part where the older folks in my home town of Winsted, MN, talk about the time I burnt the Town Hall by my dad's restaurant down (which I didn't, I only burnt half of the back side off.)



The Course: Part I

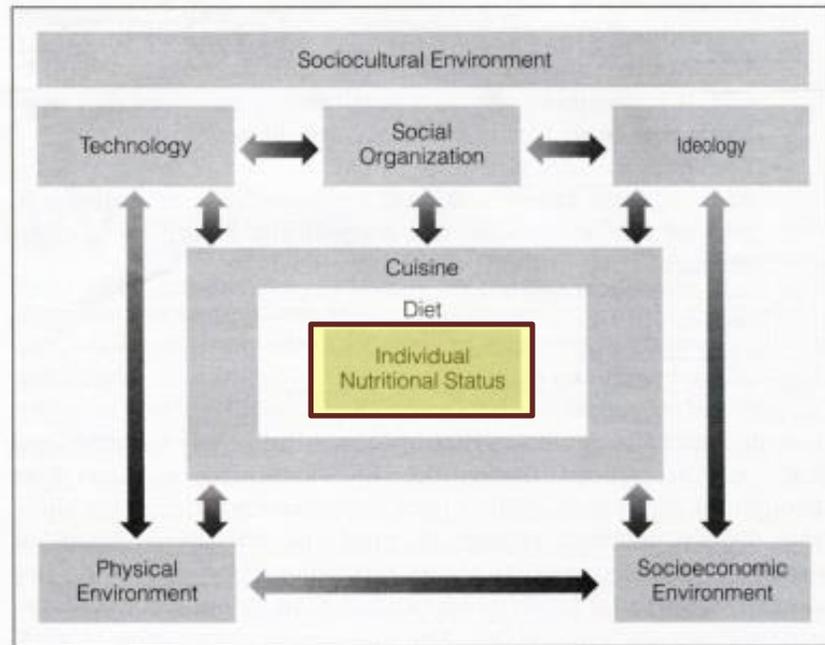
Anthropology graduates, reflecting back on their time with us at UMD, suggested in our surveys that it would be a good idea to tie the individual

courses in the Anthropology curriculum together a little more. So that's what we're going to do for much of the next two or three weeks, after we finish the **Orientation and Introduction**.

This will also help set **the basic analytic, theoretical, and historical framework** for the course. This material should provide you with the **background and analytical tools** to help you with **your class Project**, and help you begin to make sense out of the topics that follow later in the course—a good deal of which will be provided *via* video—and towards the end of the semester with your class presentations.

Once you have mastered the basic information and conceptual framework relating to the Anthropology of Food—an approach centered on the **“Biocultural Framework for the Study of Diet and Nutrition”**  which is one of the main items of the week—we will have an intensive look at a series of food-related issues from around the world.

Figure 1.1
Biocultural Framework for the Study of Diet and Nutrition



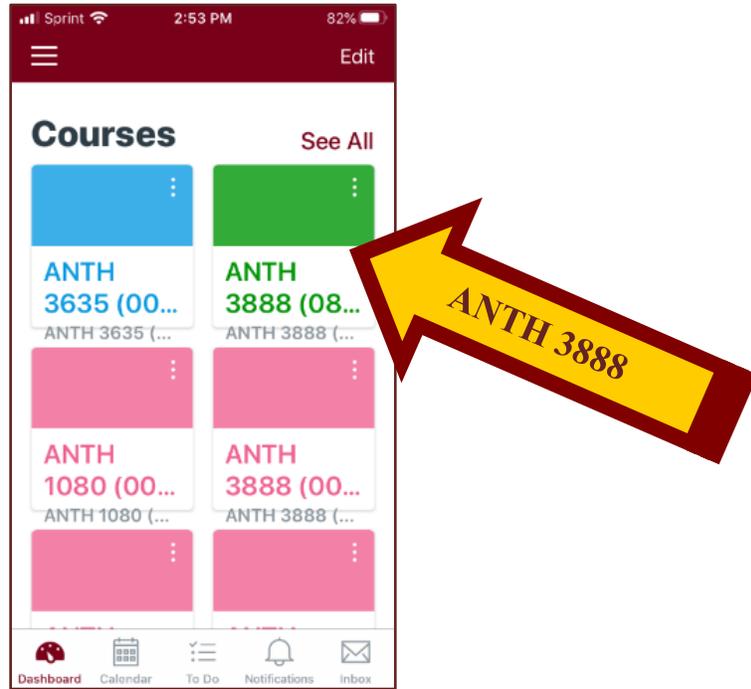
Source: Authors

Some of the **slide sets** for this and the next couple of weeks are **fairly long**, but bear with them as the programs as they provide important information.

Canvas Cell Phone Apps

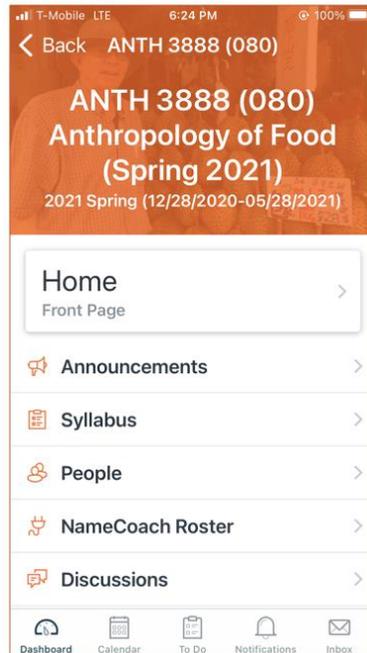
Your *Dashboard* screen on your Canvas phone app (available *via* the [What is the Canvas Student app?](#) [link](#)) looks something like this:

NOTE: External links may not work on all phones



Your *“Home”* page on your Canvas phone app looks something like this:

NOTE: External links may not work on all phones

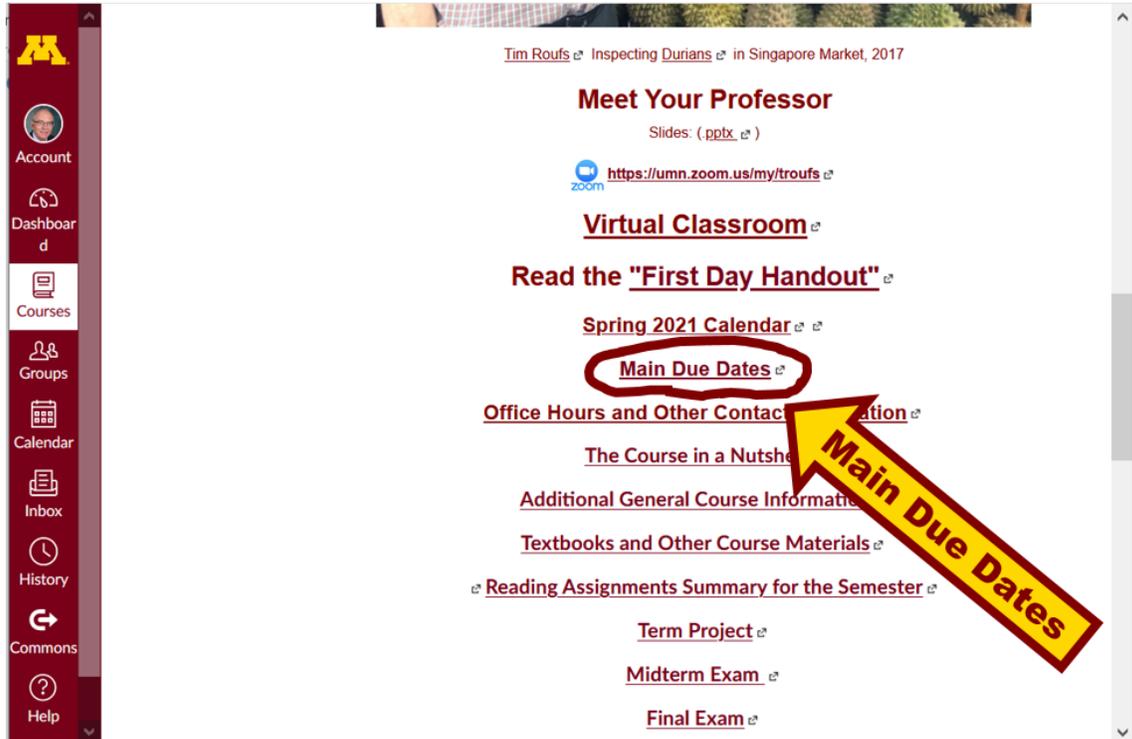


Main Due Dates

are listed at

<http://www.d.umn.edu/cla/faculty/troufs/anthfood/afdue-dates.html#title>

[including Term Paper / Exams / Extra Credit Papers . . . not including weekly *Discussions* and Review assignments . . .]



Live Chat: Open Forum / Office Hours

[Contact Information](#)

Tuesday, 19 January 2021 @ 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

Real People . . . Real Places . . .

[Videos for the Semester](#)

 ***Better Brain Health: We Are What We Eat***

(42:25 min, CC, 2019)

You Tube [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

Slides

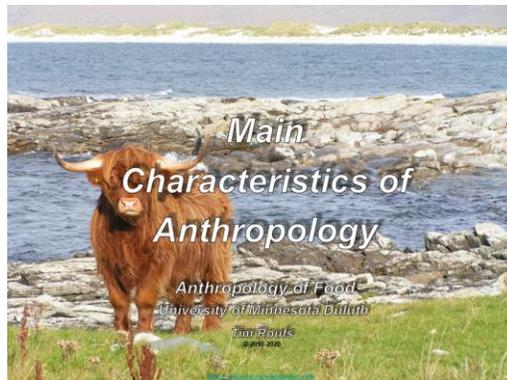
[Class Slides for the Semester](#)

“Main Characteristics of Anthropology: Introduction”

(continued from last week)

[\(.pptx\)](#)

[click ↑ here]



And what *are* our Human Nutrition Needs?

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

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
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includes

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

**individual
nutritional
needs**

Readings for the Week

[Readings for the Semester](#) 

REM: [Textbooks](#) 

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

- CHAPTER ONE: OMNIVOROUSNESS: CLASSIFYING FOOD

- **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)

Your Class Project

Start thinking a little bit about your Class Project [↗](#).

Start thinking about something *that you, personally, are interested in*, and we'll work things out from there.

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

It's a good time to have at least a quick look at the information for your class project [↗](#), which you can find at <http://www.d.umn.edu/cla/faculty/troufs/anthfood/afproject.html#title> [↗](#).

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, 6 February 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, 27 February 2021).

Other Assignment Information

[Main Due Dates](#) [↗](#)

[Calendar](#) [↗](#)

Week 2 Calendar (Module 2)

REM: Links on screenshots are not “hot” (active)

The screenshot shows a Canvas LMS calendar interface for Week 2 (Module 2). The calendar is organized by day (SUN to SAT) and time slots. Annotations include:

- Readings:** A yellow arrow points to the 12:01a slot on Sunday, 17th, labeled "Readings".
- What's Happening:** A yellow arrow points to the 8:01a slot on Sunday, 17th, labeled "What's Happening".
- Live Chat:** A blue arrow points to the 7p slot on Tuesday, 19th, labeled "Live Chat".
- Video On-line:** A yellow arrow points to the 8:01a slot on Wednesday, 20th, labeled "Video On-line".
- Discussion:** A yellow arrow points to the 8:02a slot on Friday, 22nd, labeled "Discussion".

Text at the bottom of the screenshot reads: **Live Chat Tuesday 7:00 – 8:00 p.m. The links to the videos are on your Canvas calendar**

Discussion Topic

“Food and Climate Change”



For Fun Food Trivia for the Week . . .

Week 2 First Question

This week our **trivia questions for fun** relate to the last meals of last week . . .

What would Willie Nelson's Last Supper be?

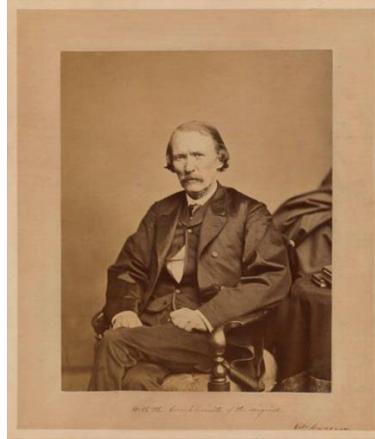


[Answer](#) 

Check it out.

Week 2 Second Question

What were the American frontiersman Kit Carson's [Last Words](#)?



"This is the last picture of Carson, which was taken by photographer James Wallace Black two months before his death. The portrait was made around March 20, 1868 during Carson's visit to Boston with Ouray and Ute chiefs. The print is signed by Carson and is the largest extant photograph of him." -- [Kit Carson, Wikipedia](#) [↗](#)

[Answer](#) [↗](#)

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>

P.S. REM: From time to time check the [Canvas Student Guide](#).

REM: Weekly Memos / Announcements

REM: Read your “What’s Happening” memo each week, which you receive in your UM e-mail account, and the same memo will also be available in your  canvas folder in three places . . .



REM: You can synchronize your  canvas calendar with your UMD Google calendar, if you want. Information for that is [here](#) for f2020.