



Tim Roufs Inspecting Durians in Singapore Market, 2017

Anthropology of Food Week 5

Checklist for Week 5

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
"Booya"

*8.0 Discussion
Competitive Eating

click links for details)
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Items DUE this week:
*enter on-line
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1.0 What's Happening Week 5?

Due in part to the holiday, this is a *long* memo. Please bear with it. It is very informative, and fun.



Fourth of July Special!

Competitive Eating as a Major League Sport . . .

[See Week 5 Discussion](#)

[click  here]



Joey Chestnut, left, and Miki Sudo pose with 63 and 40 hot dogs respectively after winning the Nathan's Famous Fourth of July hot dog eating contest in Coney Island on Monday. -- Julia Nikhinson/AP, [MPR News](#) (04 July 2022)

General Comments for the Week

And speaking of the Fourth of July eating and barbecuing, we'll

venture into the world of genuine “Soul Food”, more specifically, *Soul Food Junkies*. And we take a minute to look at the traditions of Afroculinaria—and other aspects of food and race.

And you’ll meet my favorites, the Two Fat Ladies, as part of our exploration of food and class and gender and race.

And what would male cooking discussions be without checking in on the “Booya Kings: Dads & Sons”, part of a "**male bonding ritual**"? This week we meet the Police and Firefighter Booyah kings (and their courts) doing some male-bonding in St. Paul, MN. And to celebrate, this week we have a Booyah special just for Packer fans.

And finally, your Promissory Abstract for your Project is due by the end of the week (actually by next Sunday, 7 July 2024) -- after you’re done celebrating the Fourth of July and finishing your Midterm Exam.

2.0 VIDEO EXPLORATIONS WEEK 5 . . .

Real People . . . Real Places . . .

[Videos for the Semester](#)

“How People Get Their Food in Industrial Societies”

"Local Digestion: Making the Global at Home"



Soul Food Junkies

"A Film about Food, Family, and Tradition"

(ca. 60 min., 2013)

[Kanopy Link](#)

[click ↑ here]

or

[UMD Library Link](#)

[click ↑ here]

[course viewing guide](#)



Visit the [Soul Food Junkies website](#) and have look around. . . .

And visit [the class Soul Food WebSite](#) . . .

“ . . . Soul food is a long held culinary tradition passed down from generation to generation, and is a source of pride for many black people. Some soul food, depending on how it is prepared, can be good for you. But when it is cooked

with lots of fat, sugar, and salt—which is often the case—it can lead to obesity and other health issues. . . .”

“In *Soul Food Junkies*, [filmmaker Byron] Hurt sets out on a historical and culinary journey to learn more about the soul food tradition and its relevance to black cultural identity. Through candid interviews with soul food cooks, historians, and scholars, as well as with doctors, family members, and everyday people, the film puts this culinary tradition under the microscope to examine both its positive and negative consequences. Hurt also explores the socioeconomic conditions in predominantly black neighborhoods, where it can be difficult to find healthy options, and meets some pioneers in the emerging food justice movement who are challenging the food industry, encouraging communities to ‘go back to the land’ by creating sustainable and eco-friendly gardens, advocating for healthier options in local supermarkets, supporting local farmers’ markets, avoiding highly processed fast foods, and cooking healthier versions of traditional soul food.” – ITVS <<https://itvs.org/about/pressroom/press-release/byron-hurt-s-provocative-soul-food-junkies>>

About the Film *Soul Food Junkies*, from the Producers

“Filmmaker Byron Hurt grew up eating lots of soul food: grits and scrambled eggs covered with cheese, buttered biscuits smothered with gravy, bacon, collard greens seasoned with ham hocks, fried pork chops, macaroni and cheese, deep-fried chicken, fried fish, barbecue chicken and **ribs, candied yams coated with cinnamon and brown sugar, and other delicious but fatty foods** right out of the black southern tradition.”

“Both of his parents are from Milledgeville, Georgia, a small southern town. It’s a place where soul food is beloved by black and white folks alike. Soul food is a long held culinary tradition passed down from generation to generation, and is a source of pride for many black people. Some soul food, depending on how it is prepared, can be good for you. But when it is cooked with lots of fat, sugar, and salt—which is often the case—it can lead to obesity and other health issues.”

“Hurt can speak from personal experience. From his earliest memories, his father was overweight, his mom the soul food chef. As an adult, growing concern about his father’s health prompted Hurt to confront him about his eating habits, but to no avail. Eventually, his father made small changes to his diet and began to exercise more, but the changes came too late in his life. In 2004, doctors diagnosed him with terminal pancreatic cancer, a virulent disease

that disproportionately affects black people. Statistically, black Americans are more likely to die of the disease than whites; figures for 2001 to 2005 from the National Cancer Institute show that blacks had a 32 percent higher death rate. One of the risk factors for developing pancreatic cancer is a high fat, meat-based diet. Hurt's father died in 2007 at the young age of 63. This is sadly a common story in the lives of many African American families in the U.S.—losing loved ones too soon from a nutrition-related illness.”

“In *Soul Food Junkies*, Hurt sets out on a historical and culinary journey to learn more about the soul food tradition and its relevance to black cultural identity. Through candid interviews with soul food cooks, historians, and scholars, as well as with doctors, family members, and everyday people, the film puts this culinary tradition under the microscope to examine both its positive and negative consequences. Hurt also explores the socioeconomic conditions in predominantly black neighborhoods, where it can be difficult to find healthy options, and meets some pioneers in the emerging food justice movement who are challenging the food industry, encouraging communities to “go back to the land” by creating sustainable and eco-friendly gardens, advocating for healthier options in local supermarkets, supporting local farmers' markets, avoiding highly processed fast foods, and cooking healthier versions of traditional soul food.”

This week we also meet the

“Booya Kings: Dads & Sons”

part of a "male bonding ritual" in St. Paul, MN.

Booya is a big event in Minnesota . . .

(video clip; 10:32 min.)

The Meaning of Food: “Booya Kings: Dads & Sons.” KCTS PBS Television Documentary. This segment pits the St. Paul Police vs. the Fire Dept. in their annual Guns And Hoses Booyah Cookoff. Last updated 07 November 2013. Accessed 15 March 2017. <https://www.youtube.com/watch?v=G_CMiqmdkZs>

 [“Booya Kings: Dads & Sons” Link](https://www.youtube.com/watch?v=G_CMiqmdkZs)

[click ↑ here]

Although COVID-19 put the kibosh on them for two years, fall is generally **booya** “**season**”. This past year for at least some of the season one had to drive to Hackensack, MN, for one’s fall booyah fix. . . .

**Faith in Action
Fall Fundraiser
Booya**
*(a thick soup of Belgian origin —
loaded with meats and vegetables)*
**Friday
September 21st
5 - 6:30 p.m.
at Union Church**
401 Lake Avenue, Hackensack

Linnea's
Organic
Sourdough Bread

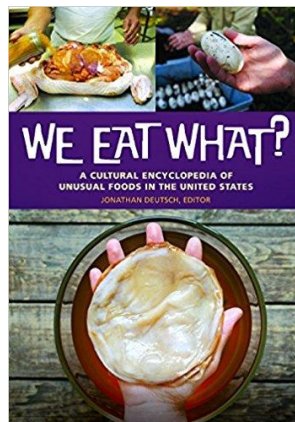
Soup Meal with Bread, Dessert and Beverage
\$10 Suggested Donation **Live Music Fun**
with Larry Kimball & Friends

Part of Hackensack's Chainsaw Weekend Sept 21-23rd

 Faith in Action for Cass County
218-675-5435 Toll Free 866-675-5435
email: cassfia@uslink.net
www.faithinactioncass.com

Booya changed to curbside event with Faith in Action

-- PineandLakes Echo Journal (02 September 2020)



Special Reading Assignment (see “4.0 Readings” below):

Required reading for **Packer Fans:**

Roufs, Timothy G. 2018. "**Booya**". From *We Eat What?: A Cultural Encyclopedia of Unusual Foods in the United States*, by Jonathan Deutsch, (Ed.). Santa Barbara, CA: ABC-CLIO, pp. 30-36.

The class **Booyah** Web Page is at

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

In normal years fall is **booya "season"** and the Twin Cities papers always carry information on where to get some . . .

Boo-what? Drive-thru booya brings northern Minn. community together during pandemic -- [MPRNews](#) (29 September 2020)



Watch On-line: National Geographic

"Slow Food"

video clip (3:25 min.)

You  [link](#)

[click ↑ here]



▶ *Two Fat Ladies*

"Timber!"

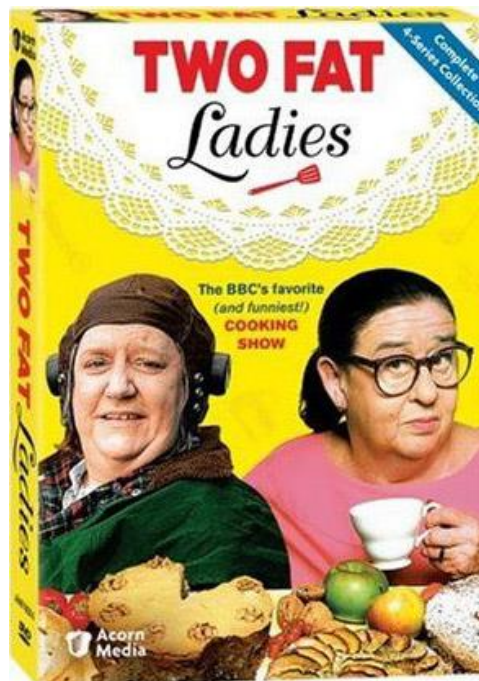
Series 4 Episode 23
(30 min., 2008)

 [View On-line](#)

[click ↑ here]

[course viewing guide](#)

not available for streaming from UMD
DVD TX717 .T86 2008



This week we meet the
The Two Fat Ladies

who thumb their noses at the lot. We'll meet the Two Fat Ladies again in the slides for this week. The Two Fat Ladies will provide a welcomed to the up-tight approach to food, body shaming, and “the lot”.

In the video, Episode 23 of their famed TV series, we will see the Two Fat Ladies in action in the Highlands of Scotland in a half-hour program, “Timber!”, and we'll see them in the Two Fat Ladies slides when we'll have a look at what Sherrie Inness has to say about them in the last chapter of her book *Secret Ingredients*, in Ch. 8, “Thin Is Not In: Two Fat Ladies and Gender Stereotypes on the Food Network”.

The Two Fat Ladies were into “Slow Food” and “Locavorism” before either of those items were trending. Slow Food information, including the latest information from **Slow Food Lake Superior**, is available on the class page at <http://www.d.umn.edu/cla/faculty/troufs/anthfood/afslowfood.html>. If you're interested in Slow Food you are also likely interested in local food, information about which is also available online in the class WebPage “**Locavore**”

<http://www.d.umn.edu/cla/faculty/troufs/anthfood/aflocavore.html>.

And speaking of the Two Fat Ladies, next week we'll also have a look at the paradoxical simultaneous burgeoning of obesity and anorexia, in the U.S.A.—and throughout the much of the industrial world—at a time when an estimated 925 million people or so are malnourished.

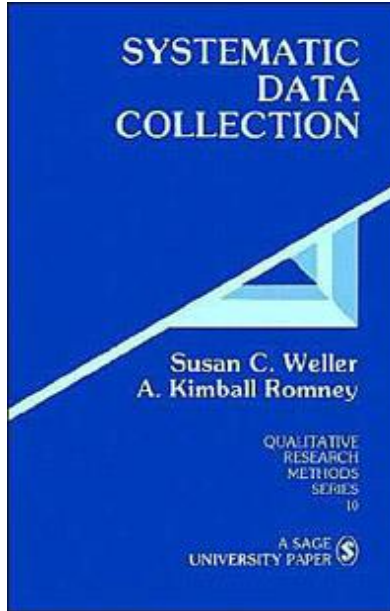
A little later on in the semester we'll have a look at the slides on the other chapters (1-7) of **Sherri A. Inness' *Secret Ingredients: Race, Gender, and Class at the Dinner Table*** (.pptx).

While you are watching *The Two Fat Ladies*, do a

“freelisting” assignment

of the things that The Two Fat Ladies talk about or mention *that are not specifically related to the actual cooking of the meal in the kitchen.*

Freelisting is a technique commonly used by anthropologists when doing fieldwork, and it's basically just making a list of the things you're focusing on—but a complete list. (Don't miss the gorilla. . . .)



[Freelists](#) -- [Steve Borgatti](#)

“Freelisting” Assignment

3.0 WEEK 5 SLIDES . . .

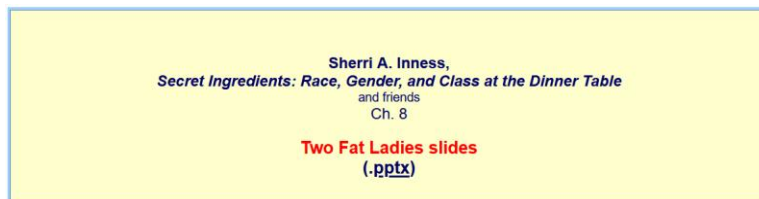
[Class Slides for the Semester](#)

Review and continue these slides using the "slide show" mode:

Two Fat Ladies *slides*

(.pptx)

[click  here]



After: Sherri A. Inness, *Secret Ingredients: Race, Gender, and Class at the Dinner Table* and friends Ch. 8



Whatever your take on obesity and the “obesity epidemic” in America, which is rapidly spreading to all of the industrialized nations of the world, the **startling multiple paradoxes remain**: in a world that produces more food than people need or can eat, two-thirds of the world’s citizens are overweight while about 925 million people or so are undernourished while in America about 1000 Anorexics die each year of complication related to excessive weight loss thinking they are fat. . . .

We’ll have a look at these issues next week, and in Ch. 8 of *Eating Culture*, “Gastro-Anomie: Global Indigestion?” For the present, to get your thought processes working on the many, and complex, problems associated with obesity, have a listen to what the Two Fat Ladies and Sherri A. Inness and Michael Pollen and others have to say next week and the week after.



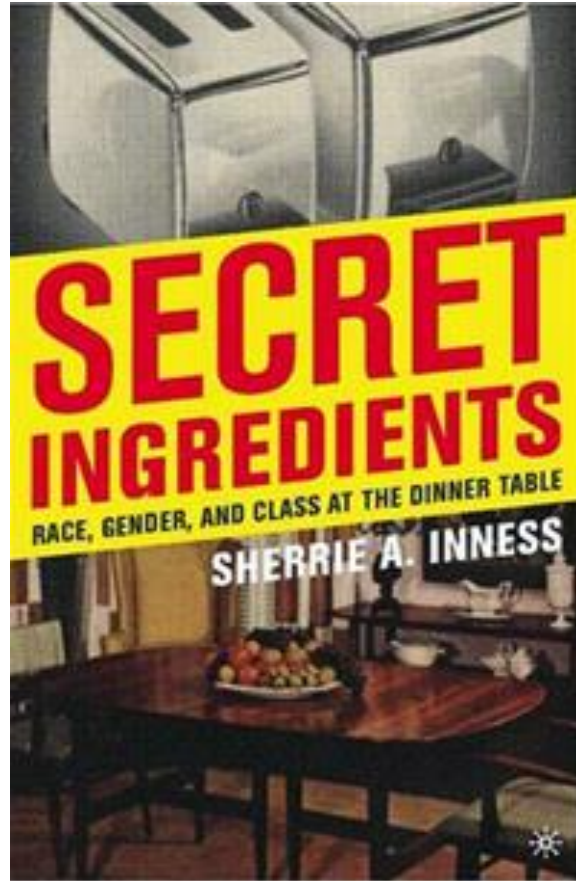
Secret Ingredients:
Race, Gender, and Class at the Dinner Table
(.pptx)

[click ↑ here]

Sherri A. Inness, *Secret Ingredients*, Chs. 1-7

Sherri A. Inness,
Secret Ingredients: Race, Gender, and Class at the Dinner Table
and friends
Chs. 1-7

Secret Ingredients slides
(.pptx)



Obesity and on Eating Disorders . . .

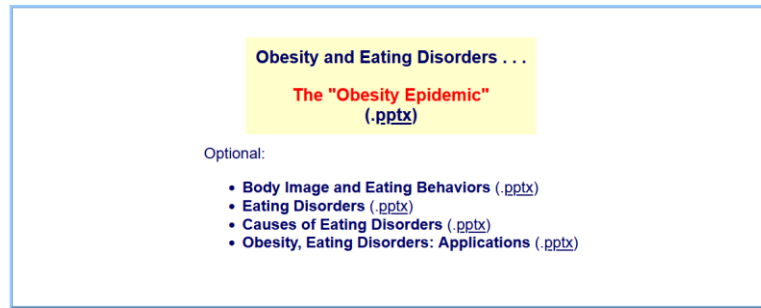
The "Obesity Epidemic" [🔗](#)

(.pptx)

[[click](#) ↑ [here](#)]

Optional:

- **Body Image and Eating Behaviors** (.pptx) [🔗](#)
- **Eating Disorders** (.pptx) [🔗](#)
- **Causes of Eating Disorders** (.pptx) [🔗](#)
- **Obesity, Eating Disorders: Applications** (.pptx) [🔗](#)
- **Obesity, Anorexia, Bulimia** (.pptx) [🔗](#)



Obesity and Anorexia

Paradoxically the world has seen the burgeoning of obesity and anorexia throughout the much of the industrial world, at a time when an estimated 925 million people or so are malnourished.

Obesity

As you saw in the video *The Truth about Fat* during the first week, the huge Sumo wrestlers (in training) are, in fact, quite healthy. But others carrying large amounts of extra weight are not so lucky, and worldwide it is becoming a health problem.

At the Nobel “Making Food Good” Conference at Gustavus two of the speakers talked about obesity in America at the very beginning of their presentations—Marian Nestle (no relation to the company) reviewed the now-common information that Americans (and people in the industrial world in general) have been growing obese over the last couple of decades to the point where over 70% of the adults are now clinically overweight or obese, while Jeffrey M. Friedman, talking on “. . . the biologic base of obesity” began his talk stating that the figures were misleading [no pun intended], and, even if they weren’t, genes basically control body weight.

But as Robert H. Lustig, M.D., points out, **“We even have an epidemic of obese six-month-olds!”** (*Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease*. Hudson Street, 2012, 4). The human gene pool hasn’t substantially changed in the last few

decades, *so the cause cannot be genetics*, or even primarily a laps of individual self-control.

And it's not just in the United States. In England they had to buy some new ambulances because some of **the guests will not fit into the current ambulances**. And if one doesn't fit in the ambulance and is off to the morgue, the same problem awaits. In 2013 **one chap in the morgue wouldn't fit into the morgue's cooler and they left him start to decompose on the autopsy table. . . .**

['Too big' body left to decompose](#) -- [BBCNews](#) (09 March 2012)

[Ambulance service buys vehicles for obese patients](#) -- [BBCNews](#) (23 January 2012)

[Obese patient needs bigger ambulance](#) -- [BBCNews](#) (03 February 2011)

Tourists no longer fit in gondolas in Venice or in the business class on airplanes . . .

[Venice gondola tours reduce capacity due to 'overweight tourists'](#) -- [The Guardian](#) (21 July 2020)

[Mother and daughters told 'too big' for business class](#) -- [BBCNews](#) (07 February 2020)

The airplane problem has gotten so bad that airlines are starting to charge obese passengers more to fly . . .

[Should obese passengers pay more to fly?](#) -- [BBCautos](#) (20 October 2016)

On a flight I was on not so long ago there was **a passenger who physically took up two seats in the business class section**. If he gets any larger, he may need help from the flight attendants to “shoehorn” him into the plane through the boarding door. (I don't think airlines allow passengers to ride in the cargo hold—yet.)

The National Health Service in Great Britain has been putting obese patients at the end of the surgery queues, denying them routine surgery. . .

Obese patients and smokers banned from routine surgery in 'most severe ever' rationing in the NHS -- [The Telegraph](#) (02 September 2016)

Speaking of obese bodies . . .

'Overly obese' body sparks Ohio funeral home fire -- [BBCNews](#) (27 April 2017)

Not so long ago in my hometown of Winsted, MN, they added a wing to the “leisure home” and purchased **doublewide wheelchairs, and hoists to get the guests in and out of bed and bath.** The medical staff are not able to lift newly-arriving residents.

And calls for a “Sugar Tax” and sweetened soda rationing continue to mount . . .

Sugary drink tax improves health, lowers health care costs -- [Berkeley Public Health](#) (21 April 2023)

Evaluation of the sugar-sweetened beverage tax in Oakland, United States, 2015–2019: A quasi-experimental and cost-effectiveness study -- [PLOS Medicine](#) (18 April 2023)

Global Coverage and Design of Sugar-Sweetened Beverage Taxes -- [JAMA](#) (29 March 2023)

Are you paying taxes on sugary drinks? Half of the world's population does and here is why it makes sense -- [World Bank](#) (29 March 2023)

WHO calls on countries to tax sugar-sweetened beverages to save lives -- [World Health Organization \(WHO\)](#) (13 December 2022)

'This industry will stop at nothing': big soda's fight to ban taxes on sugary drinks -- [The Guardian](#) (12 November 2022)

Norwegian sugar tax sends sweet-lovers over border to Sweden -- [The Guardian](#) (23 November 2019)

Obesity is now a world-wide problem. . . .

China to bring in law against food waste with fines for promoting overeating -- [The Guardian](#) (23 December 2020)

and not all that long ago in the United States the American Medical Association, as well as the Canadian government, declared obesity to be a “*disease*” . . .

Weighty issue: Japan Airlines lays on extra plane after sumo wrestlers make aircraft too heavy to fly -- [The Guardian](#) (16 October 2023)

You Won't Lose Weight on Ozempic Forever – The New York Times (18 September 2023)

Wegovy: Weight-loss drug firm becomes Europe's most valuable -- BBCnews (05 September 2023)

We Know Where New Weight Loss Drugs Came From, but Not Why They Work – The New York Times (17 August 2023)

More than half of humans on track to be overweight or obese by 2035 – report -- The Guardian (02 March 2023)

New guidance: Use drugs, surgery early for obesity in kids -- AP (09 January 2023)

Gary Taubes: 'Obesity isn't a calorie problem, it's a hormone problem' [🔗](#) -- The Guardian (17 January 2021)

Landmark obesity guidelines in Canada treat problem as chronic illness [🔗](#) -- The Guardian (04 August 2020)

Woman in Wales admits manslaughter by letting daughter become obese -- The Guardian (20 December 2022)

In 2016, we reached the “tipping point”, so to speak . . .

More obese people in the world than underweight, says study -- BBCNews (01 April 2016)

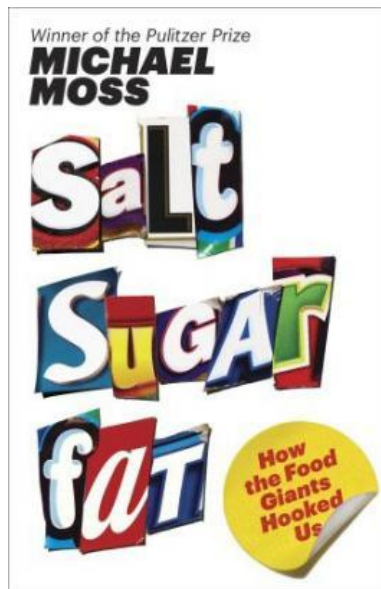
Michael Moss' now-classic book that came out in 2013, *Salt Sugar Fat* was on *The New York Times* hardcover nonfiction list for several months. Moss is quoted by Martha Rosenberg in the article mentioned above. And it created quite a stir. Here are some commentaries and follow-ups from the release. . . .

Michael Moss, *Salt Sugar Fat*

Michael Moss on 'Salt Sugar Fat,' how we got so addicted [🔗](#) -- MPRNews (1 March 2013)

The Extraordinary Science of Addictive Junk Food [🔗](#) -- MICHAEL MOSS, The New York Times (20 February 2013)

Moss, Michael. *Salt Sugar Fat: How the Food Giants Hooked Us*. Random House, 2013.



[How Sweet It Is, \[a review of\] ‘Salt Sugar Fat’](#), by Michael Moss -- DAVID KAMP, [The New York Times](#) (15 March 2013)

[Why Is Sugar So Addictive?](#) -- [BBC News](#) (22 March 2013)

And, as Dr. Lustig notes, the problem is *fructose*, and, of course high-fructose corn products are in tens of thousands of items, literally, in a typical American super market. <<http://www.d.umn.edu/cla/faculty/troufs/anthfood/afsugar.html#title>>.

No wonder Big Food is spending millions of dollars fighting to keep information on “added sugars” off of the food label. (They argue, in effect, that their customers are not smart enough to understand what “added sugars” means.) And the sugar industry has been carrying on a campaign of misinformation and disinformation FOR THE LAST 50 YEARS . . .

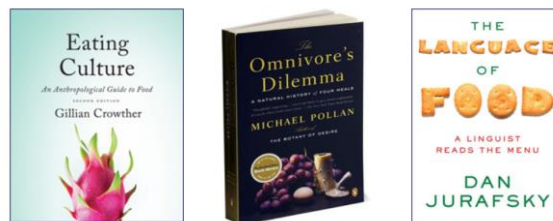
- [NYTimes: U.S. Diet Guidelines Sidestep Scientific Advice to Cut Sugar and Alcohol](#) -- [The New York Times](#) (29 December 2020)
- [World’s Largest Consumer of Sugar Wants People to Eat More](#) -- [Bloomberg](#) (01 November 2020)

- **Obesity: Unhealthy 'buy one get one free' deals targeted** [↗](#) -- [BBCNews](#) (27 July 2020)
- **Coke, crisps, convenience: how ads created a global junk food generation** [↗](#) -- [The Guardian](#) (26 December 2019)

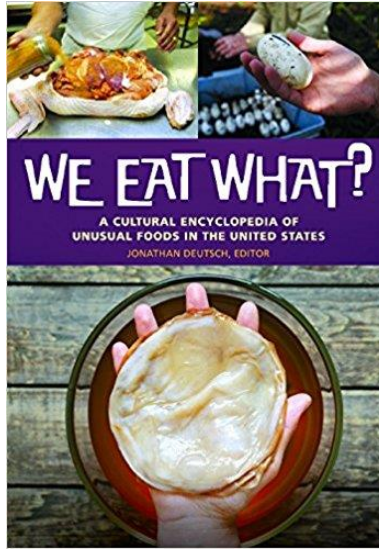
So, take your pick: Genes control body weight, or food intake/lack of moving controls body weight, or, the fact that your brain doesn't respond to *fructose* to let you know when you have had enough to eat results in chronic overeating, or all of the above.

4.0 READINGS FOR WEEK 5 . . .

[Readings for the Semester](#) [↗](#)
[Textbook Information](#) [↗](#)



- **Eating Culture, Second Edition, Gillian Crowther**
 - CHAPTER FIVE: RECIPES AND DISHES
- **The Language of Food, Dan Jurafsky**
 - "Introduction"
 - Ch. 1 "How to Read a Menu"
 - Ch. 2 "Entrée"
 - Ch. 3 "From Sikbāj to Fish and Chips"



Special Reading Assignment:

Required reading for Packer Fans:

Roufs, Timothy G. 2018. "**Booya**". From *We Eat What?: A Cultural Encyclopedia of Unusual Foods in the United States*, by Jonathan Deutsch, (Ed.). Santa Barbara, CA: ABC-CLIO, pp. 30-36.

The class **Booyah** Web Page is at

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

(optional, except for Packer Fans) AF wk5 Tim Roufs' article on Booyah

5.0 OTHER ASSIGNMENT INFORMATION . . .

Main Due Dates

su2024 [Module 5 – Week 5](#)

6.0 REM: Midterm Exam this Week . . .

Because of the Fourth of July Holiday, the

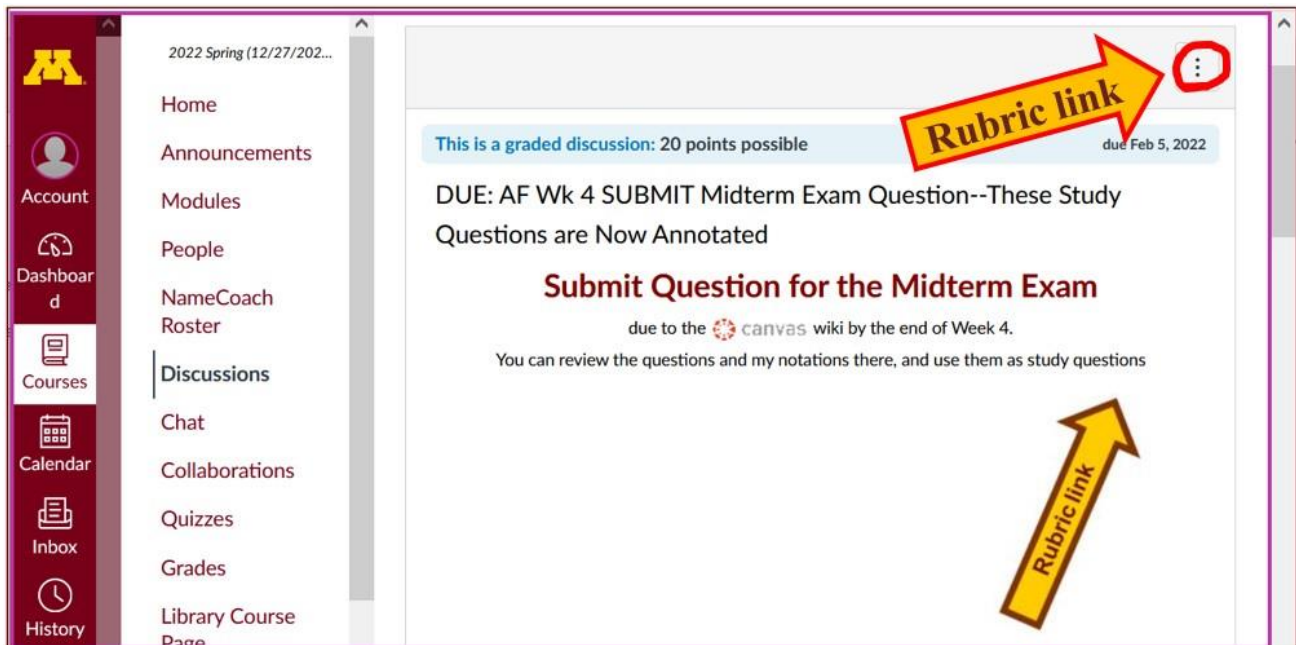
midterm exam will be available Thursday 12:01 a.m., 27 June 2024 to Wednesday 11:59 p.m., 3 July 2024. A good activity to start your review would be looking over Ch. 1, “Setting the Anthropological Table”, the slide sets (see above), and the “What’s Happening?” weekly memos. And, of course, focus on the **Study Questions**.

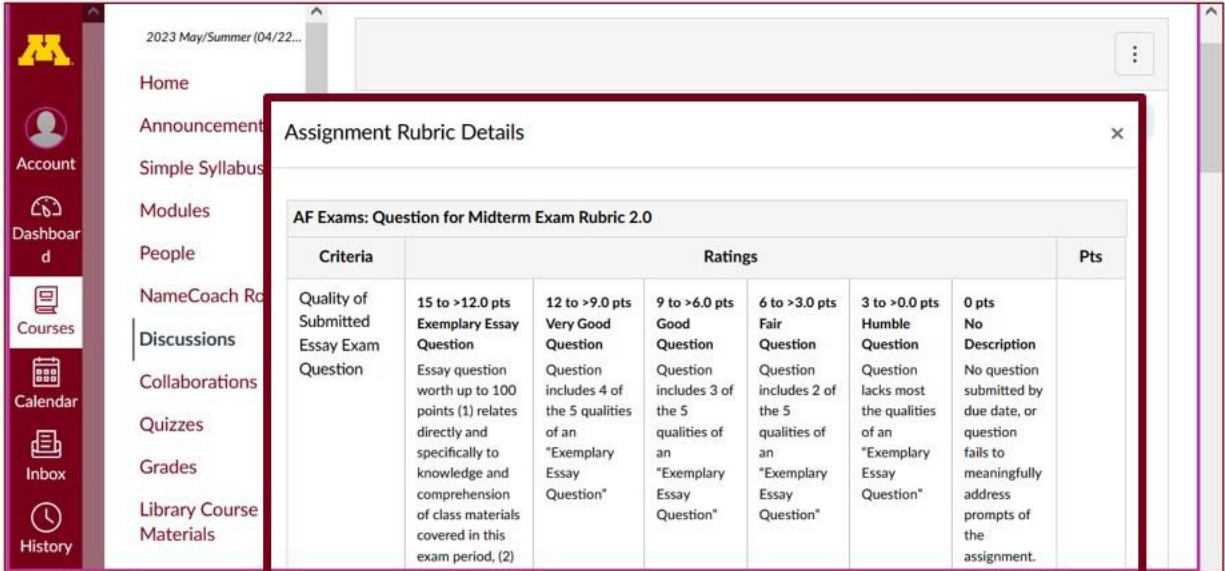
When the Study Questions are available—and that will be shortly—use the annotated questions from the assignment of last week as your study questions. They will be at

su2024 @ <<https://canvas.umn.edu/courses/426915/modules/items/11849124>>

[click  here]

NOTE: To see the details of the **Exam Question Rubric** click on the pull-down menu in the upper-right-hand corner of the Assignment . . .





As I mentioned last week and the week before, be sure to **focus on the *ideas* and main concepts, and differing points of view**, and do not be preoccupied with only trying to memorize facts and assorted pieces of information.

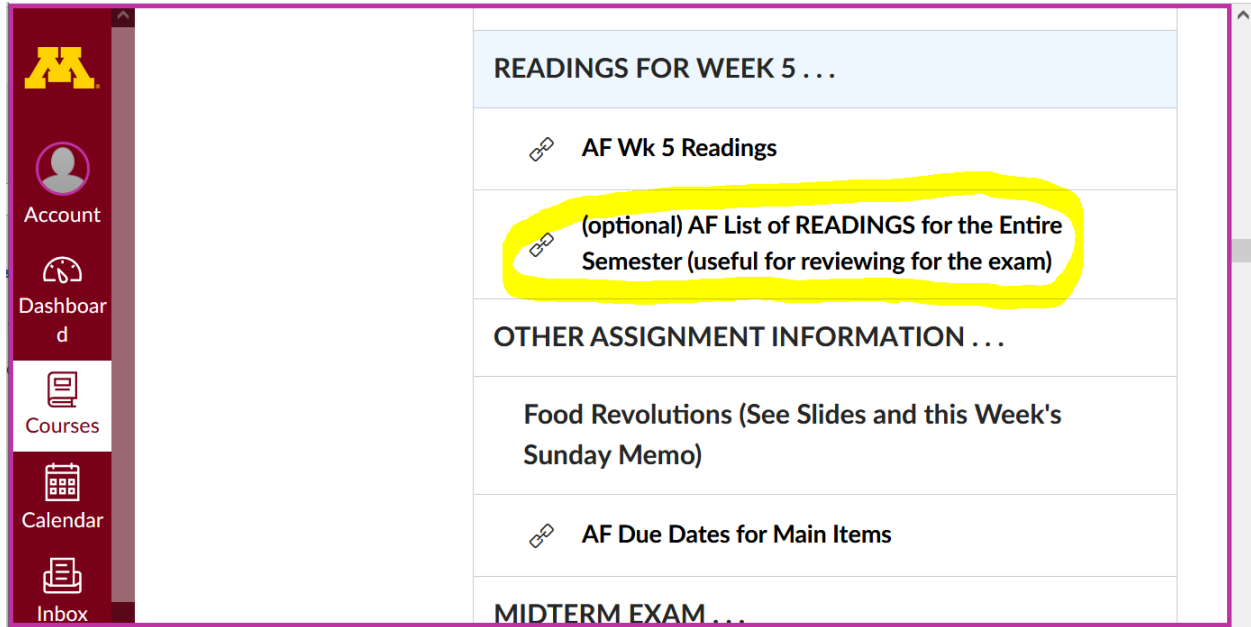
Other **Information on the Midterm Exam** is available at . . .

[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>

[click ↑ here]

The List of Readings for the entire semester could also be a handy reference when reviewing the readings for the exam:



7.0 PROJECT INFORMATION ...

[Basic Information](#)

[Main Due Dates](#)

REM: **Your Project Abstract and Working Bibliography is Due this Week** (actually by next Sunday, 7 July 2024) -- after you're done celebrating the Fourth of July and finishing your Midterm Exam

"Abstracts"

Maxine C. Hairston¹

[The Uses of Abstracts](#)

[Writing the Abstract](#)

[Length of Abstracts](#)

What you will be doing for your paper is
a "Promissory Abstract"

- **[Promissory Abstracts](#)**
 - **[Writing the Promissory Abstract](#)**
 - **[Length of Abstracts](#)**
- **[Summary Abstracts](#)**
 - **[Writing the Summary Abstract](#)**
 - **[Length of Abstracts](#)**

see also



[Writing Report Abstracts](#)

[Abstracts and Executive Summaries](#)

8.0 DUE: DISCUSSIONS WEEK 5 . . .

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



DUE: **Fourth of July Special!**

Competitive Eating as a Major League Sport . . .



Joey Chestnut, left, and Miki Sudo pose with 63 and 40 hot dogs respectively after winning the Nathan's Famous Fourth of July hot dog eating contest in Coney Island on Monday. -- Julia Nikhinson/AP, [MPR News](#) (04 July 2022)

In case you missed it, in Nathan's Hot Dog 2022 Fourth of July championship . . .

[Imperious Joey Chestnut eats 63 hot dogs in 10 minutes to win Nathan's title](#)

– [The Guardian](#) (04 July 2022)

[check it out [↑ here](#)]

[At Nathan's Hot Dog Contest, One Champion Keeps His Title and Another \[Miki Sudo\] Reclaims Hers](#)

-- [The New York Times](#) . (04 July 2022)

[check it out [↑ here](#)]

In 2021 [Matt Stonie](#) beat [Joey "Jaws" Chestnut](#) in the famed annual hot dog competitive eating contest, ending Chestnut's 8-year reign at the Nathan's Hot Dog Eating Championship at Coney Island, winning the coveted mustard yellow Champion's belt. Stonie managed to eat 62 hot dogs and buns in 10 minutes, beating Mr. Chestnut's 60. In the women's contest Miki Sudo took first place by eating 38 hot dogs in 10 minutes <http://www.bbc.com/news/world-us-canada-33399724>. Joey "Jaws" Chestnut set the world record in 2013, eating 69 hot dogs in 10 minutes (<http://news.bbc.co.uk/2/mobile/americas/8134741.stm>).

Competitive Eating is a big "sport" these days. And it can be dangerous. Last year Walter Eagle

Tail died in a Fourth of July hot dog eating contest in South Dakota. **The class Competitive Eating WebPage is at** <http://www.d.umn.edu/cla/faculty/troufs/anthfood/afcompetitiveeating.html>.

check it out [↑ here](#)

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

[Food Trivia HomePage](#)

(optional) **“Is Former President Obama's Chili a Winner?”**



[Commander-in-Chef](#)

[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, 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](#)