

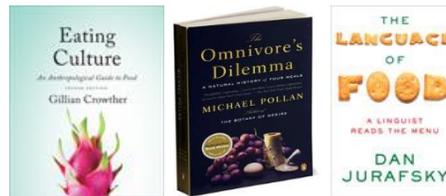
Anthropology of Food Week 10

[🔗](#) = leave page

 [canvas](#)

[Syllabus](#) [🔗](#)

[Calendar](#) [🔗](#)



# What's Happening this Week

REM: [Main Due Dates](#) [🔗](#)

## “How People Get Their Food in Industrial Societies”

(cont.)

### 1. General Comments for the Week

**This week is a busy, but interesting week. We visit the Booyah kings (and their courts) in St. Paul, and spend some time with some Soul Food Junkies, and my favorites, the Two Fat Ladies.**

**And we take a minute to look at the traditions of Afro-culinaria—and food and class and gender.**

**Ever wonder how much exercise it takes to wear off a  
“Big Mac” and Fries? This week we find out.**

## **2. Live Chat: Open Forum / Office Hours**

Contact Information [↗](#)

Tuesday, 3 November 2020 @ 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. Transcripts of the discussions will be available in your Chat folder.

## **3. Video Explorations**

**Real People . . . Real Places . . .**

Videos for the Semester [↗](#)

**“Local Digestion: Making the Global at Home”**

**“Booya Kings: Dads & Sons”**

From St. Paul, MN  
(video clip; 10:32 min.)

 [“Booya Kings: Dads & Sons” Link](#) [↗](#)

[click ↑ here]



▶ ***Soul Food Junkies***

***"A Film about Food, Family, and Tradition"***

(ca. 60 min., 2013)

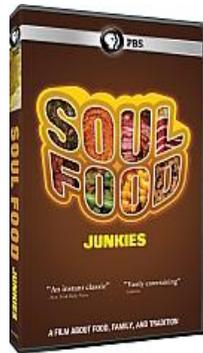
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course viewing guide [🔗](#)



▶ **Two Fat Ladies**

**"Timber!"**

Series 4 Episode 23

(30 min., 2008)

**You Tube** View On-line [🔗](#)

[click ↑ here]

course viewing guide [🔗](#)

not available for streaming from UMD

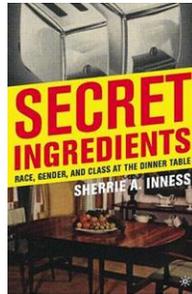


## 4. This Week's Slides

[Class Slides for the Semester](#)

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

[click [↑ here](#)]



**Two Fat Ladies slides**

(.pptx)

[click [↑ here](#)]



## 5. Readings for the Week

[Readings for the Semester](#)

[Textbooks](#)

## **6. Other Assignment Information**

[Main Due Dates](#) [↗](#)

[Calendar](#) [↗](#)

### **Week 10 Calendar**

### **“Freelisting” Assignment**

(from the Two Fat Ladies video)

### **Obesity and Anorexia**

Obesity

### REM **Extra Credit Options**

### REM **Your Project**

### **Discussion**

**Michael W. Twitty's Classic Open Letter  
to Paula Deen from *Afroculinaria***

### **For Fun Trivia**

**“How far do you have to run to burn off a burger?”**

For other optional items for the week check **“Calendar”** [↗](#) or **“Syllabus”** [↗](#)

**Questions? Comments?**

# 1. General Comments for the Week

**This week is a busy, but interesting week. We visit the Booyah kings (and his courts) in St. Paul, and spend some time with some Soul Food Junkies, and my favorites,  
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e-mail anytime: <mailto:troufs@d.umn.edu> [↗](#)

[click ↑ here]



Live Chat is optional. Transcripts of the discussions will be available in your Chat folder.

## 3. Video Explorations

Real People . . . Real Places . . .

[Videos for the Semester](#)

### "Local Digestion: Making the Global at Home"

This week we 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](https://www.youtube.com/watch?v=G_CMiqmdkZs)>

 ["Booya Kings: Dads & Sons" Link](#)

[click ↑ here]

Although COVID-19 put the kabash on it this year, fall is generally **booya** “**season**”. This year one had to drive to Hackensack, MN, for one’s fall booyah fix. . . .

**Faith in Action  
Fall Fundraiser  
Booya**

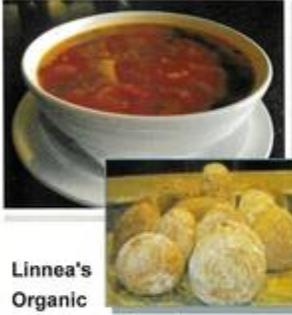
*(a thick soup of Belgian origin —  
loaded with meats and vegetables)*

**Friday  
September 21st  
5 - 6:30 p.m.  
at Union Church**

401 Lake Avenue, Hackensack

**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*

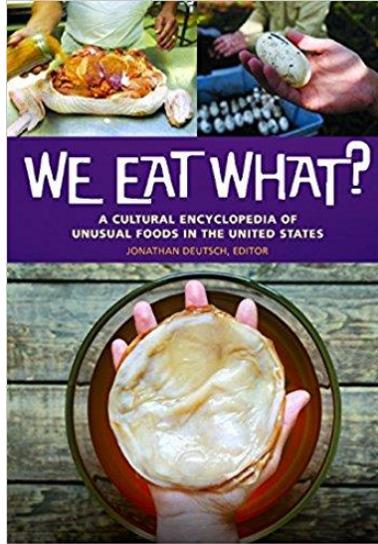
  
Linnea's  
Organic  
Sourdough Bread



Faith in Action for Cass County  
218-675-5435 Toll Free 866-675-5435  
email: [cassfia@uslink.net](mailto:cassfia@uslink.net)  
[www.faithinactioncass.com](http://www.faithinactioncass.com)

**Booya changed to curbside event with Faith in Action**

-- PineandLakes Echo Journal (02 September 2020)



## 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>

**Traditional Wisconsin Booyah** -- [Simply Whisked](#) (13 March 2019)

**Green Bay Bullfrogs are now officially the Green Bay Booyah** -- [WTMJ-TV Milwaukee](#) (14 November 2018)

**Booyah, baby! Central Minnesotans stirring up for this fall classic** -- [SC Times](#) (30 September 2018)

**Booyah, a hearty Belgian soup-stew, is revered tradition in Green Bay** -- [Journal Sentinel](#) (25 September 2018)

**What the Heck is 'Booyah'?** -- [Milwaukee Magazine](#) (29 May 2018)

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

- [Summer's over, which means it's booya time! Here's where to get your fill -- TwinCities Pioneer Press \(25 September 2019\)](#)
- [79th Annual Booya Comes To Hastings -- WCCO TV \(14 September 2019\)](#)
- [Annual Booyah | Saint Paul Vulcans, 2019](#)
- [2019 On The Road Again Booya - CD2 Action, October 5, 2019](#)
- [Booya - Facebook](#)
- [Booya & Fall Fiesta / Booya & Fiesta Otono, Highland Park, Sunday, October 6, 2019](#)
- [FallFest 2019 - St. John the Baptist Catholic Church, Booya and Polka Mass, SEPTEMBER 27, 28, 29 2019](#)
- [Brooklyn Park's Palmer Lake VFW Dishes Up "Booya", Friday, October 11, 2019](#)
- [Men's Club Booya Preparation | Church of Saint Bernard, Friday, October 4, 2019](#)



 *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.”

## ▶ *Two Fat Ladies*

### "Timber!"

Series 4 Episode 23  
(30 min., 2008)

 [View On-line](#) 

[click ↑ here]

[course viewing guide](#) 

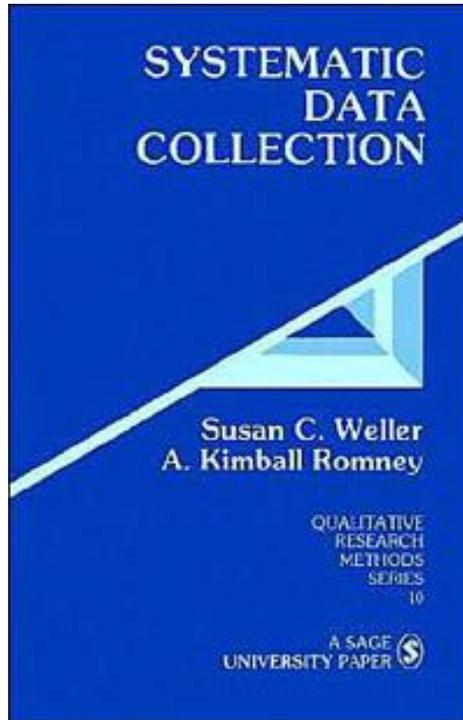
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**While you are watching *The Two Fat Ladies*, do a**

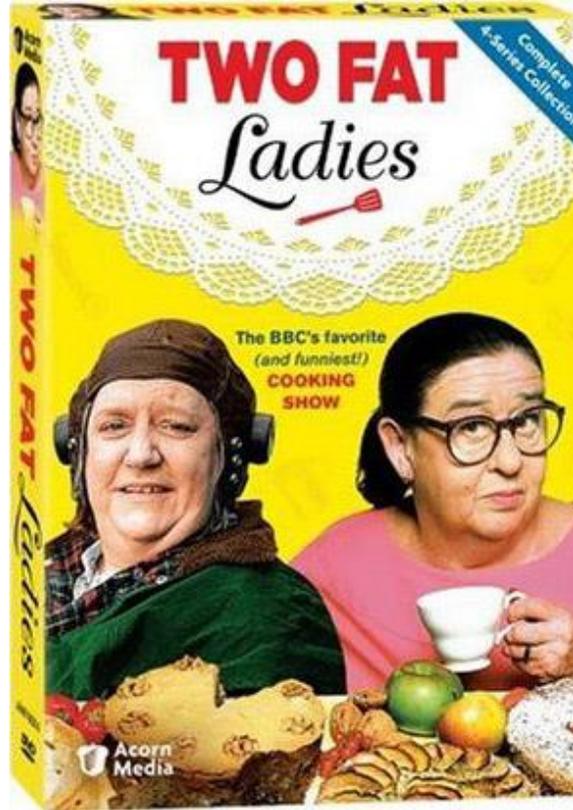
### **“freelisting” assignment**

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

see information below

This week we’ll meet the

## **The Two Fat Ladies**

who thumb their noses at the lot. We’ll meet the Two Fat Ladies again next week. And, as you have seen, Michael Pollan adds his two cents worth in Ch. 6 of *The Omnivore’s Dilemma*, “The consumer: a republic of fat”.

This week 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>.

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).

## **Obesity and Anorexia**

And speaking of the Two Fat Ladies, 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. Later on we’ll have a look at some of the slides on Obesity and on Eating Disorders . . .

**The "Obesity Epidemic"** (.pptx)

**Body Image and Eating Behaviors** (.pptx)

**Eating Disorders** (.pdf) (.pptx)

**Causes of Eating Disorders** (.pptx)

**Obesity, Eating Disorders: Applications** (.pptx)

# **Obesity**

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)

**The National Health Service in Great Britain now puts 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.

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 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)

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

**Climate change: German MPs want higher meat tax** -- [BBCNews](#) (08 August 2019)

**California wants to help fight climate change by charging diners more** -- [The Guardian](#) (02 May 2019)

**Tax junk food high in sugar and salt, says top doctor** -- [BBCNews](#) (21 December 2018)

**Sugar tax: Will paying more for fizzy drinks and alcohol make us healthier?** -- [BBCNews](#) (01 May 2018)

**Obesity is now a world-wide problem . . . and not all that long ago in the**

**United States the American Medical Association declared obesity to be a “disease” . . .**

**About 40 percent of U.S. adults are obese, government survey finds** -- MPRnews (27 February 2020)

**Half of Us Face Obesity, Dire Projections Show** -- The New York Times (11 February 2020)

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

**Poorest countries facing both obesity and malnutrition** -- BBCNews (16 December 2019)

**Obesity almost doubles in 20 years to affect 13 million people** -- The Guardian (13 November 2019)

**In the war on plastic is Coca-Cola friend or foe?** -- BBCbusiness (25 October 2019)

**Fat found in overweight people's lungs** -- BBHealth (18 October 2019)

**Obesity: Ban snacking on public transport, top doctor says** -- BBCNews (10 October 2019)

**250 million children worldwide forecast to be obese by 2030** -- The Guardian (02 October 2019)

**What's the Right Way to Reverse the Obesity Epidemic?: Fat shaming makes things worse. So what helps?** -- The New York Times (17 September 2019)

**Obesity 'causes more cases of some cancers than smoking'** -- BBCNews (03 July 2019)

**A Daunting Operation Offers Relief to Obese Teenagers** -- The New York Times (16 May 2019)

**Obesity poised to overtake smoking as leading preventable cause of cancer** -- USA TODAY (30 April 2019)

**Obesity: Study of 2.8 million shows increased disease and death risks** -- BBC News (29 April 2019)

**This Genetic Mutation Makes People Feel Full — All the Time** -- The New York Times (18 April 2019)

**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’ 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. . . .

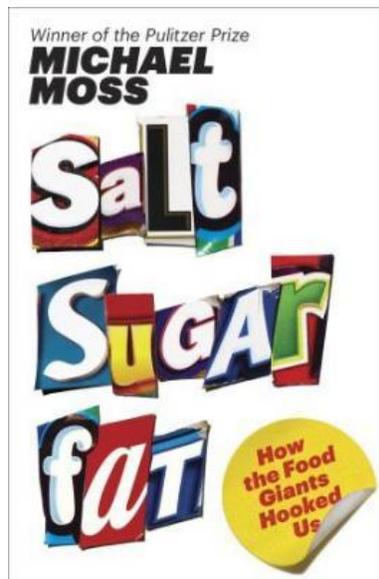
Michael Moss, *Salt Sugar Fat*

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

**Book pick: 'Salt Sugar Fat' by Michael Moss** -- [MPRNews](#) (26 February 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)

**How much sugar is hiding in your food?** -- [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 . . .**

**Dried Fruit, Oats and Coffee: Answers to Your Sugar Questions** -- The New York Times (08 January 2020)

**Make 2020 the Year of Less Sugar: One of the best things you can do for your health is to cut back on foods with added sugar. Our 7-Day Sugar Challenge will show you how.** -- The New York Times (30 December 2019)

**'Sugar overload' warning for festive hot drinks** -- BBCNews (03 December 2019)

**In the war on plastic is Coca-Cola friend or foe?** -- BBCbusiness (25 October 2019)

**Singapore bans advertising for high-sugar beverages** -- Beverage daily (14 October 2019)

**Dental surgeons urge England's schools to go sugar-free** -- BBCnews (15 August 2019)

**Study: Sugar ruins teeth, rules the world** -- MPR News (20 July 2019)

**Give children 'less sugar and more veg in baby food'** -- BBCNews (27 June 2019)

**It's not just salt, sugar, fat: Study finds ultra-processed foods drive weight gain** -- MPR News (16 May 2019)

**Children 'exceed recommended sugar limit [for an 18-year-old] by age 10'** -- BBCNews (03 January 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.

**Food Design Next Week**

**Next week we'll also have a look at how your food is designed nowadays . . . basically how it's engineered, and how it's sometimes engineered to match your bio-physical cravings—that is, to be “addictive”.** Martha Rosenberg has pointed out that foods nowadays are *engineered* to be *addictive*, and, hence, fattening . . .

### **5 Unhealthy Foods Engineered to Be Addictive**

-- Martha Rosenberg, *Hungry for Change* (10 July 2014)

And that's all related to your basic bio-physical makeup. But, take your pick: Genes control body weight or food intake/lack of moving controls body weight, or, both.

**Meanwhile, The Two Fat ladies thumb their noses at the lot.**

And Michael Pollan adds his two cents worth in Ch. 6 of *The Omnivore's Dilemma*, “The consumer: a republic of fat.”

**So this week we'll have an antidote to the up-tight approach to food, from The Two Fat Ladies** when we have a look at Episode 23 of their TV program, “Timber!” And we'll also see them in the slides . . .

## **4. This Week's Slides**

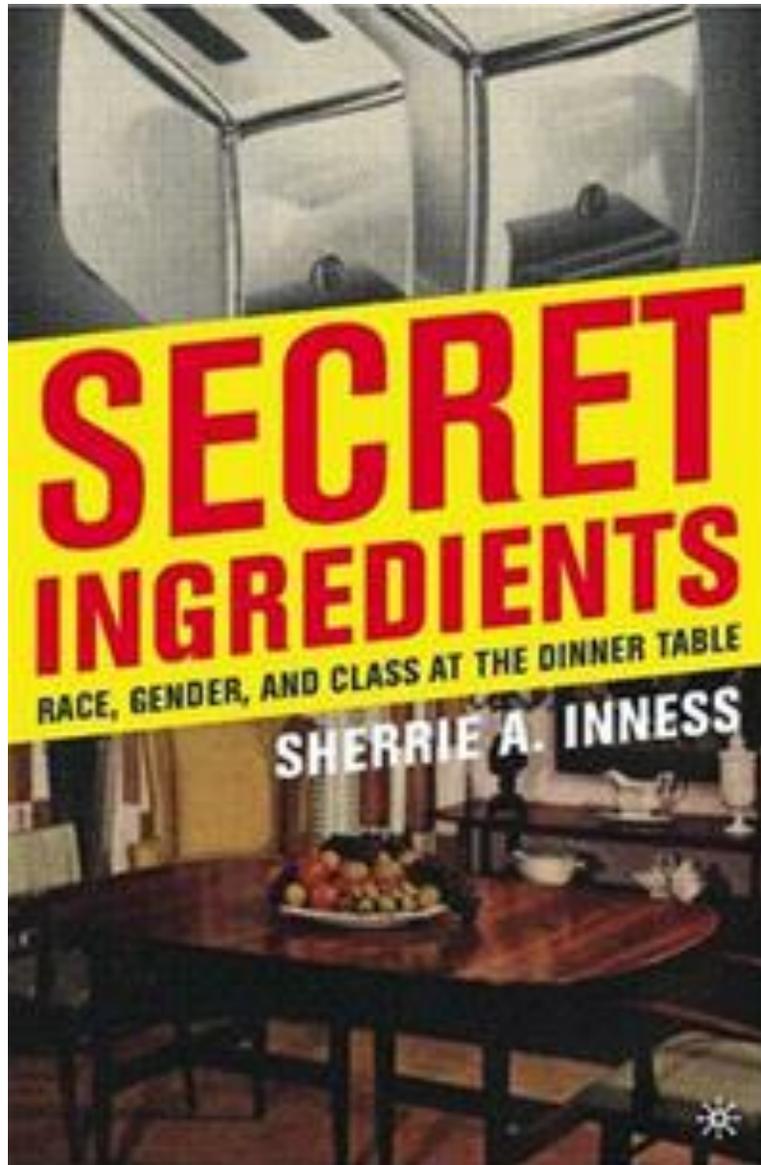
[Class Slides for the Semester](#)

### ***Secret Ingredients:***

***Race, Gender, and Class at the Dinner Table***

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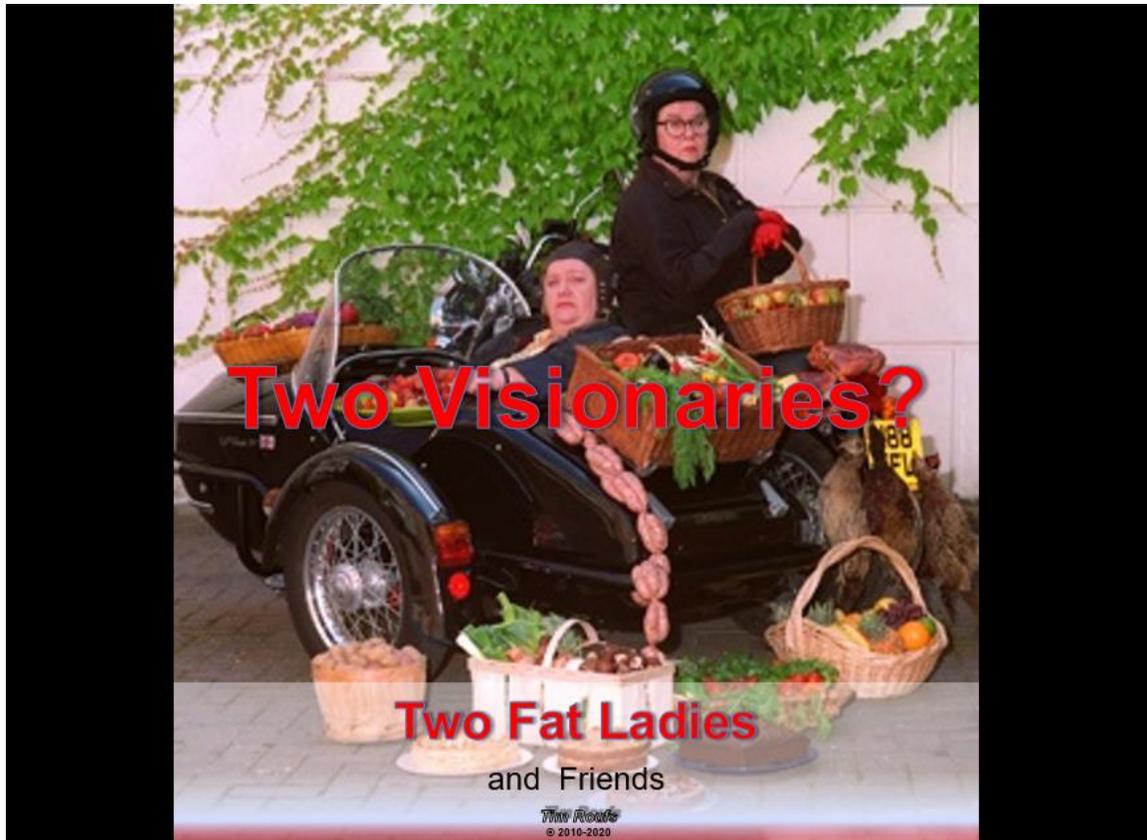
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**Two Fat Ladies *slides***

(.pptx)

[[click ↑ here](#)]



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 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.

## 5. Readings for the Week

[Readings for the Semester](#)

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

- CHAPTER NINE: LOCAL DIGESTION: MAKING THE GLOBAL AT HOME

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

- (Review)

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

- Ch. 4 "Ketchup, Cocktails, and Pirates"
- Ch. 5 "A Toast to Toast"

## 6. Other Assignment Information

[Main Due Dates](#)

[Calendar](#)

## Week 10 Calendar

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

The screenshot shows a Canvas calendar interface for November 2020. A sidebar on the left contains navigation icons for Account, Dashboard, Courses, Calendar, and Inbox. The main calendar area displays events for Sunday through Saturday. Annotations include:

- A yellow arrow pointing to the 'Agenda' button: "Click 'Agenda' for notebook-style"
- A yellow arrow pointing to video events: "Videos On-line"
- A yellow arrow pointing to a reading event: "Readings"
- A blue arrow pointing to a live chat event: "Live Chat"
- A yellow arrow pointing to a discussion event: "Discussion"

Below the calendar, text reads: "Live Chat Tuesday 7:00 – 8:00 p.m." and "The links to the videos are on your Canvas calendar".

### “Freelisting” Assignment

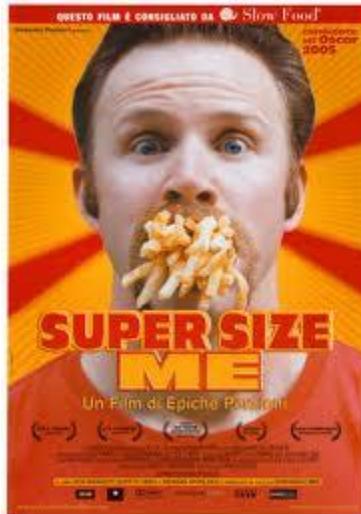
### Obesity and Anorexia Obesity

## REM **Extra Credit**

There are **two Extra Credit options**: (A) a case study, and/or (B) a review of a lecture (such as one of the Nobel Conference 46 “Making Food Good” lectures, or the Harvard University School of Engineering and Applied Sciences Series on Food Science) or a food film (*other* than one of the films we see in class). For the review option

you may also *compare* two or more food films. (Remember from Week 1, one of the main features of anthropology is that it is *comparative*?)

Speaking of **obesity and Super Size**, the film by that name is available for Extra Credit. *Super Size Me* continues to be one of most frequently watched documentary films on-line. (*That Sugar Film*, from Week 1, was like this film.)



film: *Super Size Me*  
(103 min., 2004)

([on-line at snagfilms.com](http://snagfilms.com))

[Super Size Me-- Wikipedia](#)

**Details on the extra credit are on-line at**

<http://www.d.umn.edu/cla/faculty/troufs/anthfood/afextracredit.html#title> [↗](#)

## REM **Your Project**

**Work on your Project.** More information on Presentations is on-line at . . . <https://www.d.umn.edu/cla/faculty/troufs/anthfood/afpresentations.html#title> [↗](#)

[click ↑ here]

Generally it is a good idea to pretty much finish at least a draft your paper before you do too much work on your presentation (your presentation is basically a preliminary report on your work-in-progress paper).

## Discussion Topic

Speaking of

### **Race (and Gender, and Class),**

be sure to have a look at the now-classic . . .

**Michael W. Twitty's Now-classic Open Letter  
to Paula Deen from *Afroculinaria***

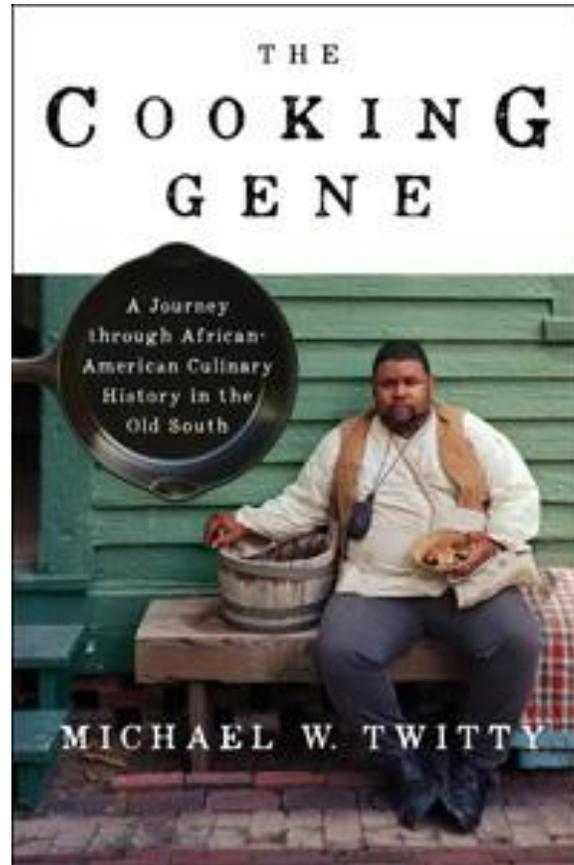
**Twitty's letter is a well-written—now quite famous—piece.**

and, more on Michael Twitty,

**This Historian Wants You To Know The Real Story Of Southern Food**

-- Michael Twitty, [NPRTheSalt](#) (01 October 2016)

Michael Twitty's book is also a classic: ***The Cooking Gene: A Journey Through African-American Culinary History in the Old South*** (NY: Harper-Collins Amistad, 2017) . . .



## **For Fun Food Trivia for the Week . . .**

“How far do you have to run to burn off the calories from a burger?”



[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](mailto: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](#) [↗](#)