1. **Presentation and Open Forum Live Chat**
   Tuesday, 7 April 2020, 7:00-8:00 p.m. (CDT)

2. **Video Explorations:**
   - **American Meat**
     (video: 1:22)
   - "Plant-Based Meat Has Roots in the 1970s"
     (video clip: 13:28 min.)
   - **FOOD, INC.**
     (if you haven’t seen it)
     (video: 1:33)
   - **Better Brain Health: We Are What We Eat**
     (2019, 42 min, CC)

3. **Special Offer for Hot Dish Lovers**
   “Hot Dish”

4. **REM: Work on Project**

5. **Other Assignments**
   - Readings for the Semester
   - Class Slides for the Semester
1. Live Chat

Tuesday, 7 April 2020, 7:00-8:00 p.m. (CDT)

Presentation and Open Forum
(for whatever you might want to talk or ask questions about)

Join the live chat via the Chat feature:

The “Live Chat” is optional, and if you cannot make it live, a transcript of the discussion will be available in your Canvas folder @ Chat after the session ends.

2. Video Explorations:
This week we’re going to have a look at . . .

**American Meat**
(video: 1:22)

Joel Salatin

[On-line link](#)

[Film HomePage](#)

“American Meat is a pro-farmer look at chicken, hog and cattle production in America.”

“Beginning with a history of our current industrial system, the feedlots and confinement operations are unveiled, not through hidden cameras, but through the eyes of the farmers who live and work there. From there, the story shifts to Polyface Farms, where the Salatin family has developed an alternative agricultural model based on rotational grazing and local distribution. Nationwide, a local-food
movement of farmers, chefs, and everyday people has taken root. . . . But could it ever feed us all?"

View

"Plant-Based Meat Has Roots in the 1970s"

[click ↑ here]


Meatless Burgers Are on Trend. Eating to Save the World Has a Long History

-- The New York Times (16 February 2020)

Impossible Burger -- Impossible Foods

course Fake Meat WebPage
course Meat Eating WebPage
course Factory Farms WebPage

and, if you haven’t seen it
please also watch

FOOD, INC.
(video: 1:33)

Food, Inc. is available on UMD Streaming Videos, and is also available at the main desk of the UMD Library, and is available on Netflix.

**Class Viewing Guide**

*Food, Inc.* probably *would have* won the 2010 Oscar for Best Documentary had not *The Cove* won it (we’ll see *The Cove* Week 14). *Food, Inc.* is the very same film that the Director, Robert Kenner, spoke about at UMD when he was here, and it features, among others, Joel Salatin who also spoke at UMD (Joel Salatin, at the 3rd Annual Community Wellness Day April 28th 2012 at UMD).
This week’s salutes goes to and **Joel Saladin** of Polyface Farm, Swoope, Virginia, a hero in his own right. Joel has come out with another book, *Folks, This Ain’t Normal: A Farmer’s Advice for Happier Hens, Healthier People, and a Better World* (Center Street, 2011), and *The Pigness of Pigs: Respecting and Caring for All God's Creation* (FaithWords, 2016). Joel’s story is a testament to what one committed person can do, with the help of others in the community.

"*In Folks, This Ain’t Normal*, Joel Salatin says it's high time we stopped taking our industrialized food system as a given and instead consider local, sustainable food production as the norm. Good plan. Whether or not you agree with his contention that we would be better off if the government got out of food regulation, his ideas are compellingly written, fun to read, and well worth pondering." (Marion Nestle, Dept. of Nutrition, Food Studies, and Public Health, NYU, and author, *Food Politics*.)

"Joel . . . is one of the most creative, productive and sustainable farmers working in America today . . . His message is that we eaters can change the world, one meal at a time." (Michael Pollan, in the introduction to *Holy Cows and Hog Heaven: The Food Buyer's Guide to Farm Friendly Food*.)

And speaking of Joel Salatin and Extra Credit . . . his talk at UMD is one that qualifies for the Extra Credit Review (which is due at the end of the week) . . .

**YouTube Talk:**

*Joel Salatin at the 3rd Annual Community Wellness Day*

**April 28th 2012, UMD Duluth, Minnesota**

Snag HomePage

*On-line access* from UMD Martin Library
*or view* from Snag Films

**Extra Credit Information**
"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."

**Directed by:** Raphaël Hitier
And a special offer for

3. “Hot Dish Lovers”—

"Hot Dish"

[click ↑ here]

The Campbell Girls’ Tater Tot Hot Dish. Photo by Gretchen Roufs Woodfield.

Roufs, Timothy G. 2018. "Hot Dish." From We Eat What?: A Cultural Encyclopedia of Unusual Foods in the
4. REM: Work on Project

Your Class Project =

(1) **Presentation**  +  (2) **Term Paper**


As I have been mentioning throughout the semester a major part of this course is your research project—not just for the points, but because researching a topic you are
interested in, and presenting your findings to others, and then writing the results up as a formal paper, is one of the best ways to learn things, and it gives you valuable practice for presenting your ideas and arguments.

Keep in mind what I said earlier on about your *Presentations*, viz., that they are intended to be a report on *work in progress*, that is, basically, a rough draft of your ideas that should eventually make their way into your final *Term Paper*.

The class *Presentations WebPage*, if you would like to review, is at <http://www.d.umn.edu/cla/faculty/troufs/anthfood/afpresentations.html>.

REM (friendly): Your Term Paper is due in *two weeks*

5. Assignments and Events

... *this week* are listed on your "*Calendar*"
This Week’s ”Calendar”

NB [Nota Bene] Links on screenshots are not “hot” (active)

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

The links to the on-line videos are on your Canvas Syllabus

The “Syllabus” version is found here:
In the “Syllabus” version the assignments look like this:

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

Best Regards,

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