Anthropology of Food Week 13

The Language of Food

Happy Easter!
for those of you celebrating Western Easter today.

It’s Catch-up Week

1. Live Chat: Presentation, Final Exam, and Open Forum
Tuesday, 14 April 2020, 7:00-8:00 p.m. (CDT)
2. **Video Explorations:**

![Image of vegan food]

**Vegan**
(video: 57:39 min.)

3. **DUE: Project Presentations On-line**

4. **DUE: Optional Extra Credits**

   *The Grind*
   *Case Study*
   *Lecture/Video/Event Review*
   *The Truth about Fat*

5. **Course Survey**
   (from IT)

6. **Other Assignments**

   *Readings for the Semester*
   *Class Slides for the Semester*
   *Calendar*
   *Syllabus*
   *Term Paper*

**For Fun Food Trivia**
1. Live Chat

Tuesday, 14 April 2020, 7:00-8:00 p.m. (CDT)
Presentation, Final Exam, 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 . . .

Vegan
(video: 57:39 min.)
"The vegan movement is becoming more mainstream by the day. Whether consumers switch to a plant-based diet due to health concerns or out of protest against animal cruelty, vegans are challenging the status quo in the food industry. Corporations and certain political powers are on the ropes, and they're working to shift the tide back in their favor with uninformed and deceptive public relations campaigns. The two-part documentary *Vegan* outlines the battle between the demands of activist consumers and the will of corporate interests."

"The first segment of the documentary (2017) works to dispel many of the most common misconceptions about going vegan. Do you receive enough protein from a vegetarian diet? Is it considerably more expensive than an animal-based eating regimen? Is dairy really the ideal solution for calcium consumption?"

"Food scientists and nutritionists are in overwhelming agreement over the benefits of plant-based eating, and its role in improving susceptibility to heart disease, diabetes and other chronic and life-threatening medical conditions. But some in the industry have been swayed by the well-funded persuasions of corporate pressures and lobbyists."

"In one particularly nefarious tactic outlined in the film, lawmakers make efforts to pass the Dairy Pride Act, an attempt to discard soy and almond milk as viable substitutes for traditional dairy products. Additional laws have been proposed and enacted with the sole purpose of protecting organizations that indulge in animal exploitation and the production of unhealthy processed meats."

"After establishing the debate, and the power struggles that continue to define it, part two of the documentary (2018) looks at where we are now. With the number of vegans growing by 500% over the past four years, the meat production landscape is at a tipping point. "The future is definitely plant-based," says one commentator featured in the film. In a matter of years, this one-time fringe movement will represent a majority. Attempts to stifle their side of the debate seem increasingly desperate and futile."
"The film contains a wealth of media clips featuring vegan advocates and members of their opposition, and original interviews with medical professionals also chime in with sound scientific evidence in support of a vegan lifestyle."

"Vegan elegantly summarizes the moral, economic, environmental and health-related aspects of the vegan debate." -- *Top Documentary Films*

course [Veganism / Vegetarianism](#) WebPage

course [Plant-Based Eating](#) WebPage

course [Animal Rights / Animal Welfare](#) WebPage

course [World Hunger](#) WebPage

![Vegan dish with dolma](#) -- AilinParsa
3. DUE: Project Presentations On-line

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>.

4. DUE: Optional Extra Credit Reports

The Grind

Case Study

Lecture/Video/Event Review
You may submit a maximum of two extra credit activities, one **Review** and one **Case Study**.

Extra credit will not be accepted later than the end of Week 13, Saturday, 18 April 2020.

**Extra Extra Credit Opportunity**

On Wednesday, 8 April 2020, NOVA premiered its latest video . . .

**The Truth about Fat**

Season 47 Episode 6 (53:38 min. CC; 2020)

The video is currently available on-line (free) at . . .

[https://pbswisconsin.org/watch/nova/](https://pbswisconsin.org/watch/nova/) (Links to an external site.)

[https://www.pbs.org/video/the-truth-about-fat-xnqm4i/](https://www.pbs.org/video/the-truth-about-fat-xnqm4i/) (Links to an external site.)

[click ↑ here]

Transcript
Earn Extra credit by watching the Video and answering the questions . . .

1. Is this a program that you would recommend be included in the Anthropology of Food class in the future?

2. Why? or Why not?

You may do this extra credit in addition to any of the others that you may have done (or will do).

Details on Extra Credit Reviews are on-line at . . .

https://www.d.umn.edu/cla/faculty/troufs/anthfood/afextracredit_review.html#title Links to an external site.

5. Course Survey
(from IT)

The friendly folks from Information Technology Systems & Services will be sending you an Invitation to Participate in an online Course Evaluation.

Evaluations are important to me, the Department Head, and the Dean, as well as everyone in our Department.

Please fill the online Course Evaluation out carefully.
Evaluations are anonymous, and will not be seen by the instructor until final grades for this course have been recorded.

Thanks,

Tim Roufs

6. 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

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

The “Syllabus” version is found here:

In the “Syllabus” version the assignments look like this:

REM: Links on screenshots are not “hot” (active)
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun Apr 12, 2020</td>
<td>AF (optional) Western Easter</td>
</tr>
<tr>
<td></td>
<td>AF What’s Happening Week 13?</td>
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<tr>
<td></td>
<td>AF Wk 13 For Fun Food Trivia: Are you really what you eat?</td>
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<tr>
<td>Mon Apr 13, 2020</td>
<td><strong>NB</strong> AF Wk 13 Readings</td>
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<tr>
<td>Tue Apr 14, 2020</td>
<td>AF Wk 13 Live Chat -- Presentation, Final Exam, and Open Forum, Tuesday, 7 Apr 2020, 7:00-8:00 p.m. Copy</td>
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<tr>
<td>Thu Apr 16, 2020</td>
<td>AF Wk 13 Video: Vegan (2017, 59 min, CC)</td>
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<td>Fri Apr 17, 2020</td>
<td>AF ITSS Course Survey</td>
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<td>AF Term Paper Review</td>
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<td>Sat Apr 18, 2020</td>
<td>AF Wks 13/14 Discussion: Easter / Passover / Holiday Dinner (new due date, no later than 1 May 2020)</td>
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<td>(optional) AF Extra Credit Case Study, Due Wk 13</td>
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<td>(optional) AF Extra Credit Lecture / Video / Event Review, Due Wk 13</td>
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<tr>
<td></td>
<td>(optional) AF Extra Credit Lecture, Due Wk 13: Bina Agarwal, &quot;Can We Make Food Good For All?&quot; (128 min.)</td>
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<td>(optional) AF Extra Credit Video, Due Wk 13: Fed Up</td>
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<td>(optional) AF Extra Credit Video, Due Wk 13: The Grind (29 min.)</td>
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<td>AF UM Zoom Information for Holding Meetings, Office Hours, Study Groups, and Webinars Online Copy 2</td>
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**Nota Bene**

The links to the on-line videos are on your Canvas Syllabus.
And, at least focusing on the unit of analysis of “The Class,” this is also another Ketchup week (even though nationally Ketchup Week is in December). So work on your presentation and term paper, catch up on your readings, and at least start thinking about the Final Exam.

REM: Your Term Paper is due next week

Details are at . . .
<https://www.d.umn.edu/cla/faculty/troufs/anthfood/afterm_paper.html#title>

For Fun Food Trivia

this week . . .

How many pounds of anchovies does it take to produce one pound of fish-farmed salmon?

(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.

Best Regards,

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