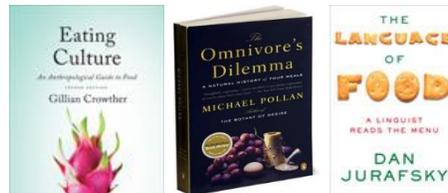


## Anthropology of Food Week 13 (Module 13)



Direct Links  
to Canvas



Available on-line in your  canvas folder at  
<<http://canvas.umn.edu/>> 

[Syllabus](#) 

[Calendar](#) 

# What's Happening this Week



## Happy Easter!

for those of you celebrating Western Easter today.

## THIS WEEK'S HIGHLIGHTS

(click links for details)

 = leave page



[General Comments for the Week](#)

## The big food event of the season is, for many, Easter

**OR Passover. Holiday and holyday foods typically showcase traditional fare, and a lot about religious and secular traditions can be learned by looking at food customs at these important times of the year.**

**Following last week's look at "plant-based meat", this week we'll have a look at *Vegan* and learn how vegans and vegetarians combine their philosophy of life with their foods.**

**Your Presentation is due this week, as are (optional) Extra Credit papers.**

**As always Live Chat is at 7:00 p.m. on Tuesday, a handy time to ask questions about your Presentation. But if that time is not convenient, e-mail. . . .**

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

[Contact Information](#)

### **Video Explorations**

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

[Videos for the Semester](#)

### **Vegan**

(57:39 min., 2017, CC)



### **This Week's Slides**

[Class Slides for the Semester](#)

**No new class slides this week**

**Readings for the Week**

Readings for the Semester [↗](#)

REM: Textbooks [↗](#)

**Other Assignment Information**

Main Due Dates [↗](#)

Calendar [↗](#)

**Week 13 (Module 13) Calendar**

DUE **Your Presentation**



DUE: **Optional Extra Credits**

Case Study

Lecture/Video/Event Review

*The Grind*

Bina Agarwal Lecture

**Discussion**

**Easter / Passover / Holiday Foods**

**For Fun Trivia**

“Are you really what you eat?”

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

**Questions? Comments?**

## General Comments for the Week

**The big food event of the season is, for many, Easter or Passover. Holiday and holyday foods typically showcase traditional fare, and a lot about religious and secular traditions can be learned by looking at food customs at these important times of the year.**

**Following last week's look at "plant-based meat", this week we'll have a look at *Vegan* and learn how vegans and vegetarians combine their philosophy of life with their foods.**

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### Live Chat: Open Forum / Office Hours

[Contact Information](#) 

Tuesday, 6 April 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](#)

“How People Get Their Food in Industrial Societies”

This week we’re going to have a look at . . .

### *Vegan*

(57:39 min., 2017)

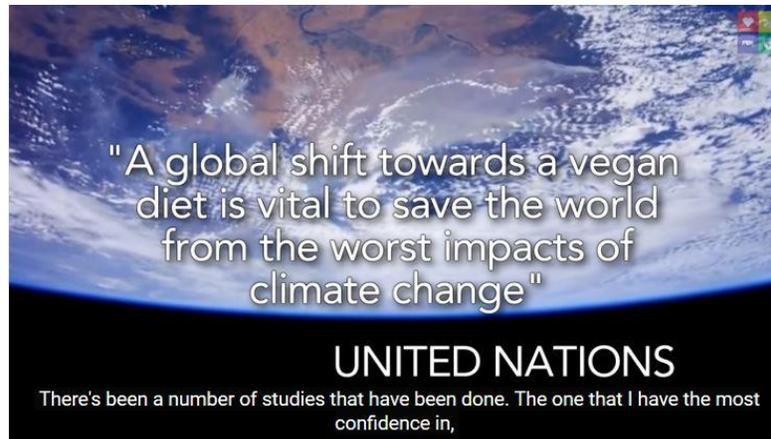
[online Access](#)

-- [Top Documentary Films](#)

[click [↑](#) here]

If you are off-campus use [Virtual Private Network \(VPN\)](#) connection

[Plant Based News](#)



"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](#)

## This Week's Slides

[Class Slides for the Semester](#)

**No new class slides this week**

## Readings for the Week

[Readings for the Semester](#)

REM: [Textbooks](#)

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

- (Review)

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

- (Review)

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

- Ch. 10 "Macaroon, Macaron, Macaroni"
  - Ch. 11 "Sherbet, Fireworks, and Mint Juleps"

**Work on Readings for Your Term Paper**  
(which is due next week)

## Other Assignment Information

[Main Due Dates](#)

[Calendar](#)

## Catch Up

**This week take a little time to catch up . . .**



## Week 13 Calendar

(Module 13)



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



The screenshot shows a Canvas LMS calendar for April 2021. The calendar is viewed in 'Month' mode. The left sidebar contains navigation links: Account, Syllabus, Dashboard, Courses, What's Happening, Inbox, and History. The calendar grid shows events for each day from Sunday (4th) to Saturday (10th). Annotations include:

- Agenda**: A red arrow pointing to the 'Agenda' view selector in the top right.
- Readings**: A yellow arrow pointing to the '1a AF Wk 13 Readings' event on Monday (5th).
- Live Chat**: A blue arrow pointing to the '7p (optional) AF Wk 13 Live Chat -- Office Hour' event on Tuesday (6th). Below it, text reads 'Live Chat Tuesday 7:00 – 8:00 p.m.'.
- Videos On-line**: A yellow arrow pointing to the '8:01a AF Wk 13 Video: Vegan (2017, 59 min, CC)' event on Wednesday (7th). Below it, text reads 'The links to the videos are live in Canvas'.
- Discussion**: A green arrow pointing to the '8:01a AF Wks 13 Discussion: Easter / Passover / Holiday Dinner' event on Friday (9th).
- Extra Credits**: A red arrow pointing to the '8:01a AF Wks 13 Discussion: Easter / Passover / Holiday Dinner' event on Friday (9th).
- Presentation**: A red arrow pointing to the '8:01a AF Wks 13 Discussion: Easter / Passover / Holiday Dinner' event on Friday (9th).

REM: **Finish your Presentation**

# and Work on Your Term Paper

**DUE: Project Presentations On-line**

Your Class Project =

(1) [Presentation](#)

+

(2) [Term Paper](#)



*Demosthenes Practising Oratory* (1870)  
Jean-Jules-Antoine Lecomte du Nouÿ (1842–1923)  
[Wikipedia](#)



*Charles Dickens* (1842)  
Francis Alexander (1800-1880)  
[Wikipedia](#)

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 [↗](#).

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).

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

[click ↑ here]

## DUE: **Optional Extra Credit Reports**

### **Case Study**

### **Lecture/Video/Event Review**

### ***The Grind***

Bina Agarwal Lecture

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, 10 April 2021.**

REM: **Your Term Paper is due next week . . .  
And at least start thinking about the Final Exam.**

**Details are at . . .**

[https://www.d.umn.edu/cla/faculty/troufs/anthfood/afterm\\_paper.html#title](https://www.d.umn.edu/cla/faculty/troufs/anthfood/afterm_paper.html#title)



## **Discussion Topic**

**Easter / Passover / Holiday Foods**

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

**“Are you really what you eat?”**



[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](#) 