

# ANTHROP/HLTHAGE 2AN3

## THE ANTHROPOLOGY OF FOOD AND NUTRITION

### Term 2

**Instructor:** Dr. Tina Moffat  
**Email:** moffatcs@mcmaster.ca  
**Lecture:** Mon 9:30-10:20 am; Tues  
10:30 to 11:20 am

**Office:** CNH 527  
**Office Hours:** Mondays 1 to 3 pm

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## **Course Description**

This course looks at human food use and nutrition from a broad anthropological perspective. We begin by examining the diets of our human ancestors, food origins, and human food revolutions, including contemporary industrial and biotechnological food production. The focus then shifts to a focus on the economic aspects of food production and distribution, as well as the cultural and social aspects of food and nutrition. Some of the fundamental questions we consider in this course: How do social-cultural factors affect our basic biological food needs? How does our biological need for food influence our social and cultural organization? What is the role of social factors in mediating food access and distribution? How does the environment affect human nutrition?

## **Course Objectives**

By the end of the course students should be able to:

- To appreciate and apply the biocultural approach to understanding human diet and nutrition
- To consider past, present and future dimensions of human food production, acquisition and consumption
- To critically analyse current food systems and consider possible alternatives
- To expand and enhance your communication skills: discussion, presentation, and writing

## **Required Materials and Texts**

- Dufour, DL, Goodman, AH, and Peltó, GH (2013) *Nutritional Anthropology. Biocultural Perspectives on Food and Nutrition*, second edition. Oxford, New York: Oxford University Press.

## **Class Format**

2 hours of lecture per week; 1 hour of tutorial

## **Course Evaluation – Overview**

1. First assignment - 15% due on Feb. 24th
2. Proposal for second assignment – 5% due in tutorial week of Mar 2<sup>nd</sup> to 6<sup>th</sup>
3. Second assignment – 25% due on Mar 23
4. Two Quizzes on A2L – each worth 2.5% during weeks of Feb 10 to 16 and Mar 30 to Apr 5.
5. Tutorial participation – 5%
6. Tutorial presentation – 15% due in tutorial as scheduled
7. Take-home exam – 30% due on April 14 by 11:59 pm

## **Course Evaluation – Details**

### **Tutorial Participation (5%)**

#### **Tutorial presentation (15%) due in tutorial as scheduled**

Group presentation based on assigned readings done in tutorial

#### **Assignment 1 (15%) due on Feb. 24<sup>th</sup> by 11:59 pm**

Reflection on a 3-day food acquisition and sourcing diary

#### **Proposal for Assignment 2 (5%), due in tutorial week of Mar 2-6**

Brief outline of essay (template form found on A2L)

#### **Assignment 2 (25%) due on Mar 23 by 11:59 pm**

What's cooking? Short essay about a food dish

#### **Quizzes on Readings (5%) during weeks of Feb 10-16 and Mar 30-Apr 5**

Two online quizzes based on readings and done on A2L

#### **Take-home exam (30%) due on April 14 by 11:59 pm**

Essay-style take-home exam based on course lectures, videos, and readings

## **Weekly Course Schedule and Required Readings**

### **Week 1 (Jan 6 and 7)**

**Jan 6 Welcome & introduction to the syllabus**

Readings: Chapter 1

**Jan 7 – The biocultural approach & human nutrition basics**

Readings: Chapter 3

### **Week 2 (Jan 13 and 14)**

**Jan 13 & 14 – Reconstructing and interpreting non-human primate and prehistoric diets**

Readings: Chapters 6, 7, 8 & 9

### **Week 3 (Jan 20 and 21)**

**Jan 20 & 21 – The agricultural revolution and food processing**

Readings: Chapters 10, 11, & 12

### **Week 4 (Jan 27 and 28)**

**Jan 27 & 28 – Agriculture, the biotechnological revolution and the environment**

Readings: Chapters 15, 16, & 52

**Week 5 (Feb 3 and 4)**

**Feb 3 & 4 – Food origins and food as a commodity**

Readings: Chapters 31 & 38

**Week 6 (Feb 10 and 11)**

**Feb 10 & 11 – Food and adaptation**

Readings: Chapters 24 & 26

**Notes: Reading Quiz 1, open on A2L (from 8:59 am Feb 10 till 11:59 pm Feb 16)**

**Week 7 (Feb 17 and 18)**

**Date – Reading Week – no class**

**Week 8 (Feb 24 and 25)**

**Feb 24 & 25 – Food systems, identity, and social change**

Readings: Chapters 18, 53 & 54

**Notes: Feb 24 – 1<sup>st</sup> assignment due**

**Week 9 (Mar 2 and 3)**

**Mar 2 & 3 – Global food and power**

Readings: Chapters 22, 40 & 42

**Notes: 2<sup>nd</sup> assignment proposal due in this week's tutorial (please submit on paper to your TA)**

**Week 10 (Mar 9 and 10)**

**Mar 9 & 10 – Malnutrition and the politics of hunger**

Readings: Chapters 17, 34 & 37

**Week 11 (Mar 16 and 17)**

**Mar 16 & 17 – Undernutrition, Overnutrition and Hunger in the Lands of Plenty**

Readings: Chapters 46, 48 & 51

**Week 12 (Mar 23 and 24)**

**Mar 23 & 24 – Nutrition, health and disease**

Readings: Chapter 25, 29 & 55

**Notes: 2<sup>nd</sup> assignment due on Mar 23**

**Week 13 (Mar 30 and 31)**

**Mar 30 & 31 – Infant and young child feeding**

Readings: Chapters 43 & 44

**Notes: Reading Quiz 2, open on A2L (from 8:59 am Mar 30 till 11:59 pm Apr 5)**

**Week 14 (April 6 and 7)**

**April 6 – Course review**

Readings: No readings

**April 7 – Take-home exam given out in class and released on A2L**

Readings: No readings

**Notes: Take-home examination due at 11:59 pm on April 14 – submit through Turnitin on A2L**

**Course Policies**

**Submission of Assignments**

All assignments (except for the assignment 2 proposal which is due in tutorial) must be submitted through A2L Turnitin. Please let me know as soon as possible if you have any special learning requirements.

**Grades**

Grades will be based on the McMaster University grading scale:

<b>MARK</b>	<b>GRADE</b>
90-100	A+
85-90	A
80-84	A-
77-79	B+
73-76	B
70-72	B-
67-69	C+
63-66	C
60-62	C-
57-59	D+
53-56	D
50-52	D-
0-49	F

**Late Assignments**

There is a late penalty of 10% per day including weekend days.

## **Absences, Missed Work, Illness**

Please refer to the McMaster policy on Requests for Relief for Missed Academic Term Work.

<https://academiccalendars.romcmaster.ca/content.php?catoid=11&navoid=1698#Requests for Relief for Missed Academic Term Work>

## **Avenue to Learn**

In this course we will be using Avenue to Learn. **Please note that all assignment guidelines and supplemental materials for the course will be available only on Avenue to Learn. Please check Avenue frequently for course announcements. Lecture notes will be posted on Avenue.** Students should be aware that, when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

## **Turnitin.com**

In this course we will be using a web-based service (Turnitin.com) to reveal plagiarism. Students will be expected to submit their work electronically to Turnitin.com and in hard copy so that it can be checked for academic dishonesty. Students who do not wish to submit their work to Turnitin.com must still submit a copy to the instructor. No penalty will be assigned to a student who does not submit work to Turnitin.com. All submitted work is subject to normal verification that standards of academic integrity have been upheld (e.g., on-line search, etc.). To see the Turnitin.com Policy, please to go [www.mcmaster.ca/academicintegrity](http://www.mcmaster.ca/academicintegrity).

## **University Policies**

### **Academic Integrity Statement**

You are expected to exhibit honesty and use ethical behavior in all aspects of the learning process. Academic credentials you earn are rooted in principles of honesty and academic integrity.

Academic dishonesty is to knowingly act or fail to act in a way that results or could result in unearned academic credit or advantage. This behavior can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: "Grade of F assigned for academic dishonesty"), and/or suspension or expulsion from the university.

It is your responsibility to understand what constitutes academic dishonesty. For information on the various types of academic dishonesty please refer to the Academic Integrity Policy, located at [www.mcmaster.ca/academicintegrity](http://www.mcmaster.ca/academicintegrity).

The following illustrates only three forms of academic dishonesty:

1. Plagiarism, e.g. the submission of work that is not one's own or for which credit has been obtained.
2. Improper collaboration in group work.
3. Copying or using unauthorized aids in tests and examinations.

### **Academic Accommodation of Students with Disabilities**

Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone 905-525-9140 ext. 28652 or e-mail [sas@mcmaster.ca](mailto:sas@mcmaster.ca). For further information, consult McMaster University's Policy for [Academic Accommodation of Students with Disabilities](#).

### **Religious, Indigenous and Spiritual Observances (RISO)**

The University recognizes that, on occasion, the timing of a student's religious, Indigenous, or spiritual observances and that of their academic obligations may conflict. In such cases, the University will provide reasonable academic accommodation for students that is consistent with the Ontario Human Rights Code.

Please review the [RISO information for students in the Faculty of Social Sciences](#) about how to request accommodation.

### **Faculty of Social Sciences E-mail Communication Policy**

Effective September 1, 2010, it is the policy of the Faculty of Social Sciences that all e-mail communication sent from students to instructors (including TAs), and from students to staff, must originate from the student's own McMaster University e-mail account. This policy protects confidentiality and confirms the identity of the student. It is the student's responsibility to ensure that communication is sent to the university from a McMaster account. If an instructor becomes aware that a communication has come from an alternate address, the instructor may not reply at his or her discretion.

### **Privacy Protection**

In accordance with regulations set out by the Freedom of Information and Privacy Protection Act, the University will not allow return of graded materials by placing them in boxes in departmental offices or classrooms so that students may retrieve their papers themselves; tests and assignments must be returned directly to the student. Similarly, grades for assignments for courses may only be posted using the last 5 digits of the student number as the identifying data. The following possibilities exist for return of graded materials:



1. Direct return of materials to students in class;
2. Return of materials to students during office hours;
3. Students attach a stamped, self-addressed envelope with assignments for return by mail;
4. Submit/grade/return papers electronically.

Arrangements for the return of assignments from the options above will be finalized during the first class.

### **Course Modification**

The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check his/her McMaster email and course websites weekly during the term and to note any changes.