

## Anthropology and Health, Aging and Society 2AN3 The Anthropology of Food and Nutrition

**Class Schedule:** Wednesdays and Fridays, 9:30 – 10:20 am

**Location:** MDCL 1309

**Instructor:** Dr. Tina Moffat

Office: CNH 536, Anthropology; Main Office, CNH, Room 524

Office Hours: Wednesdays 1:00 to 3:00 pm or by appointment

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**Teaching Assistants:**

Matthew Emery, Stephanie Mayell, and Kandace Bogaert

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 the economic aspects of food production and distribution, as well as the cultural and social significance 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 organization? What is the role of social factors in mediating food access and distribution? How does the environment affect human nutrition?

Format: 2 hours of lecture per week; 1 hour of tutorial

### Course Objectives:

- 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

### Learning Assessments:

Seminar Presentation	15%
Seminar Participation	5%
1 <sup>st</sup> assignment	15%
Proposal for short paper	5%
2 <sup>nd</sup> assignment (short paper)	25%
Take home examination	35%

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

## Class Schedule



**Jan 7 Welcome and introduction to the syllabus**

**Jan 9 The biocultural approach and human nutrition basics**

**Required Reading:** Chapters 1 & 2

**Jan 14 & 16 Reconstructing and interpreting non-human primate and prehistoric diets**

**Required Reading:** Chapters 6, 7, 8, & 9

**Jan 21 & 23 The agricultural revolution and food processing**

**Required Reading:** Chapters 10, 11, & 12

**Jan 28 & 30 Agriculture, the biotechnological revolution and the environment**

**Required Reading:** Chapters 15, 16, & 23

**Feb 4 & Feb 6 Food origins and food as a commodity**

**Required Reading:** Chapters 31 & 38

**Feb 11 & 13 Food and adaptation**

**Required Reading:** Chapters 24 & 26

**Feb 18 & 20 No Classes - READING WEEK**

**Feb 25 & 27 Food systems, identity, and social change**

**Required Reading:** Chapter 18, 21, & 53

***Feb 25 – 1<sup>st</sup> assignment due in class***

**Mar 4 & Mar 6 Global food and power**

**Required Reading:** Chapters 22, 40, & 42

***2<sup>nd</sup> assignment paper proposal due in this week's tutorial***

**Mar 11 & 13 Malnutrition and the politics of hunger**

**Required Reading:** Chapters 17, 34 & 37

**Mar 18 & 20 Undernutrition, Overnutrition and Hunger in the Lands of Plenty**  
**Required Reading:** Chapters 46, 48, & 51

**Mar 25 & 27 Nutrition, health and disease**  
**Required Reading:** Chapter 30 & 55

**March 25<sup>th</sup> -- 2<sup>nd</sup> assignment (short paper) due in class**

**Apr 1 Cultural ecology of infant feeding**  
**Required Reading:** Chapters 43 & 44

**Apr 3 Good Friday holiday**

**April 8 Course Review; take-home examination available**  
**April 13 - Submit take-home examination – no extensions**

**Important Dates to Remember!**

- 🕒 Feb 25 – 1<sup>st</sup> assignment due in class
- 🕒 Week of Mar 4<sup>th</sup> to Mar 6<sup>th</sup>, 2<sup>nd</sup> assignment paper proposal due in tutorial
- 🕒 Mar 25 – 2<sup>nd</sup> assignment (short paper) due in class
- 🕒 Apr 8 – Take-home Exam available
- 🕒 Apr 13 – Take-home Exam due

**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, but not before the lectures are presented.**

**Policy on the Submission of Assignments:**

Assignments submitted by FAX or e-mail will not be accepted. Please let me know as soon as possible if you have any special learning requirements. There is a late penalty of 3% per day including weekend days.

**Academic Ethics and Academic Dishonesty**

Academic dishonesty is an offence that consists of misrepresentation by deception or by other fraudulent means and can result in serious consequences, such as the grade of zero on an assignment, and/or the 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 entirely **your responsibility** to understand what constitutes academic dishonesty. For information on the various kinds of academic dishonesty please refer to the Academic Integrity Policy, specifically Appendix 3, located at <http://www.mcmaster.ca/policy/AcademicIntegrity2008.pdf>

The following illustrates only three forms of academic dishonesty:

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

If you have any questions regarding academic dishonesty, please contact the Professor or Teaching Assistants.

### **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.**

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.