SEMESTER AT SEA COURSE SYLLABUS

Summer 2012
Discipline: Anthropology
ANTH 2559-501: Food, Gender, and Culture
Division: Lower Division
Faculty Name: Carla Guerrón Montero

Pre-requisites: None

COURSE DESCRIPTION
We are constituted as human beings by the food we eat as well as by what we consider food. This course uses a cross-cultural perspective to explore the ways in which preparing, eating, and thinking about food demonstrate culturally determined gender and power relations around the world. We will emphasize the study of the connections among food, gender, the body, and culture in the Mediterranean. We will read philosophy texts, ethnographies, and popular food books in order to explore issues as diverse as cultural meanings of nutrition and body images, food and national identities, eating disorders, ‘high’ cuisine, and ‘countercuisine,’ radical consumerism, and the ‘slow food’ movement, among others. We will also engage in community-based research exercises throughout our voyage, with the objective of encouraging students to move beyond intellectual discussions to an experiential approach toward food production and consumption.

COURSE OBJECTIVES
1. To examine the multiple and complex relations among food, gender, culture, and the body
2. To recognize the relevance of the socio-economic, cultural, and ethnic affiliations of individuals in determining food choices
3. To survey ways of getting food in the world
4. To understand the significant problems our world faces in terms of food shortages, globalization, sustainability, and poverty in connection to food

REQUIRED TEXTBOOKS

AUTHOR: Counihan, Carol and Penny Van Esterik
TITLE: Food and Culture: A Reader
PUBLISHER: Routledge
ISBN #: 978-0415-97777-7
COST: $65.95

AUTHOR: Helstosky, Carol
TITLE: Food Culture in the Mediterranean
PUBLISHER: Greenwood
COST: $49.95
TOPICAL OUTLINE OF COURSE

PART 1. Introduction

C-1
· Introduction of professor and students
· The Multiple Meanings of Food: Culture and History
· Videos: Global Eating and In Search for the Heart of Chocolate
· Readings:
  - Counihan and Van Esterik, Introduction and Chapter 1

C-2
· Anthropological Approaches to the Study of Food
· Readings:
  - Counihan and Van Esterik, Chapters 2 and 3

C-3
· Anthropological Approaches to the Study of Food
· Readings:
  - Counihan and Van Esterik, Chapters 4, 5 and 8

PART 2. Food and Culture

C-4
· Food Rules and Culture
· Food and Identity Politics
· Readings:
  - Counihan and Van Esterik, Chapters 18, 19, and 20

C-5
· Food Culture and Identity Politics in the Mediterranean
· Readings:
  - Helstosky, Chapters 1, 2, and 3
  - Counihan, Carol. “Bread as World: Food Habits and Social Relations in Modernizing Sardinia” [on reserve]

C-6
· Food Culture in the Mediterranean
· Readings:
  - Helstosky, Chapters 4, 5, and 6
  - Medina, Xavier “Cows, Pigs…and Witches!” [on reserve]

C-7
· Food Culture in the Mediterranean
· Readings:
  - Helstosky, Chapter 7
  - Counihan and Van Esterik, Chapter 24
- Stille, Alexander. “Slow Food: An Italian Answer to Globalization” [on reserve]

C-8
· Exam No. 1

PART 3. Food and Gender

C-9
· Group discussions field lab Barcelona

C-10
· Food, Gender, and Nutrition
· Case study: Ecuador
· Readings:
  - Guerrón Montero and Moreno-Black, “Panela Para el Café: Household Structure and Food Security Coping Strategies in the Afro-Ecuadorian Highlands” (on reserve)
  - Moreno-Black, Guerrón Montero and Yovanoff, “Height and Weight of Afro-Ecuadorian Children” (on reserve)
· (Field lab report of Food and Culture due)

C-11
· Food, Gender, and Nutrition
· Readings:
  - Gilbert and Khokhar, “Changing dietary habits of ethnic groups in Europe and implications for health” (on reserve)
  - Counihan and Van Esterik, Chapter 30

C-12
· Food, Gender, and Identity
· Readings:
  - Counihan and Van Esterik, Chapter 29
  - Sutton, Davis and Leonidas Vournelis. “Vefa or Mamalakis: Cooking up Nostalgia in Contemporary Greece” [on reserve]
· (One-page report market visits in Spain and Italy)

C-13
· Group discussions field activity or personal activity Food and Gender

C-14
· Exam No. 2

C-15
· Preparation for consciousness-raising activity
· (One-page report market visits in Croatia, Greece, and Turkey)
PART 4. Food and the Body

C-16
· Food, the Body, and the Advertisement Industry
· Video: The Strength to Resist
· Readings:
  - Parkin, Katherine, “Advertisers and their Paradigm” [on reserve]
· (Field activity or personal activity on Food and Gender due)

C-17
· Food, Culture, and Eating Disorders
· Readings:
  - Counihan and Van Esterik, Chapters 9, and 11
  - Ruggiero, Giovanna Maria. Feminine Shame, Traditional Parenting, and Transition to Modern Social Assets in Mediterranean Culture” [on reserve]

C-18
· Food, Culture, and Eating Disorders
· Readings:
  - Counihan and Van Esterik, Chapter 12, 13 and 31
  - Machado et al. “The Portuguese Version of the Eating Disorders Inventory” [on reserve]

C-19
· Exam No. 3

PART 5. Conclusions

C-20
· Group discussions field activity or personal activity Food and the Body
· (One-page report market visits in Morocco and Portugal)

C-21
· The Intersection of Food, Gender, and Culture
· Radical Consumerism, Counter-Culture, and Punk Cuisine
· Readings:
  - Counihan and Van Esterik, Chapters 26 and 36
  - Belasco, Warren. “Food and the Counter-culture: A Story of Bread and Politics”
· (Field activity or personal activity on Food and the Body due)

C-22
· Consciousness-raising activity presentations

C-23
· Consciousness-raising activity presentations
· Final class discussion

C-24 FINAL EXAM
FIELD LAB

A portion of your grade will come from field trips and activities in the ports that we will visit. Your field lab has been designed to facilitate your closer understanding of the topic Food and Culture. It is expected that you will find two other organized SAS field trips or that you conduct activities on your own to address the other two main themes of the course. These are the three main themes that we will cover in class:

- Food and culture
- Food and gender
- Food and the body

1. You will participate in the field lab especially designed for this course on the theme Food and Culture:

Markets and “The Food of the Spirit” (led by Professor Guerrón Montero in Barcelona)

Please write a three-page-report for your field lab, based on a template provided by the professor during the first week of classes.

Please write two additional two-page reports on your SAS field experiences or personal experiences in the ports that we visit, based on the other two themes of the course. We will discuss our field experiences in class; please be prepared to participate in small group discussions and to report back to your classmates on the dates indicated in the syllabus (C-9, C-13, and C-20).

Here is a list of potential field experiences that will be suitable for your field exercises:

*Italy:*
  - Food and Nature in Pompeii

*Croacia, Greece, Turkey:*
  - Cooking Lessons (Greece)
  - Foods of Ottoman Sultans and the Spice Market (Turkey)

*Morocco:*
  - Explore Morocco’s Capital, Culture, and Gastronomy

2. In order to learn how cultural anthropologists work, you will make market visits and write one-page written reports for each country we visit. The professor will provide guidelines to assist you in your observations. It is preferable that you visit markets considered traditional in the host country, but up to two of the reports can come from visits to the equivalent of a US supermarket.

METHODS OF EVALUATION

**GRADES.** You will have the opportunity to earn up to 1000 points during the term. Final grades will be determined by the number of points earned as follows:
A. **095 points** for attendance and participation. Students are expected to come to each class prepared, and to have read the materials assigned prior to coming to class. Students should also make every effort to arrive to classes on time. Students are responsible for all readings, whether or not they have been fully discussed in class. In addition, students are encouraged to bring questions about the readings to class. Discussion and comments are strongly encouraged. Students will engage in in-class writing exercises several times throughout the semester. These exercises will be counted as part of the participation grade and **cannot be taken at a later date** or substituted for any other exercise or activity.

B. **180 points** from 3 exams (60 points each). These exams will be short answer and short essay. They will cover material from lectures, discussions, student presentations, and readings. They are not cumulative. Study guides will be given 2 classes before each exam. These exams will take place on days **C-8, C-14, and C-19**.

C. **320 points** from field-lab and field/personal activities (100 points for field lab and 20 points for group discussion; 80 points for the remaining field activities and 20 points for each field activity group discussion). Information about the field assignments is provided above. Presentations of field are due on days **C-9, C-13, and C-20**. Field lab and field/personal activity reports are due on days **C-10, C-16, and C-21**.

D. **100 points** for consciousness-raising activity. Students in the class will form groups. Each group will be responsible for organizing a consciousness-raising activity for the SAS community. The event will be planned throughout the voyage and will take place at any time during our voyage (on board). Students will present the results of their consciousness-raising activity to the class on days **C-22 and C-23** of our voyage. Students will have an opportunity to work together during class time on day **C-15**. However, it is expected that students will meet outside class time additionally to prepare for this activity.

E. **105 points** for market visit reports in each country we visit (7 countries; 15 points each)

F. **200 points** for final exam.

**RESERVE LIBRARY LIST**

AUTHOR: Anderson, Eugene  
TITLE: Everyone Eats  
PUBLISHER: New York University Press  
ISBN #: 978-0814704967  
DATE/EDITION: 2005  
COST: $22.00

AUTHOR: Belasco, Warren  
TITLE: Appetite for Change: How the Counterculture Took on the Food Industry  
PUBLISHER: Cornell University Press  
ISBN #: 978-0801473296  
DATE/EDITION: 2006 (Second updated edition)
COST: $21.95
AUTHOR: Flandrin, Jean Louis and Massimo Montanari (editors)
TITLE: Food: A Culinary History from Antiquity to Present
PUBLISHER: Columbia University Press
ISBN #: 978-0231111546
DATE/EDITION: 1999
COST: $55.00

AUTHOR: Shiva, Vandana
TITLE: Stolen Harvest: The Hijacking of the Global Food Supply
PUBLISHER: South End Press
ISBN #: 978-0896086074
DATE/EDITION: 2000
COST: $15.00

ELECTRONIC COURSE MATERIALS

AUTHOR: Black, Rachel
ARTICLE/CHAPTER TITLE: Buona Forchetta: Overeating in Italy
JOURNAL/BOOK TITLE: Adventures in Eating: Anthropological Tales of Dining Around the World (Helen R. Haines and Claire A. Sammells, editors)
VOLUME: University of Colorado Press
DATE: 2010
PAGES:

AUTHOR: Belasco, Warren
ARTICLE/CHAPTER TITLE: Food and the Counterculture: A Story of Bread and Politics
JOURNAL/BOOK TITLE: The Cultural Politics of Food and Eating
VOLUME:
DATE: 2005
PAGES: 217-234

AUTHOR: Counihan, Carol
ARTICLE/CHAPTER TITLE: Bread as World: Food Habits and Social Relations in Modernizing Sardinia
JOURNAL/BOOK TITLE: Anthropological Quarterly
VOLUME: 57(2)
DATE: 1984
PAGES: 47-59

AUTHOR: Gilbert, Penelope A. and Santosh Khokhar
ARTICLE/CHAPTER TITLE: Changing Diet Habits of Ethnic Groups in Europe and Implications for Health
JOURNAL/BOOK TITLE: Nutrition Reviews
VOLUME: 66(4)
DATE: 2008
PAGES: 203-215
AUTHOR: Guerrón Montero, Carla
ARTICLE/CHAPTER TITLE: Panela para el Café: Household Structure and Food Security Coping Strategies in the Afro-Ecuadorian Highlands”
JOURNAL/BOOK TITLE: The Food and Nutrition Bulletin
VOLUME: 22(1)
DATE: 2001
PAGES: 23-30

AUTHOR: Machado, Paulo P. P., Sonia Gonçalves, Carla Martins and Isabel C. Soares
ARTICLE/CHAPTER TITLE: The Portuguese Version of the Eating Disorders Inventory: Evaluation of its Psychometric Properties
JOURNAL/BOOK TITLE: European Eating Disorders Review
VOLUME: 9
DATE: 2001
PAGES: 43-52

AUTHOR: Medina, F. Xavier
ARTICLE/CHAPTER TITLE: Cows, Pigs and... Witches! On Meat, Diet and Food in the Mediterranean Area
JOURNAL/BOOK TITLE: Estudios del Hombre
VOLUME: Information not available
DATE: Information not available
PAGES: 155-164

AUTHOR: Moreno Black, Geraldine, Carla Guerrón Montero and Paul Yovanoff
ARTICLE/CHAPTER TITLE: Height and Weight of Highland Afro-Ecuadorian Children
JOURNAL/BOOK TITLE: Acta Medica Auxologica
VOLUME: 33(1)
DATE: 2001
PAGES: 19-29

AUTHOR: Parkin, Katherine
ARTICLE/CHAPTER TITLE: Advertisers and their Paradigm: Women as Consumers
JOURNAL/BOOK TITLE: Food is Love: Advertising and Gender Roles in Modern America
VOLUME: 
DATE: 2007
PAGES: 12-29

AUTHOR: Ruggiero, Giovanna Maria
ARTICLE/CHAPTER TITLE: Feminine Shame, Traditional Parenting, and Transition to Modern Social Assets in Mediterranean Culture: Do They Influence Eating Disorders?
JOURNAL/BOOK TITLE: Eating Disorders in the Mediterranean Area
VOLUME: 
DATE: 2003
AUTHOR: Stille, Alexander
ARTICLE/CHAPTER TITLE: Slow Food: An Italian Answer to Globalization
JOURNAL/BOOK TITLE: The Nation
VOLUME: August 20/27
DATE: 2001
PAGES: 11-16

AUTHOR: Sutton, David and Leonidas Vournelis
ARTICLE/CHAPTER TITLE: Vefa or Mamalakis: Cooking up Nostalgia in Contemporary Greece
JOURNAL/BOOK TITLE: South European Society & Politics
VOLUME: 14(2)
DATE: 2009
PAGES: 147-166