SEMESTER AT SEA COURSE SYLLABUS

Voyage: Summer 2014
 Discipline: Anthropology

Course Title: The Anthropology of Food
Proposed as Upper or Lower Division:
Faculty Name: Christopher Morris

Pre-requisites:
None.

COURSE DESCRIPTION
This course is a seminar-based investigation into the social, cultural, and political dimensions of food, from its production to its consumption. Readings will be drawn primarily from cultural and medical anthropology and will utilize cross-cultural examples to examine how food variously shapes and reflects cultural values, ideals and relations of power. We will approach food as one of many culturally produced domains of life, exploring: Food and cultural identity; nationalism and eating; social class, lifestyle and taste; global food production in the colonial and postcolonial world; and the rise of obesity and food-related moralities.

COURSE OBJECTIVES
Learn anthropological approaches to the study of food and culture; analyze and experience foodways in the context of the challenges of globalization; report on food cultures in a variety of contexts.

REQUIRED TEXTBOOKS

AUTHOR: Mintz, Sydney
TITLE: Sweetness and Power: The Place of Sugar in Modern History
PUBLISHER: Penguin Books
ISBN #: 978-0140092332
DATE/EDITION: 1986

TOPICAL OUTLINE OF COURSE

June 16: Depart Southampton

June 17: Orientation

C1-June 18: Introduction: The Anthropology of Food
Overview of the course themes and syllabus
C2- June 19: Nutrition Basics
This American Life “Life in the Fast Lane” (from minute 22:30 to 48:35).
In class film segment: Scott Pilgrim vs. the World

C3- June 20: The Role of Food in Human Evolution and Health: The Evolutionary Approach
Gibbons – “Food for Thought”
Mackenbach – “The Mediterranean Diet Story Illustrates that ‘Why’ Questions are as Important as ‘How’ Questions in Disease Explanation”

June 21-24: Lisbon

C4- June 25: The Transition to Agriculture

C5- June 26: Biocultural Adaptations to Diet
Hampl – “Pellagra and the Origin of a Myth”
Kurlansky – “The Basque Eel”

June 27-30: Bilbao

C6- July 1: Variation in Diet and Nutritional Status
No readings

C7- July 2: Midterm

C8- July 3: Food as Politics, Food as Weapon
Smyth – “Unintentional Mobilization”
In class film: Hunger

C9- July 4: Food as Politics, Food as Weapon
Readings on the film Hunger
**Hand in 2-page field lab reaction/reflection paper**

July 4-7: Glasgow

C10- July 9: Colonialism, Consumption & Industrialization: The Example of Sugar
Mintz – Sweetness and Power: The Place of Sugar in Modern History (first third)

July 10-13: Dublin

C11- July 14: Colonialism, Consumption & Industrialization: The Example of Sugar
Mintz – Sweetness and Power: The Place of Sugar in Modern History (second third)

C12- July 15: Colonialism, Consumption & Industrialization: The Example of Sugar
Mintz – *Sweetness and Power: The Place of Sugar in Modern History* (last third)

**C13- July 16: Social Class and Taste**  
Bourdieu – “Distinction”  
Bugge – “Lovin’ it? A Study of Youth and the Culture of Fast Food (in Norway)”

July 17-20: Bergen and Oslo

**C14- July 21: Nationalism, Authenticity, and the Localization of the Global**  
Caldwell – “Domesticating the French Fry: McDonald’s and Consumerism in Moscow”  
Listen to “Soviet Kitchens” stories

**C15- July 23: Midterm 2**

July 24-28: St. Petersburg

**C16- July 29: Obesity, Disease, and Industrialization**  

**C17- July 30: Obesity, Body Image, and the New Morality**  
Ambjörnsson – “Talk” (about body image in Sweden)  
Lebesco – “Fat Panic and the New Morality”

July 31- August 3: Stockholm

**C18- August 4: Epigenetics, Sustainability and Food Justice**  
Levkoe – “Learning Democracy Through Food Justice”

**C19- August 5: Sustainability and Food Justice**  
Nousiainen et al. – “Are Alternative Food Systems Socially Sustainable? A Case Study from Finland”  
Jensen – “Forget Shorter Showers”

August 6-9: Helsinki

**C20- August 10: Food Safety, Contamination, Ritual, and Taboo: A Return to the Biocultural Approach**  
Ritvo – “Mad Cow Mysteries”  
*This American Life* episode “Doppelgaengers” (from minute 04:40 to 30:45).

**C21- August 11: Food Safety, Contamination, Ritual, and Taboo: A Return to the Biocultural Approach**  
Film: *Contagion*

August 12-15: Gdansk
C22- August 16: Field Assignment Presentations

C23- August 17: Field Assignment Presentations
**Hand in written field assignment report**

C24- August 19: Final Exam

FIELD ASSIGNMENT
**3-5 page field assignment paper due at start of class C23**
Twenty percent of the contact hours for each course is provided by field work.

Students will be required to visit a traditional market in three of the countries that we visit and will write a single 3-5 page report based on the guidelines I will provide. These will be presented in class at the end of the semester. Each student will be required to try three new (to them) foods in each country and write a brief description of each, following guidelines I will provide. It is preferable that you visit markets considered traditional in the host country, but one of the reports can come from visits to the equivalent of a US supermarket.

- Students will record ethnographic observations of the food market activities in a journal.
- Students will try and describe at least one food that is unfamiliar to them during each market visit (they may choose to test their comfort zone).
- Students will present their field observations and notes as a 3-5 page written report.
- Students are expected to incorporate class readings and lecture materials into field report.
- Students will report in class on their results.
- Evaluation will be 80% written report, 20% presentation.

FIELD LAB
Attendance in the field lab is required. It will take place on Friday, 27 June.

Assignment
**2-page field lab reaction/reflection paper due at start of class C9**

La Ribera Food Market, Tapas Tasting, and the Yandiola Gastronomic Group of Bilbao

Locals claim La Ribera food market is the largest indoor food market in Europe. True or not, La Ribera provides an opportunity to observe the daily hustle and bustle of local food commerce in Spain, as well as the wide variety of culinary goods available in such a marketplace. Students will attend a brief lecture on the history of cuisine and culture in Spain (on ship or at the university) and then visit La Ribera. Afterwards, we will experience a tapas tasting for lunch at a local restaurant and visit the Alhondiga building
with Yandiola Gastronomic Society personnel. Students will compile observations and
descriptions into a two-page reaction/reflection report.

**Academic Objectives:**
1. Learn about the history of food and food markets in Spain
2. Understand transformations of local markets under conditions of globalization
3. Write an ethnographic description of the experience

**LOCAL CONTACT:**
Daniel Garcia, is one of the genius of this new creative cuisine and head of an
authentic temple of the modern gastronomy, Zortziko restaurant in Bilbao. The base of
this success, is the quality of the products used, their origin in the local roots of the
Biscayne cooking and the result, the personal and surprising intuition of Daniel Garcia to
evolution in the treatment of the products, elaborating new and sensational dishes

Nationals and internationals publications have dedicated articles and pages to prey
the kitchen of Daniel Garcia and the most famous guides recognise the category of the
Zortziko Restaurant . That is the case of the Michelin Guide , one of the most prestigious
guides in the world, who has rewarded since 1993 the Zortziko Restaurant with one of its
stars.

Yandiola is a gastronomic group of Bilbao that has different restaurant business s
in the same building : Alhóndiga (Yandiola - a high level restaurant, Yan Eskola - a
cooking class area, La Florinda- an informal restaurant with showcooking and culture
mixture cuisine, Hola Bar- cosmopolitan café, and a bar-terrace on the top of the
building). It’s an innovative project inside an interesting and original building.

During their visit, they will have the opportunity of seeing all these facilities, the
type of food offered in each and the different concepts of businesses they handle.

We could not confirm by now who will be the person of the team that will meet
the group, escorting them along the visit. They will confirm us the day in advance, as it
depends on their schedule and on the volume of work they may have at that moment that
day (it’s still lunch time in Spain at 15,30).

It will be an informal meeting and visit, but of course, students could ask question
if they want. The guide will translate as the personnel are not English speaking.

**DRESS CODE:**
European casual
**What to Wear:** For men, jeans or pants, nice tee shirt, polo or button down. For women,
jeans or pants, dress or skirt, and nice tee shirt, polo or button down. Tank tops without
spaghetti straps are ok. Comfortable shoes for walking distances.
**Do NOT Wear:** Flip flops, sneakers, shorts, short skirts, sweat pants, leggings, spaghetti
tank tops, and/or revealing, stained or dirty clothing. Best to avoid wearing loud
American logos.

**MEALS:**
Tapas lunch at Berton restaurant
**Menu:** 5 pintxos + 1 drink (soft drink or water)
ITINERARY:
0900  Meet in classroom
0930  departure from ship
1000  lecture/talk at Zortziko restaurant by Daniel Garcia - “History of the Basque Cuisine: past, present and future” (translated by interpreter)
1115  walking transfer to Old Quarter
1130  Guided visit Old Quarter + Ribera market
1315  Pintxos at Old Quarter Berton restaurant
1415  Walking tour Abandoibarra and Ensanche - Abandoibarra: it is a quarter of Bilbao city, where shipyards and related industry companies are located. Euskalduna shipyards occupied most of the area for years. Also in this area workshops and stores of Renfe, filled with cargo containers bound for the Port of Bilbao is also found. With the industrial crisis, Abandoibarra activity was decreasing to a complete stop. As expected, the area was very degraded as a result of industrial applications for many years characterized this part of Bilbao. For 15 years, this area began to rehabilitate and currently all the spaces have been renovated making Abandoibarra area and leisure services. Thus, the area is now one of the most visited in Bilbao. The Guggenheim museum is located in this area.
1530  Stop in Alhondiga building to visit the building and the gastronomic facilities by the hand of Yandiola gastronomic group personnel (45 minutes including Q&A)
1615  Transfer to Port
1645  Arrival port

METHODS OF EVALUATION / GRADING RUBRIC

| Attendance and Participation | 15% |
| Field lab reaction/reflection paper | 5% |
| Field assignment report and presentation | 20% |
| Midterm exam 1 | 20% |
| Midterm exam 2 | 20% |
| Final exam | 20% |

Attendance and Participation
Attendance is required, and VITAL to your success in this course (all lecture material—including films—will be fair game on the exams). It is equally vital that you keep up with assigned readings. You should expect to read a significant amount of material over the course of a fast-paced semester. To contribute in class, be successful on exams, and write well-argued essays, it is critical that you read assigned material in advance.

Midterm and Final Exam
Exams will be comprised of short answer questions, multiple choice, and matching.

RESERVE LIBRARY LIST
None.

ELECTRONIC COURSE MATERIALS
Available on ship system

**ADDITIONAL RESOURCES**
None.

**HONOR CODE**
Semester at Sea students enroll in an academic program administered by the University of Virginia, and thus bind themselves to the University’s honor code. The code prohibits all acts of lying, cheating, and stealing. Please consult the Voyager’s Handbook for further explanation of what constitutes an honor offense.

Each written assignment for this course must be pledged by the student as follows: “On my honor as a student, I pledge that I have neither given nor received aid on this assignment.” The pledge must be signed, or, in the case of an electronic file, signed “[signed].”