

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

McClure and Schmich – “Local Actions in a Global Context: The Pleistocene-Holocene Transition in Iberia”

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

Julier – “The Political Economy of Obesity: The Fat Pay All”

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]."