

SEMESTER AT SEA COURSE SYLLABUS
University of Virginia, Academic Sponsor

Spring 2016

Discipline: **Anthropology**

ANTH 3240-101: **Anthropology of Food**

Division: **Lower Division**

Faculty Name: **Professor Triloki Pandey**

Credit Hours: 3; Contact Hours: 38

Pre-requisites:

Lower-level course in anthropology, sociology, or permission of instructor

COURSE DESCRIPTION

Food is at the core of all human interactions. This course will focus on food as a “lens” for understanding cultural, economic, and social behavior in different parts of the world. We will seek to understand the significance of food in people’s everyday lives as well as in their religious beliefs and practices. Topics to be covered include: food as a marker of social boundaries, such as, caste, class, ethnicity, and gender; exchange and reciprocity; food symbolism such as fasts, feasts, and diets; food and power relationships; the globalization of food industries; food security; alternative food practices; and food and memory, and the development of cookbooks and recipes.

COURSE OBJECTIVES

- To help students understand how our food is produced, prepared and distributed
- To help students to understand the role of food in ritual and religion, as well as the identification of self
- To examine the role of food in the structure of society and how it relates to nationality, ethnicity, class and gender
- To understand how politics and policy affect nutrition
- To provide a forum for discussion of the field of anthropology and the anthropological study of food
- To equip students with ethnographic skills and practice anthropological research methods such as participant-observation and informal interviewing
- To enhance students’ awareness of cultural diversity and to promote critical thinking

REQUIRED TEXTBOOKS

AUTHOR: Carole Counihan and Penny Van Esterik

TITLE: Food and Culture - A Reader [R]

PUBLISHER: Routledge

ISBN: 0-415-91776-0 (HB) / 0-415-97777-0 (PB)

DATE/EDITION: 2008, Second Edition

AUTHOR: James Watson and Melissa Caldwell

TITLE: The Cultural Politics of Food and Eating - A Reader (R)

PUBLISHER: Blackwell Publishing

ISBN: 0-631-23093-9

DATE/EDITION: 2005

AUTHOR: Sidney Mintz

TITLE: *Sweetness and Power: The Place of Sugar in Modern History* (purchase)

PUBLISHER: Penguin Books

DATE/EDITION: 1986

Other readings are available on the course [E] reserves folder.

TOPICAL OUTLINE OF COURSE

- Thurs. 1/7 Introduction to the anthropological study of food and culture.
- Carol Delaney (2004) "Food for Thought" in her book *Investigating Culture*. Blackwell Publishing, pp. 273-310. [E]
Film: A World of Food
- In-Class Writing assignment:** Write a brief essay (300-400 words) introducing yourself with information about your food habits (What do you eat? Why? Do you cook? Do you eat out? Etc.).
- Sat. 1/9 Jill Dubisch (2004) "You are What you Eat: Religious Aspects of the Health Food Movement". In Delaney's *Investigating Culture*. Blackwell Publishing, pp. 311-319. [E]
Film: Buffet
- Writing Assignment:** Based on the two films, write a brief essay discussing what connection you see in food and culture. Give examples to make your point. Bring your essay to class on 1/11.
- Mon. 1/11 Nancy Chen (2009) "Eating and Medicating". In her book *Food, Medicine, and the Quest for Good Health*. Columbia University Press, pp. 109-113. [E]
- Margaret Mead (2008) "The Problem of Changing Food Habits". In *Food and Culture - A Reader*, pp. 17-27. [R]
Film: King Corn
- Thurs. 1/14 Sidney Mintz (1986) *Sweetness and Power*. Penguin Books. [Purchase]
- Sun. 1/17 A group discussion on various topics such as sugar, drinks, medicine, colonialism covered in the book.
- Wed. 1/20 Anne Allison (2008) "Japanese Mothers and Obentos: The Lunch-Box as Ideological State Apparatus". In *Food and Culture* [R] pp. 221-239.
- Dorinne Kondo (1985) "The Way of Tea: A Symbolic Analysis". *Man* 20(2): 287-306. [E]
- Fri. 1/22 T.J.M. Holden (2008) "The Overcooked and Underdone: Masculinities in Japanese Food Programming". In *Food and Culture* [R] pp. 202-220.

View in Class: The Future of Seafood (webisode on End of the Line DVD 9 min.)

Yokohama and Kobe, Japan

Please collect menus of what you eat and find out what is locally produced and what is imported.

Fri. 1/29 J. Watson (2005) "China's Big Mac Attack." In *The Cultural Politics of Food and Eating*. James Watson and Melissa Caldwell, eds. Blackwell Publishing, pp. 70-79. [R]

Shanghai, China

Please collect menus of what you eat and find out what is locally produced and what is imported.

Hong Kong

* Visit Towngas Cooking Centre

* Tai Chi, Tea and Dim Sum

Sat. 2/6 Lisa Heldke (2001) "Let's Eat Chinese: Reflections on Cultural Food Colonialism." *Gastronomica*, Spring pp. 76-79.

Ho Chi Minh City, Vietnam

Sat. 2/13 Marjorie DeVanet (2008) "Conflict and Deference". In *Food and Culture* [R], pp. 240-258.

Alexandra Greeley (2002). Pho: The Vietnamese Addiction. *Gastronomica*, pp. 80-83.

Mon. 2/15 MIDTERM EXAM

Yangon, Burma (Myanmar)

Please collect menus of what you eat and find out what is locally produced and what is imported.

Mon. 2/22 Arjun Appadurai (2008/1988) How to Make a National Cuisine: Cookbooks in Contemporary India. In *Food and Culture* [R], pp 289-307.

Lela Nargi (2003) "What I Never Ate in India". *Gastronomica* 3(2) 83-86.

Wed. 2/24 Uma Narayan (1995) "Eating Cultures: Incorporation, Identity, and Indian Food." *Social Identities* 1(1): 63-86. [E]

Cochin, India

* Field Lab - Ladies of Cochin cooking demonstration: Do they use cookbooks?

* Nagarkoil: Village, Farm, Plantation Visit

* Gourmet Indulgence - Tasting Kerala Cuisine

Thurs. 3/3 Film: Lunch Box

Sun. 3/6 Joseph Alter (2000) "Gandhi's Body, Gandhi's Truth". In his book *Gandhi's Body*. University of Pennsylvania Press, pp. 3-27. [E]

Arjun Appadurai (1981) "Gastro-Politics in Hindu South Asia". *American Ethnologist* 8(3) pp. 494-511. [E]

Wed. 3/9 Food of India - Discussion of field experiences

Sat 3/12 Renée Sylvain (2005) "Disorderly Development: Globalization and the Idea of 'Culture' in the Kalahari". *American Ethnologist* 32(3): pp. 354-370. [E]

Cape Town, South Africa

* Wine Production and Management

* Operation Hunger

* Township Xhosa Cultural Cooking Day

* Distribution of food in South Africa

* Please collect menus of what you eat and find out what is locally produced and what is imported.

Sun. 3/20 Fran Osseo-Asare (2002) "We Eat First with Our Eyes: On Ghanaian Cuisine". *Gastronomica*, pp. 49-57. [E]

Tues. 3/22 Pat Caplan (2009) "'Is it Real Food?' Who Benefits from Globalization in Tanzania and India?" In *Globalization of Food*, David Inglis and Debra Gimlin. Berg, pp. 273-290. [E]

Thurs. 3/24 Robert Paarlberg (2005) "The Global Food Fight". In Watson and Caldwell's *The Cultural Politics of Food and Eating* [R] pp. 276-285.

Tema/Takoradi, Ghana

* Kumasi Cultural Tour

* Visit the local market and take notes on food available

Thurs. 3/31 Elisha P. Renne (2007) "Mass Producing Food Traditions for West Africans Abroad." *American Anthropologist* 109(4): 616-626.

Sat. 4/2 Eve M. Tai (2008) "Roadtrip to Chinatown: Tasting your Heritage, One Bite at a Time". *Gastronomica* 8(2): 22-25. [E]

Mon. 4/4 Conclusion: Photo-documentary Reports, Collage of Menus

Casablanca, Morocco

Thurs. 4/12 FINAL EXAM

Sat. 4/16 Disembark in Southampton

FIELD WORK

Experiential course work on Semester at Sea is comprised of the required field lab led by your instructor and additional field assignments that span multiple ports.

FIELD LAB (At least 20 percent of the contact hours for each course, to be led by the instructor.)

Field lab attendance is mandatory for all students enrolled in this course. Do not book individual travel plans or a Semester at Sea sponsored trip on the day of your field lab.

The field lab for this course takes place in Kochin on Date TBA

Kerala, India: Cooking of food in Cochin

- In this field lab students will visit a local market to learn about the produce available and investigate further what is locally produced and imported, as well as the parties involved in the production and distribution. Students will also attend a cooking class and eat a local meal. They will interview some of the people involved in the food industry that we will meet that day to see what kind of knowledge is required in order to prepare food which is considered Ayurvedic life-giving.

Field Lab Paper:

Please write up a three-page paper (double spaced) critically reflecting on our field lab. Make use of your readings in your analysis of the field experience. The field lab will be in Kerala.

FIELD ASSIGNMENTS

(A) Field Journal based on Field trips

Food provides a window onto the interconnections between culture and economy. Go ashore, explore, and pay attention to food: its agricultural production, processing, transportation, marketing, distribution, preparation (e.g. cooking), and consumption. Informally observe people's interactions in the marketplace, when possible, at home. What can you discern about local diets? Where do people get their food -- from fields, gardens, or ready-made at supermarkets? Does there seem to be more uniformity or more variability in what different people eat? If variability is observable, what is it marked by -- age, class, gender, ethnicity, religion, etc.? What constitutes a meal? When are meals eaten? How will you characterize their relative significance? Who does the cooking and serving? Who eats together? What do you see children eating? Do tourists eat what locals eat? What was your favorite thing to eat in each country during the voyage? Why? What foods were new to you? Please use your pocket field notebook to take notes whenever possible.

Back aboard the ship, write or type up a two-page journal entry for **three** port visits, describing and analyzing food and food preparation and socialization practices you observed. Whenever possible, make links to the class readings or the films you watched. Please turn journal entries in at the beginning of each class after leaving a port. Come to class ready to discuss your readings and field observations.

(B) Ethnographic Comparison

This voyage provides you with an excellent opportunity to develop a comparative perspective on any topic of your interest such as:

1. food and gender

2. vegetarian and non-vegetarian foods
3. children's food
4. snacks / street food / staple foods
5. beverages
6. comfort food / commercial food

METHODS OF EVALUATION

Class attendance and participation - 10%

Field trip journals - 25%

Field lab and report - 25%

Midterm Exam - 20%

Final Exam - 20%

RESERVE BOOKS AND FILMS FOR THE LIBRARY

Throughout the syllabus I have marked books on reserve in the library [R].

ELECTRONIC COURSE MATERIALS

Throughout the syllabus I have marked the material to be scanned for electronic folder [E].

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]."