

Course Texts and Media:

Required Texts Available at OU Bookstore and Other Booksellers (📖):

1. Eating Culture, by Gillian Crowther, University of Toronto Press, 2014
2. On Food and Cooking, Harold McGee, Scribner, 2004
3. Consider the Fork, by Bee Wilson, Basic Books, 2013
4. PDFs of selected scientific articles and book chapters will be made available on course website (see below for bibliography).

Additional Required and Optional Readings Available on Course Website (📖):

- Aagaard, Kjersti, et al. "The placenta harbors a unique microbiome." *Science Translational Medicine* 6.237 (2014): 1-11.
- Adler, Jeremy. "Why fire makes us human." *Smithsonian Magazine*, June (2013).
- Aiello, Leslie C., Peter Wheeler. "The expensive-tissue hypothesis: the brain and the digestive system in human and primate evolution." *Current Anthropology* (1995): 199-221.
- Alemseged, Zeresenay, and René Bobe. "Diet in early hominin species: a paleoenvironmental perspective." *The Evolution of Hominin Diets*. Springer Netherlands, 2009. 181-188.
- Bajzer, Matej, and Randy J. Seeley. "Physiology: obesity and gut flora." *Nature* 444.7122 (2006): 1009-1010.
- Beresford, Shirley AA, et al. "Low-fat dietary pattern and risk of colorectal cancer: the Women's Health Initiative Randomized Controlled Dietary Modification Trial." *JAMA* 295.6 (2006): 643-654.
- BIOTHAI, CEDAC, GRAIN DRCSC, and PAN MASIPAG. "Grains of Delusion: Golden rice seen from the ground." (2001): 1-11.
- Bollet, Alfred Jay. "Politics and pellagra: the epidemic of pellagra in the US in the early twentieth century." *The Yale Journal of Biology and Medicine* 65.3 (1992): 211.
- Borlaug, Norman E. "The green revolution revisited and the road ahead." *Special 30th Anniversary Lecture, Norwegian Nobel Institute, Oslo* (2000).
- Breslin, Paul AS. "An evolutionary perspective on food and human taste." *Current Biology* 23.9 (2013): R409-R418.
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- Canadian Medical Association Journal (CMAJ). "Press Release: Infant gut microbiota influenced by caesarean section and breastfeeding practices: Practices may affect health later in life." February 11, 2013.
- Carson, Rachel. "Silent Spring." *The New Yorker*, June 16 (1962): 35-99.
- Cordain, Loren, et al. "Plant-animal subsistence ratios and macronutrient energy estimations in worldwide hunter-gatherer diets." *The American Journal of Clinical Nutrition* 71.3 (2000): 682-692.
- Diamond, Edwin. "The myth of the 'Pesticide Menace.'" *Saturday Evening Post* 28 (1963): 16-17.
- Dominguez-Bello, Maria G., et al. "Delivery mode shapes the acquisition and structure of the initial microbiota across multiple body habitats in newborns." *PNAS* 107.26 (2010): 11971-11975.
- Enserink, Martin. "Tough lessons from golden rice." *Science* 320.5875 (2008): 468-471.
- Foley, Jonathan A., et al. "Global consequences of land use." *Science* 309.5734 (2005): 570-574.
- Grens, Kerry. "The maternal microbiome," *The Scientist*, May 21, 2011.

- Guallar, Eliseo, et al. "Enough is enough: stop wasting money on vitamin and mineral supplements." *Annals of Internal Medicine* 159.12 (2013): 850-851.
- Hallmann, Caspar A., et al. "Declines in insectivorous birds are associated with high neonicotinoid concentrations." *Nature* (2014).
- Hardy, Anne. "Beriberi, vitamin B1 and world food policy, 1925–1970." *Medical History* 39.01 (1995): 61-77.
- Hawkins, Thomas R. "Re-reading Silent Spring." *Environmental Health Perspectives* 102.6-7 (1994): 536.
- Henry, Amanda G., Alison S. Brooks, and Dolores R. Piperno. "Microfossils in calculus demonstrate consumption of plants and cooked foods in Neanderthal diets (Shanidar III, Iraq; Spy I and II, Belgium)." *PNAS* 108.2 (2011): 486-491.
- Hohmann, Gottfried. "The diets of non-human primates: frugivory, food processing, and food sharing." *The Evolution of Hominin Diets*. Springer Netherlands, 2009, pp. 1-14.
- Howard, Barbara V., et al. "Low-fat dietary pattern and risk of cardiovascular disease: the Women's Health Initiative Randomized Controlled Dietary Modification Trial." *JAMA* 295.6 (2006a): 655-666.
- Howard, Barbara V., et al. "Low-fat dietary pattern and weight change over 7 years: the Women's Health Initiative Dietary Modification Trial." *JAMA* 295.1 (2006b): 39-49.
- Koenig, Jeremy E., et al. "Succession of microbial consortia in the developing infant gut microbiome." *PNAS* 108 (2011): 4578-4585.
- Larson, Greger, et al. "Current perspectives and the future of domestication studies." *PNAS* 111.17 (2014): 6139-6146.
- Lynas, Mark. "The true story about who destroyed a genetically modified rice crop." *Slate*, August 26, 2013.
- McPherron, Shannon P., et al. "Evidence for stone-tool-assisted consumption of animal tissues before 3.39 million years ago at Dikika, Ethiopia." *Nature* 466.7308 (2010): 857-860.
- Michels, Karin B. "The women's health initiative—curse or blessing?" *International Journal of Epidemiology* 35.4 (2006): 814-816.
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- Nestle, Marion. *Food politics: How the food industry influences nutrition and health*. Univ. of California Press, 2013.
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- Roebroeks, Wil, and Paola Villa. "On the earliest evidence for habitual use of fire in Europe." *PNAS* 108.13 (2011): 5209-5214.
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- Smith, Michelle I., et al. "Gut microbiomes of Malawian twin pairs discordant for kwashiorkor." *Science* 339.6119 (2013): 548-554.
- Sponheimer, Matt, et al. "Isotopic evidence of early hominin diets." *PNAS* 110.26 (2013): 10513-10518.
- Sponheimer, Matt. "Some ruminations on australopith diets." *The paleobiology of Australopithecus*. Springer Netherlands, 2013. 225-233.
- Stokstad, Erik. "Deadly wheat fungus threatens world breadbaskets." *Science* 315 (2007): 1786-1787.
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human genome evolution." *Advances in Nutrition: An International Review Journal* 2.6 (2011): 486-496.

Required Media (🔊 audio, 📺 video, and 🖱️ interactive web tool):

1. Assembly of an Infant Gut Microbiome (Scientific video, 3 minutes)
<https://www.youtube.com/watch?v=Pb272zsixSQ>
2. Kwashiorkor in Malawi (BBC World Service audio, 6 minutes)
<http://www.bbc.co.uk/programmes/p014hd8f>
3. The Weight of the Nation: Part 1 Consequences (HBO documentary, 1 hour 8 minutes)
<http://theweightofthenation.hbo.com/films>
4. California Academy of Sciences (CAS) Online Interactive Human Odyssey Map:
<http://www.calacademy.org/human-odyssey/map/>
5. California Academy of Sciences (CAS) interview with Zeray Alemseged:
<http://www.calacademy.org/sciencetoday/human-tool-use/> (Scientific Video, 3 minutes)
6. Smithsonian Human Origins Online Interactive Human Evolution Timeline:
<http://humanorigins.si.edu/evidence/human-evolution-timeline-interactive>
7. Catching Fire: How Cooking Made us Human: <http://edge.org/conversation/the-evolution-of-cooking> (Interview with author Richard Wrangham, 4 minutes)
8. TEDxOU Talk by Christina Warinner:
<https://www.youtube.com/watch?v=BMOjVYgYaG8> (TEDx Talk video, 22 minutes)
9. Lucy Worsley's If Walls Could Talk: The History of the Home (Part 4, the Kitchen)
<https://www.youtube.com/playlist?list=PLB933D5727BBFAFF2> (BBC documentary, 1 hour)
10. Supersizers Go...Elizabethan (BBC TV program, 1 hour)
http://www.imdb.com/title/tt1244407/?ref_=ttep_ep6
11. Concerns rise over pesticide use, birds, bees (Science Friday audio, 17 minutes)
<http://sciencefriday.com/segment/07/11/2014/concerns-rise-over-pesticide-use-birds-and-bees.html>
12. Supersizers Go...Seventies (BBC TV program, 1 hour)
http://www.imdb.com/title/tt1244410/?ref_=ttep_ep5
13. National Institutes of Health. "Diet History Questionnaire II." Online version:
<https://appliedresearch.cancer.gov/cgi-bin/dhq2.pl?module=2&method=1>