

ANTH 4953: Anthropology of Human Diet and Nutrition

Instructor: Dr. Christina Warinner

Course Meets: M and W, 1:30-2:45 pm in Kaufman Hall 231

Office Hours: Dale Hall Tower 510, M 3-5 pm and by appointment

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Course D2L Website: <http://learn.ou.edu/d2l/le/content/2155059/Home>

Course Summary:

This course surveys the evolution of human diet, from the foods of our earliest ancestors to the contents of today's supermarkets. We'll cover the definition of food, human nutritional requirements, major dietary transitions and food innovations in human history, the roots of world cuisine, the modern food industry, and current and future food challenges.

Course Structure:

The course is divided into three parts that cover different aspects of human diet and nutrition:

Part 1: The Biology of Food and Digestion

Part 1 of the course will focus on the biology basics of food, digestion, and nutrition. This part of the course will consist mostly of lectures and will be assessed with a **Midterm Exam**.

Part 2: The Evolution and Diversity of Human Diets

Part 2 of the course explores *what* we know about the evolution and history of human diets and *how* we know it. This part of the course will consist of both lectures and in-class discussions. You will use the information and concepts covered in this part of the course to investigate a specific food and give an in-class **Food Project** presentation.

Part 3: Food Challenges and Controversies Today

Part 3 of the course focuses on major food challenges and controversies today. Building on what you learned in parts 1 and 2 of the course, you will engage in thoughtful in-class discussions on controversial and/or complex topics relating to industrial agriculture, GMOs, government nutritional policies, dietary advice and guidelines, and other important topics at the forefront of domestic and international debates about the future of food. You will research one of these current food challenges/controversies in detail and write a final **Research Paper** on the topic.

At the end of the course there will be a **Final Exam** that is cumulative and covers the major topics and themes of the course.

Course Goals and Outcomes:

My goal is to equip you with the knowledge, tools, and critical thinking skills necessary to understand and participate in global debates surrounding human nutritional health and the future of food. At the end of this course, you will be able to:

- Define food and explain how the human body digests and uses food
- Describe what evidence anthropologists use to reconstruct past human diets
- Evaluate current anthropological theories about the origins and evolution of human diets
- Discuss the process of domestication and the diversity of world cuisines
- Identify major food challenges and food controversies today and critically evaluate the contrasting viewpoints regarding the both the problems and the solutions.

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

Additional Required and Optional Texts and Media:

1. PDFs of selected scientific articles and book chapters (📖) are available on D2L.
2. Links for video (📺), audio (🔊), and web-interactive (🖱️) media are available on D2L.

Class Schedule:

Part 1: The Biology of Food and Digestion			
<i>Date</i>	<i>Lecture Topic</i>	<i>Required Reading and Media</i>	<i>Optional Reading</i>
1/12	Introduction and Overview: What is Food?	📖 Crowther Chapter 1; Strauss 2006	📖 Davis 1928, 1933, 1939
1/14	Malnutrition 📺 In Class: The Weight of the Nation	📖 Roberts Chapter 16; Ahmad and Crandall 2010	
1/19	Martin Luther King Day	No Class	
1/21	Life and the Carbon Cycle	📖 Langenheim Chapters 2, 5, 6, & 7	
1/26	Basic Food Types	📖 McGee p. 118-144, 166-169, 243-273; Langenheim Chapters 13 & 18	📖 Harwood 1971; Anderson 1987
1/28	Basic Chemistry	📖 Roberts Chapter 2; Biochemistry Handout	
2/2	Fats and Proteins	📖 McGee Chapter 15 and Appendix; Food Biomolecules Handout	
2/4	Carbohydrates <i>Food Project Groups Assigned</i>	📖 Smolin Chapter 7	
2/9	Vitamins and Digestion <i>Final Paper Topics Due</i>	📖 Campbell Chapter 21; Roberts Chapter 11; Smolin Chapter 3	
2/11	Gut Microbiome and Midterm Review	📖 Walter and Ley 2011; Bajzer and Seeley 2006; CMAJ 2013 📺 Infant gut video	📖 Dominguez et al. 2010; Turnbaugh et al. 2006
2/16	<i>In-Class Midterm Exam</i>		

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Part 2: The Evolution and Diversity of Human Diets			
Date	Topic	Required Reading and Media	Optional Reading
2/18	Human Subsistence	📖 Crowther Chapter 2; Langenheim Chapter 3	
2/23	Primate Diets	📖 Hohmann 2009; Milton 2000a Groups 1-3: Surridge et al. 2003 Groups 4-5: Breslin 2013	
2/25	Diets of Modern Foragers	📖 Lee 1968; Murdoch 1892; O'Dea 1991	
3/2	The Paleo Diet	📖 Milton 2000b; Cordain 2000	
3/4	Hominin Diets and Behaviors <i>Final Paper Bibliography Due</i>	📖 Alemseged and Bobe 2009; Sponheimer 2013; Ponzer 2012 🌐 CAS Human Odyssey online interactive map; Smithsonian Human Evolution online interactive timeline 👁️ CAS Zeray Alemseged video clip	📖 McPherron et al. 2010; Sponheimer et al. 2013
3/9	Becoming Human	📖 Adler 2013; Milton 1999; Wrangham et al. 2013 👁️ Catching Fire: How Cooking Made us Human video clip	📖 Aiello and Wheeler 1995; Roebroeks and Villa 2011; Henry et al. 2011
3/11	Recent Human Dietary Adaptations	📖 Curry 2013; Ye and Gu 2011	📖 Tishkoff 2007; Perry et al. 2007
3/16	Spring Break – no class		
3/18	Spring Break – no class		
3/23	Origins of Agriculture <i>Food Project Topic and Bibliography Due</i>	📖 Larson et al. 2014	
3/25	Cooking and Cuisine In class: 👁️ Lucy Worsley's If Walls Could Talk, Part 4: The Kitchen	📖 Wilson 2013 Chapters 1, 2, 6	
3/30	<i>Food Project Class Presentation</i>		

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Part 3: Food Challenges and Controversies Today			
Date	Topic	Required Reading and Media	Optional Reading
4/1	Food Industrialization	📖 Crowther Chapters 3 and 8	
4/6	Silent Spring	📖 All: Carson 1962 p. 35-64; Hawkins 1994 Groups 1-3: White-Stevens 1962 Groups 4 & 5: Diamond 1963 📌 Science Friday: Concerns rise over pesticide use, birds, bees	📖 Hallmann et al. 2014; Carson 1962, p. 64-99
4/8	Green Revolution	📖 All: Borlaug 2000; Stokstad 2007 Groups 1-3: Tillman et al. 2002 Groups 4 & 5: Foley et al. 2005	
4/13	GMOs and Golden Rice	📖 Clark Chapters 15; Potrykus 2001; Enserink 2008; Pollan 2001	Clark Chapter 10
4/15	Global Nutrition and Sanitation <i>Guest lecture by Prof. Robert Dreibelbis</i> Final Paper Due	📖 Spears et al. 2013; Schmidt 2014	
4/20	USDA Nutritional Guidelines and Labeling	📖 Perelman 2011; Nestle 2013 Afterword; Nixon 2011	
4/22	NIH Women's Health Initiative, 1991-2006	📖 All: Tinker 1995; Michels 2006 Group 1: WHI 2002 Group 2: Howard et al. 2006a Group 3: Howard et al. 2006b Group 4: Beresford et al. 2006 Group 5: Prentice et al. 2006 📌 Complete the NIH DHQ-II survey and bring results to class	
4/27	Nutritionism	📖 Pollan 2007	
4/29	Imitation Foods Final Paper Revisions Due	📖 Wilson 2008 Chapter 5 👁 Supersizers Go...Seventies	
5/7	Final Exam		

Grading System:

Your grade is based on the 1000 points available for the course, plus the 25 possible extra credit points. 900 points and above = A, 800 points and above = B, etc. A curve may be applied.

1. Participation, 50 points
2. Pop Quizzes, 100 points
3. Biology of Food and Digestion Exam, 250 points
4. Food Project, 100 points
5. Final Paper, 250 points
6. Final Exam, 250 points
7. Extra Credit, up to 25 points

Participation (50 points)

It is important to come to class. Although most of the course material is available online, additional important information will be announced and discussed only in class. Also we will have several important class discussions and informal debates, especially in Part 3 of the course. Attendance and active participation is expected for full participation credit.

- **Missing class:** If you can't avoid missing a class, please let me know in advance and provide documentation, if available. Excused absences may include illness, university sanctioned travel, documented emergencies, etc. Contacting me in advance does not automatically excuse your absence.
- **Negative participation:** In addition to positive participation points, you can also earn negative participation points. This refers to anything that is disruptive to the instructor or the other students during class time. Some examples of this would include talking, rudeness to your fellow students, text messaging, inappropriate use of laptop computers, and/or repeatedly coming to class late.
- **Religious holidays:** It is University policy to excuse the absences of students that result from religious observances and to provide, without penalty, for the rescheduling of examinations and additional required class work that may fall on religious holidays. Please talk with me at least 2 weeks prior to the assignment due date in order for accommodations to be made.

Pop Quizzes (100 points)

During the semester, five pop quizzes will be given at the beginning of class. The quiz will cover information contained in the assigned reading. At the end of the semester, you may drop your lowest pop quiz score. The remaining four quiz scores will count for 100 points of your grade (25 points each).

Biology of Food and Digestion Exam (250 points)

This exam takes place on **2/16/2015** and covers all material (lectures, films, readings) covered in Part 1 of the class. The exam review session will be held during the second half of class on **2/11/2015**. The exam will contain multiple choice, T/F, fill-in-the-blank, short answer, and essay questions.

Food Project (100 points)

The food project is your opportunity to flex your creativity and try something out of your comfort zone. You will work in assigned groups, and for this project you are required to go the Asian supermarket Super Cao Nguyen (2668 N Military Ave, Oklahoma City, OK 73106). Your project is to find a basic food you have NEVER eaten before, research its origins and history, and prepare a dish using it as an ingredient. You will then present a 5-7 minute talk about your food. Be creative! Your food topic and bibliography is due **3/18/2015** (25 points) and the presentation (75 points) will be held in class on **3/30/2015**. I will provide detailed information about project requirements in a separate handout to be provided in class.

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Final Research Paper (250 points)

You will complete a semester-long research paper due on **4/15/2015**. For this paper you will research a current *food challenge* or *food controversy*. You may select any of the topics discussed the course (or another topic of your choice), and you are encouraged to use the class readings as inspiration and references. You will write a 3,000-word (approx. 10-page) research paper about the food challenge or controversy of your choice. I will return your paper with comments on **4/22/2015**. You may accept the grade as is or revise the paper and resubmit by **4/29/2015**. I will provide detailed information about project requirements in a separate handout in class.

- Paper topics are due in class on **2/4/2015**, and a bibliography with at least 15 scholarly references is due on **3/4/2015**.
- The final paper is due in the course **D2L dropbox** on **4/15/2015**.
- I will grade your paper and return it with comments on **4/22/2015**. If you choose, you may revise the paper and resubmit it by **4/29/2015**.
- For help with writing, please contact the Writing Center at 325-2936 (www.ou.edu/writingcenter) or meet with me during office hours.

Final Exam (250 points)

This exam takes place on **5/7/2015** at 8:00am and covers all material (lectures, films, readings) covered in the class. The exam review session will be held during the second half of class on **4/29/2015**. The exam will contain multiple choice, T/F, fill-in-the-blank, short answer, and essay questions.

Extra Credit (25 points)

To reward students who regularly attend class and complete the readings, I will add your lowest quiz score to your final grade as extra credit (worth up to 25 points). For example, if your final grade is 880 points (B) and your lowest quiz score is 20/25, I will bump up your grade to 900 points (A). It pays to do the readings and come to class!

Additional Grading Information

Return of exams and assignments:

University guidelines indicate that instructors should give students the results of exams and assignments within 2 weeks. I will make every effort to post your grades within that time frame.

Late assignments and missed exams/presentations/quizzes

- Late assignments (topics, bibliographies, paper) are **docked 10% for every day they are late**.
- **If you accidentally miss an exam/presentation/quiz, you cannot make it up.**
- If you miss an exam/presentation/quiz because of a documented emergency or because of a **legitimate, documented schedule conflict** (e.g., mandatory participation in a university-sponsored event), you may be able to reschedule the exam/presentation/quiz.
- If possible, make arrangements ahead of time. Otherwise, **you must contact me the day of the exam/presentation/quiz, preferably before the scheduled class time**, to let me know what happened and to ask for permission to make up the exam/presentation/quiz. The best ways to contact me are by email and via a message left with the anthropology office at 325-3261. You can also try my office phone at 325-1943 or 325-2946.
- If you miss an exam/presentation/quiz due to illness, **get a doctor's note**.
- Make-up exams/presentations/quizzes may be in a different format from the regular assignment (e.g., make-up exam may be all essays, make-up presentation may be a paper).

Final Exam

- **The final exam cannot be made up except under extraordinary circumstances.** Official university make-up policies for the final exam can be found here: https://www.ou.edu/content/enrollment/final_exams.html

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Grade review

Occasionally professors make errors in grading. If you feel your test or paper has been graded unfairly, you are welcome to submit it for grading review. If you do this, however, be aware that your **entire exam/paper** (not just one or two questions) will subsequently be reviewed for grading errors, including errors that may have originally been in your favor.

Additional Course Policies:

Email and Office Hours

I am always happy to respond to student questions by email and I will try to respond within 48 hours. During certain times in the semester, however, I may not be able to keep up with the volume of emails in my inbox. If you have a complex issue or question, I would prefer for you to come to my office hours or make an appointment to meet with me instead of sending lengthy emails. If you send an email outside of normal business hours (e.g., nights and weekends), do not expect an immediate response.

Cell phones, laptops, tablets, etc.

Minimize distractions for your classmates. If you want to use your device to take notes: 1) turn OFF the sound and 2) DO NOT web surf, monitor Facebook, respond to email, send text messages, or do anything else that will distract those around you. Repeat violators of these rules will be asked to leave their computers turned off during class and may lose participation points.

Special needs

Any student in this course who has a disability that may prevent him/her from fully demonstrating his/her abilities should contact me personally as soon as possible so we can discuss accommodations necessary to ensure full participation and facilitate your educational opportunities. Formal requests for accommodation are made through the Office of Disability Services (Goddard Health Center, Room 166, 325-3852).

Academic integrity and misconduct

DO NOT CHEAT OR PLAGIARIZE. If you are unclear about what either of these things mean, please see me and I will be happy to clarify, or go to: <http://integrity.ou.edu>.

- Cheating includes the use of unauthorized materials on exams and assignments, copying someone else's answers or work, getting someone else to do your work for you, and/or submitting the same work to different classes.
- Plagiarism means presenting someone else's words or ideas as your own. In your written work, make sure that you cite all sources appropriately in the AJPA citation style with a bibliography at the end in your essays ([http://onlinelibrary.wiley.com/journal/10.1002/\(ISSN\)1096-8644/homepage/ForAuthors.html#6](http://onlinelibrary.wiley.com/journal/10.1002/(ISSN)1096-8644/homepage/ForAuthors.html#6)). Failure to do so may be regarded as plagiarism, and you may fail the assignment as a result.

Academic misconduct on course work may result in a failing grade for this class. It is the responsibility of each student to be familiar with the definitions, policies, and procedures concerning academic misconduct. The Academic Misconduct Code is printed with the Student code and is available on the web at <http://www.ou.edu/provost>.

Syllabus changes: I reserve the right to make changes to the course syllabus and reading assignments over the course of the semester should the need arise. These changes should not affect the workload or the point distribution.