

DATE	TOPICS AND READINGS
January 14	Introduction to Nutritional Anthropology <ol style="list-style-type: none">1. Farb, P. and G. Armelagos. 1980. Consuming Passions: The Anthropology of Eating. Boston: Houghton Mifflin Co. Pp. 3-14.2. Lee RB. 1968. What Hunters Do for a Living, or, How to Make Out on Scarce Resources. In: Lee RB, Devore I. (eds.) Man the Hunter, Chicago: Aldine de Gruyter. Pp. 30-48.3. Assignment 1 (due by Wednesday January 16).4. Assignment 2 (due by the start of class January 28).5. FOR 576 ONLY: Harris, M. 1987. Foodways: historical overview and theoretical prolegomenon. In: Harris, M. and E. B. Ross (eds.) Food and Evolution: Toward a Theory of Human Food Habits. Philadelphia: Temple University Press. Pp. 57-90.
January 21	MLK Holiday—NO CLASS, Finish reading assignment for week 1, work on Assignment 2, and start on reading for next class.
January 28	The Evolutionary Background <ol style="list-style-type: none">1. Assignment 2 (due by the start of class).2. Eaton SB, Konner M. 1985. Paleolithic nutrition: a consideration of its nature and current implications. The New England Journal of Medicine, 312(5):283-289.3. Leonard WR. 2002. Food for thought: dietary change was a driving force in human evolution. Scientific American, 287:106-112.4. FOR 576 ONLY: Teaford MF, Ungar PS. 2000. Diet and the evolution of the earliest human ancestors. Proceedings of the National Academy of Sciences, 97:13506-13511.
February 4	Requirements and Assessment Techniques <ol style="list-style-type: none">1. Assignment 3 (due by the start of class).2. Dietary Guidelines for Americans 20053. MyPyramid Plan—(bring your plan to class).4. FOR 576 ONLY: Dwyer, J. T. 1991. Concept of nutritional status and its measurement. In: J. H. Himes (ed.) Anthropometric assessment of nutritional status. New York: Wiley-Liss. Pp. 5-28.
February 11	Biocultural Perspectives on Food and Nutrition <ol style="list-style-type: none">1. Assignment 4 (due by the start of class).2. Capporael L. 1976. Ergotism: The satan loosed in Salem? Science, 192:21-26.3. Pelto GH, Goodman AH, Dufour DL. 2000. The biocultural perspective in nutritional anthropology. In: Goodman AH, Dufour DL, Pelto GH. (eds.) Nutritional Anthropology: biocultural Perspectives on Food and Nutrition. Mountain View, CA: Mayfield Publishing Co. Pp. 1-9.4. FOR 576 ONLY: Hunter JM. 1973. Geophagy in Africa and in the United States: A Culture-Nutrition Hypothesis. Geographical Review, 63:170-195.
February 18	Biocultural Perspectives on Food and Nutrition <ol style="list-style-type: none">1. Katz, S. H. 1987. Food and biocultural evolution: a model for the investigation of modern nutritional problems. In: F. E. Johnston (ed.), Nutritional Anthropology. New York: Alan R. Liss. Pp. 41-63.2. Weiss KM. 2005. The reluctant calf. Evolutionary Anthropology 14:127-131.3. FOR 576 ONLY: Wilson WM, Dufour DL. 2002. Why "bitter" cassava? Productivity of "bitter" and "sweet" cassava in a Tukanoan Indian settlement in the northwest Amazon. Economic Botany, 56:49-57.
February 25	Writing a Research Paper
March 3	Explaining Foodways: Materialist Approaches, Ideology, Symbolism, and Social Power <ol style="list-style-type: none">1. Paper Due2. Harris M 1966. The cultural ecology of India's sacred cattle. Current Anthropology, 7:51-66.3. FOR 576 ONLY: Oths KS. 2003. Social status and food preference in southern Brazil. Ecology of Food and Nutrition, 42:303-324.
March 10	<u>FIRST EXAM</u>
March 17	<u>SPRING BREAK</u>

- March 24** **Variation in Contemporary Food Habits: Foragers, Farmers, and Agricultural Origins**
1. Johnson, A. and M. Baksh. 1987. Ecological and structural influences on the proportions of wild foods in the diets of two Machiguenga communities. In: Harris, M. and E. B. Ross (eds.) *Food and Evolution: Toward a Theory of Human Food Habits*. Philadelphia: Temple University Press. Pp. 387-406.
 2. Lee RB. 1968. What Hunters Do for a Living, or, How to Make Out on Scarce Resources. In: Lee RB, Devore I. (eds.) *Man the Hunter*, Chicago: Aldine de Gruyter. Pp. 30–48.
- March 26** ***Last Day to Drop***
- March 31** **Variation in Contemporary Food Habits: Industrialization, Globalization**
1. **Assignment 5 Due**
 2. Pelto GH. 1987. Social Class and Diet in Contemporary Mexico. In: Harris M, Ross EB (eds.) *Food and Evolution: Toward a Theory of Human Food Habits*. Philadelphia: Temple University Press. Pp. 517-540.
 3. **FOR 576 ONLY:** Dressler WW, Ribeiro RP, Balieiro MC, Oths KS, Dos Santos JE. 2004. Eating, drinking and being depressed: the social, cultural and psychological context of alcohol consumption and nutrition in a Brazilian community. *Social Science & Medicine* 59:709–720.
- April 7** **Obesity**
1. Bindon JR, Gilliland MJ, Dressler WW, Crews DE. 2007. A Cross-Cultural Perspective on Obesity and Health in Three Groups of Women: The Mississippi Choctaw, American Samoans, and African Americans. *Collegium Anthropologicum*, 31:47-54.
 2. Brown PJ, Konner M. 1987. An anthropological perspective on obesity. *Annals of the New York Academy of Sciences* 499: 29-46.
 3. **FOR 576 ONLY:** Lev-Ran A. 2001. Human obesity: an evolutionary approach to understanding our bulging waistline. *Diabetes/Metabolism Research and Reviews*, 17: 347–362.
- April 14** **Food Habits in Samoa**
1. **REVISED PAPER DUE**
 2. Bindon, J. R. 1982. Breadfruit, banana, beef, and beer: modernization of the Samoan diet. *Ecology of Food and Nutrition*, 12:49-60.
 3. Bindon, J. R. 1984. An evaluation of the diet of three groups of Samoan adults: modernization and dietary adequacy. *Ecology of Food and Nutrition*, 14:105-115.
 4. Bindon, J. R. 1988. Taro or rice, plantation or market: dietary choice in American Samoa. *Food and Foodways*, 3:59-78.
 5. Bindon, J.R. 1994. Some implications of the diet of children in American Samoa. *Collegium Anthropologicum*, 18:7-15.
- April 21** **Student Presentations**
1. **All presentations due NO LATER THAN 12 noon, April 21.**
- April 28** **Student Presentations**
2. **All presentations due NO LATER THAN 12 noon, April 21.**
- May 5** **SECOND EXAM: Monday, May 5, 11:30 a.m. – 2:00 p.m.**

COURSE DESCRIPTION: This course provides a detailed introduction to the study of human nutrition from an anthropological perspective. Biological, ecological, and social factors influencing diet and nutrition are considered. The principal aims of the course are as follows:

To review, evaluate, and criticize the literature on human diet and nutrition from an explicitly anthropological perspective.

To consider theoretical and methodological issues in the anthropological study of human nutrition by focusing on case studies in various populations.

To gain experience in preparing and making public presentations.

To practice writing a scientific research paper starting with searching for a topic, finding and critically reviewing source material, outlining the paper, and finally writing and revising the manuscript.

Each student in 576 will be assigned responsibility for mentoring several students in 476. In addition each student enrolled in 576 will be responsible for a few extra reading assignments and for reviewing articles and presenting them to the class on the topic for each week, starting with January 28.

This course carries "W" designation, therefore writing proficiency is required for a passing grade. Aside from the paper outline each writing assignment, including the two essay exams, requires carefully edited prose and will be graded for intellectual content, originality, comprehension of reading material, coherence, logic, organization, grammar, punctuation, spelling, and prose style. The course grade will be determined by scores on the two exams, the various components of the research paper, the in-class presentation, and participation in class. ***Writing proficiency is an absolute requirement for passing this course.*** The course assignments and their contribution to your grade are listed in the table on the next page.

Grading Policies		
Date	Assignment	Percent of Grade
March 3	Paper: Each student will write a research paper based on your topic chosen in consultation with Dr. Bindon. Each student in ANT 476 must use at least eight references (at least four from refereed journals) and each student in ANT 576 must use at least 12 references (8 from journals) for ANT 576. This paper is to be as fully developed as possible, following all of the rules posted at http://www.as.ua.edu/ant/bindon/ant570/pap_rule.htm . Careful attention must be paid to all of the elements of good writing including spelling, grammar, punctuation, and style. The student will not pass this assignment unless the level of writing proficiency is adequate.	10%
March 10	Exam One: Each exam will combine conceptual and factual knowledge, and will involve writing essays to demonstrate familiarity with the concepts covered. The exams will be based on all course materials including lectures, readings, and class discussion. Exam questions will be pre-circulated and submitted by e-mail. When writing the exams please be Concise, Complete, and Correct. Writing skills will be graded as well as the content of the answers.	20%
April 14	Revised Paper: In this assignment each student will submit the revision of the original paper. Careful attention must be paid to all of the comments on the previous draft and to the elements of good writing including spelling, grammar, punctuation, and style. The student will not pass this assignment unless the level of writing proficiency is adequate.	10%
April 21 April 28	Presentation: Each ANT 476/576 student will make a PowerPoint presentation incorporating the research of each student into a synthesized statement about the topical area. Elements to consider include logical organization, clarity of speech, visual aids, and ability to engage the interest of the class. All presentations are due by the start of class on April 26.	10%
May 5	Exam Two: Covers the readings and class discussion since Exam One.	20%
	Participation: participation will be established by demonstration of preparedness for class. There will be three general areas in which this will be assessed: 1) Oral participation during class; 2) Participation in online discussions, as indicated; 3) Grades on assignments other than the paper and exams; 4) Grades on pop quizzes based on the readings.	30%

Make-ups: All written assignments, the paper, the exams, must be turned in on deadline. There will be no make up for any of these assignments and missing the deadline will be penalized by one letter grade per day late.