N UTRITION AL ANTHROPOLOGY ARKY & ANTH 589 (Fall 2016)

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Seminar: Weds. 1:00-3:45., SA 123

Office hours: Tues. 11:00-12:00 in the Taylor Institute, Room 100 (the Gallery) *and* by appointment

Course Description and Goal



Image from Me117.Cl & deAluisio (1998) "Men Eating Bugs"

Over 150 years ago, Jean Anthelme Brillat-Savarin wrote, "...tell me what thou eat and I will tell thee what thou art." Cannon (1964) expanded upon this stating that, "...not only biography and genealogy, but the whole field of anthropology could, if one knew the code, be deduced from food."

Is food, in fact, a fundamental part of our identity? Today, in Calgary, who we are may seem somewhat removed from what we eat. The cultural distance that some of us now experience from our favored foods, however, has not always been so great. In fact, human behavior has evolved in great

part as an interplay between the environments our ancestors inhabited, their eating behavior, and cultural institutions. Prior to the industrial revolution and in most societies which continue some sort of pre-industrial subsistence pattern, much of an individual's daily activities were and are devoted to the production of food for their own consumption; a process mediated by both cultural and ecological factors.

The goal of this course is to help you to understand human dietary behaviors as the result of a dynamic web of ecological and cultural factors. To do this, we will cover eight subject areas: (1) the development of nutritional anthropology, (2) basic nutritional principles, (3) basic ecological principles, (4) diet from an evolutionary, comparative, and historic perspective, (5) cultural factors influencing diet, (7) the impact of undemutrition on human physiology and behavior, and (8) methods in nutritional anthropology.

Learning Objectives

Upon completion of this course, the student should be able to:

- 1. describe goals and methods of nutritional anthropology;
- 2. describe the steps necessary for critical thinking;
- 3. critically evaluate the methods and conclusions found in peer-reviewed papers addressing topics relevant to nutritional anthropology;
- 4. describe the strengths and weaknesses of quantitative and qualitative data;
- 5. describe basic macro- & micronutrient requirements and the physiology of digestion;

- 6. describe variables which influence one's diet (including culture, organoleptic properties, nutrient requirements, ecological variables);
- 7. describe the evolution of the human diet;
- 8. describe the costs and benefits of agriculture for human health;
- 9. describe the dietary practices of East African pastoralists and Indigenous tropical rainforest peoples;
- 10. describe the evidence for and against cannibalism;
- 11. describe the debates concerning breastfeeding;
- 12. describe the short- and long-term impacts of undemutrition and the methods used to assess nutritional status;
- 13. work with a group to complete a literature review, presentation, s and term paper.

Course Conventions

1. Lecture/Discussion: In order to meet the goals of the course you have to attend class regularly and on time. You must be prepared to discuss the assigned topic. You are responsible for lecture material and any announcements concerning changes in schedule, etc. Because we meet only once aweek and this class requires your active input, <u>if you have more than 2 unexcused absences your overall participation grade is automatically a 'O'</u> (please see the Individual Participation Self Appraisal at the class blackboard site for details).

2. Reading: The readings for this course are listed on the course bibliography found below. The <u>bulk of the readings for this class will be posted on the class Blackboard website</u>. If you anticipate difficulty in accessing the website, you must plan accordingly to ensure that you obtain all of the readings with sufficient time to read them prior to each class. A careful and critical read of the assigned material is required. Keep in mind that you are not finished with the reading assignment until you thoroughly understand it. This will sometimes require you to read an assignment more than once. The assigned questions are designed to assist you in your critical evaluation of the material you are reading.

Required Text: Dettwyler 1994. Dancing Skeletons

3. Evaluation: You will be evaluated in this course on the basis of your in-class participation, short-answer questions and quizzes on the readings, a dietary intake project, are view of a journal article, and a collaborative research paper and presentation.

You must provide advance notice to me if you are unable to complete an assignment by the due date. All requests for deferral of a due date for/due to health reasons must be accompanied by written documentation as outlined in the University Calendar and should be obtained while the student has the physical or emotional problem rather than after recovery. Travel arrangements and misreading of the syllabus are not valid reasons for requesting a deferred due date. Deferred due dates will not be granted if it is determined that just cause is not shown by the student.

Your final mark will be calculated as follows:

Participation	
30% Journal article review	12%
Short-Answer Questions/Quizzes	
20% Dietary Intake/Energy Expenditure Study	_

18%

A passing grade is not required on any particular component for the student to pass the course as a whole; that is, a student may fail, for example, the journal article review or any other component and, assuming their overall average percentage earned for the course is above 49, they will pass the course.

The participation mark is broken down as described on the self-appraisal form available on D2L. Likewise, the journal article review, dietary intake/energy expenditure study, and collaborative term paper and presentation are all described in documents available on D2L.

The short-answer questions and quizzes are based on the readings assigned each week. Questions are assigned with each set of readings. On some weeks I'll collect and mark your answers and on some weeks you'll have a quiz on the assigned material in the last 15 minutes of class. Your work on these questions must be done on your own, without help from your classmates. I would be happy to assist you as need be with this work. You must complete your work on the assigned questions prior to class each week and bring a hard copy of your answers with you to class. I will not accept your answers to question sets late.

Letter grade assignment: At the end of the course, the numerical marks will be summed and a final letter grade will be assigned based on the following scheme:

Percentage range	Letter grade	<u>Percentage range</u>	Letter grade
95 or higher	A+	68-72	C+
90-94	А	64-67	С
85-89	A-	59-63	C-
81-84	B+	54-58	D+
77-80	В	50-53	D
73-76	B-	49 or lower	F

Perthe University of Calgary Calendar (<u>hty>://www.ucalgacy.ca/pubs/calendar/current/f-2.html)</u>, an "A" is earned for "superior performance, showing comprehensive understanding of subject matter". Superior performance is, by definition, extremely rare. Somewhat more common is the grade of "B" which is earned for "clearly above average performance with knowledge of subject matter generally complete". Even more common is the grade of "C" which is earned for a "basic understanding of the subject matter". If you require clarification on letter grade assignments, please see me within the first two weeks of the semester. Keep in mind that, <u>you have paid for the opportunity to learn. not a g</u>rade. As such, I do my utmost to ensure that you have the best learning opportunity possible in this course.

4. Retrieving Assignments: The Freedom of Information and Protection of Privacy (FOIP) legislation disallows the practice of having students retrieve assignments from a public place, e.g., outside an instructor's office or the Department main office. Term assignments must be returned to students individually, during class, or during the instructor's office hours; if a student is unable to pick up her/his assignment s/he may provide the instructor with a stamped, self-addressed envelope to be used for the return of the assignment.

5. Office Hours: I enjoy having visitors during my office hours and am happy to schedule additional times as necessary. These hours are yours and I encourage you to take advantage of them, whether you are having difficulty with some aspect of the course, or if you would like to discuss in greater detail something that was touched on in class.

6. E-mail: Students are encouraged to use the lectures and office hours to ask questions. For afterhours questions, the use of email is acceptable. Please write 'ARKY 589' or 'ANTH 589' in the 'Subject' portion of the email. I receive numerous e-mails every day. By clearly identifying the subject of your email, you will help me reply more efficiently to your emails. Note that ifl think that your question and related answer is of general interest, I may decide to post them on the course Blackboard space (your name will not appear).

Deadlines to keep in mind

Deadlines are part of the assignments. Late work will not be accepted. Question sets for each week's readings must be complete <u>and printed prior</u> to 3:00 pm each Wednesday. While you are free to add notes to your completed question set in class, you may not use that time to complete your answers. All other assignments are due <u>no later than 4:00 pm</u> on the due date.

- <u>1 day before your journal article review is presented in class- e-mail me your review</u>
- <u>7 October (Fri.)</u>- e-mail me the name of the Organizer for your collaborative research paper
- <u>13 October (Thur.)</u>- dietary intake project due (provide a hard copy- do not e-mail this to me)
- <u>14 October (Thur.)</u>- sign up for collaborative research paper topic

• <u>28 October (Fri.)</u>: Ist Annotated bibliography of sources considered for your collaborative research paper due

• <u>11 November</u> (Fri.): 2nd Annotated bibliography of sources considered for your collaborative research paper due

- 25 November (Fri.): model of your answer to the collaborative research paper question due.
- <u>5 December (Mon.)</u>: abstract of your collaborative research paper due

• <u>7 December (Wed.)</u>: group presentation of your collaborative research paper, also turn in your Individual Participation Self-Appraisal form this week.

• <u>12 December (Mon.)</u>: collaborative research paper due

Schedule¹

Date	Tonic	Readine Assienment ²
Sept. 14	Introduction, Anthropology, Science	
Sept.21	Critical thinking I, Nutritional anthropology in the field: field work	Ruggiero 2004 Ch. 2, 6, & 13, Dettwyler 1994(<i>all chapters</i>)
Sept. 28	Critical thinking II, Nutritional anthropology: history, Caliproject, different approaches to the study of food.	Sagan 1996, Greenhalgh & Taylor 1997, Pope & Ziebland 2000 ³ , Harris 1978, Allison 1991
Oct.5	Basic principles of nutrition: physiology of digestion, macro-& micronutrients	Ruggiero 2004 Ch. 19, Pelto et al. 2000, Whitney and Rolfes 2005: Ch. 1, 3, <i>and</i> one of 4, 5, or 6
Oct. 12	Organoleptic Properties s& Food Choice Basic principles of ecology: energy flow and nutrient cycles	Informed health online (2015), Rozin 1987, Southwick 1996
	Note, your dietary intake project is due no later than 4:00 pr	n on Thursday, October 13.
Oct. 19	Evolutionary perspective: what did our ancestors eat? (Part I)	Cordain et al. 2000, Milton 2000, Stanford 1995, Klein 2000 ³ , Rocket and Haws 2003 ³
Oct. 26	Evolutionary perspective: what did our ancestors eat? (Part ID	
Nov.2	Staple crops: strengths & weaknesses Pre-industrial diets: Tropical rainforests, Yapu slides	Normille 2000, Moran 1993, Dufour 1995 ³ , Dufour 1990
Nov.9	Pre-industrial diets: East African Pastoralists (Video: Year of the Clouds)	Moran (1982), Galvin et al. (1994), McCabe (1990), Fratkin (2001) -optional, Galvin (2009) -optional
Nov. 16	Cannibalism? Culture & infant feeding	Hamer 1977, Preston 1998, Bergner 2003, Pelto 1981, Levine 1988, Gray 1996 ³
Nov. 23	Undernutrition: physiological impacts	Whitney and Rolfes 2005 (Review PEM), Goodman et al. 2000, Frisancho 1993, Pelletier 1994, Martorell 1989, Martorell et al. 1992 ³ , Chavez et al. 1995 ³ , de Onis et al. 1993 ³
Nov.30	Undemutrition: adaptations, research methods	TBD
Dec. 7	Group Presentations	Abstracts of papers to be presented

¹Note, the schedule of topics may change, but due dates for the assignments will not change.

²The reading assignments are subject to change should I find, during the present semester, more recent publications which better cover the topic considered. If this occurs, I will inform you no later than 2 weeks prior to the relevant class. ³ This paper is suggested for undergraduate students and required for graduate students.

Course Bibliography¹

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Bergner. 2003. The Most Unconventional Weapon. *The New York Times*. Oct. 25. Sunday Times Magazine

Billing, Jennifer & Paul W. Sherman (1998) Antimicrobial Functions of Spices: Why Some Like it Hot. *The Quarterly Review of Biology* 73(1): 3-49

Chavez, Adolfo, Cecilia Martinez, and Beatriz Soberanes. 1995. The Effect of Malnutrition on Human Development: A 24 Year Study of Well-Nourished and Malnourished Children Living in a Poor Mexican Village. In: N. S. Scrimshaw, ed. *Community-Based Longitudinal Nutrition and Health Studies: Classic Examples from Guatemala, Haiti, and Mexico*. Boston: International Nutrition Foundation for Developing Countries, pp. 79-124.

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de Onis, M, C. Monteiro, J. Akre and G. Clugston. 1993. The worldwide magnitude of protein-energy malnutrition: an overview from the WHO Global Database on Child Growth. *Bulletin of the World Health Organization*, 71 (6):703-712.

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Dufour, DL. 1995. A closer look at the nutritional implications of bitter cassava use. In: *Indigenous Peoples and the Future of Amazonia: An Ecological Anthropology of an Endangered World*. Edited by Leslie Sponsel. University of Arizona Press, Tucson, AZ. Pp. 149-165.

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Gray, S.J. 1996. Ecology of weaning among nomadic Turkana pastoralists of Kenya: maternal thinking, maternal behavior, and human adaptive strategies. *Human Biology* 68(3):437-465.

Greenhalgh, Trisha and Rod Taylor. 1997. How to read a paper: Papers that go beyond numbers (qualitative research). *British Medical Journal* 315:740-743.

Hamer, Michael, 1977. The Enigma of Aztec Sacrifice. Natural History (April) 86(4):46-51.

Harris, Marvin. 1978. India's Sacred Cow. Human Nature (February) Pp. 28-36.

Hockett, Bryan and Jonathan Haws 2003. Nutritional ecology and diachronic trends in Paleolithic diet and health. *Evolutionary Anthropology* 12:211-216.

Informed Health Online (2015) How does our sense of taste work? PubMed Health, US National Library of Medicine. http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0072592/

Katz, Solomon H., M. L. Hediger, and L. A. Valleroy, (1975) Traditional Maize Processing Techniques in the New World. *Science* 184: 765-773.

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Wrangham, Richard W., James Holland Jones, Greg Laden, David Pilbeam, Nancy Lou Conklin-Brittain 1999. The raw and the stolen. *Current Anthropology*. 40(5): 567-594.

¹The course bibliography is subject to change should I find, during the present semester, more recent publications which better cover the topic considered.

Human research: Students will be expected to conduct research on themselves in this course by collecting and analyzing three days of dietary and activity data. Please see the Dietary Intake assignment in the assignment section of the course blackboard site.

Supplemental fees: There are <u>no</u> mandatory supplemental fees for this course.

ADDITIONAL CONTENT

Writing across the Curriculum

Writing skills are not exclusive to English courses and, in fact, should cross all disciplines. The University supports the belief that throughout their University careers, students should be taught how to write well so that when they graduate their writing abilities will be far above the minimal standards required at entrance. Consistent with this belief, students are expected to do a substantial amount of writing in their University courses and, where appropriate, instructors can and may use writing and the grading thereof as a factor in the evaluation of student work. The services provided by the Writing Centre in the Effective Writing Office can be utilized by all undergraduate and graduate students who feel they require further assistance.

Academic Accommodations:

The academic accommodations policy can be found at

http://wwwucalgary.ca/access/accommodations/policy.

It is the student's responsibility to request academic accommodations. If you are a student with a documented disability who may require academic accommodations and have not registered with Student Accessibility Services, please contact them at 403-220-6019. Students that have not registered with the SAS are not eligible for formal academic accommodations. More information about the academic accommodations can be found at <u>http://wwww.ucalgary.ca/access</u>.

Freedom of Information and Protection of Privacy Act

The University of Calgary is committed to protecting the privacy of individuals who work and study at the University or who otherwise interact with the University in accordance with the standards set out in the Freedom of Information and Protection of Privacy Act.

Please refer to the following link for detailed information: http://www.ucalgm:y.ca/legalservices/foip

Academic Misconduct

Academic dishonesty is an unacceptable activity at the University of Calgary and students are strongly advised to read the Student Misconduct section of the University Calendar. Quite often, students are unaware of what constitutes academic dishonesty or plagiarism. The most common are:

- 1) Presenting another student's work as your own
- 2) Presenting an author's work or ideas as you own without proper referencing
- 3) Using work completed for another course

This activity will not be tolerated and students conducting themselves in this manner will be dealt with according to the procedures outlined in the University Calendar.

For detailed information on what constitutes academic misconduct, please refer to the following link:

http://www.ucalgary.ca/pubs/calendar/current/k-2-1. html

Plagiarism

Plagiarism involves submitting or presenting work as if it were the student's own work when it is not. Any ideas or materials taken from another source written, electronic, or oral must be fully and formally acknowledged. Plagiarism includes but is not limited to:

(a) The work submitted or presented was done, in whole or in part, by an individual other than the one submitting or presenting the work (this includes having another impersonate the student or otherwise substituting the work of another for one's own in an examination or test),

(b) Parts of the work are taken from another source without reference to the original author,

(c) The whole work (e.g., an essay) is copied from another source, and/or,

(d) A student submits or presents work in one course which has also been submitted in another course (although it may be completely original with that student) without the knowledge of or prior agreement of the instructor involved.

While it is recognized that scholarly work often involves reference to the ideas, data and conclusions of other scholars, intellectual honesty requires that such references be explicitly and clearly noted. Plagiarism is an extremely serious academic offence. It is recognized that clause (d) does not prevent a graduate student incorporating work previously done by him or her in a thesis or dissertation.

Emergency Evacuation Assembly Points

In the event of an emergency that requires evacuation, please refer to the following link to become familiar with the assembly points for the class:

http://www.ucalgary. ca/emergencyplan/assemblypoints

Safewalk Information

Campus Security, in partnership with the Students' Union, provides the Safewalk service, 24 hours a day to any location on Campus including the LRT, parking lots, bus zones and University residences. Contact Campus Security at (403) 220-5333 or use a help phone, and Safewalkers or a Campus Security Officer will accompany you to your campus destination.

Faculty of Arts Program Advising and Student Information Resources

- Have a question, but not sure where to start? The new Faculty of Arts Program Information Centre (PIC) is your information resource for everything in Arts! Drop in at SS102, call us at 403-220-3580 or email us at <u>a</u>rtsads@ucalgary.ca. You can also visit the Faculty of Arts website at http://arts.ucalgary.ca/undergraduate which has detailed information on common academic concerns.
- For program planning and advice, contact the Student Success Centre (403) 220-5881 or visit them in their new space on the 3rd Floor of the Taylor Family Digital Library.
- For registration (add/drop/swap), paying fees and assistance with your Student Centre, contactEnrolmentServices at(403)210-ROCK [7625] or visit them at the MacKimmie Library Block.

Contact Information for Student and Faculty Representation

Student Union Vice President -Academic Alicia Lunz Phone: (403) 220-3911 Email: suypaca@ucalgary.ca

Student Union Faculty Representatives arts1@su.ucalgary.ca arts2@su.ucalgary.ca arts3@.su.ucalgary.ca

Student Ombudsman's Office http://www.ucalgary.ca/provost/