

Direct Links  
to Canvas



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[f2023 Canvas Modules](#)

[f2023 Module Week 4](#)

[f2023 AF Simple Syllabus](#) .pdf



Tim Roufs Inspecting Durians in Singapore Market, 2017

## Anthropology of Food Week 4

1.0 **What's Happening?**

5.0 **Other Assignments**

9.0 (optional)  
**For Fun Trivia**

(optional)  
**Live Chat**  
Tuesday 7:00-8:00 p.m.

2.0 **Video Explorations**

\*6.0 **Midterm Exam**

10.0 (optional)  
**Extra Credit**

(optional)  
**Questions / Comments**

3.0 **Slides**

\*7.0 **Project**

11.0 (optional)  
**Other**

4.0 **Readings**  
[Semester Readings](#)

\*8.0 **Discussion**

click links for details)  
= leave page

**Items DUE this week:**  
\*enter on-line  
\*\*upload file

## 1.0 What's Happening Week 4?

This week we ask the question, “Did cooking make us human?”

**Week 4 of Anthropology of Food** we're traveling back into prehistoric times. You will see some of these materials also in Chapter Two of *Eating Culture*, “Settled Ingredients: Domestic Food Production,” and in Chapter Four, “Cooks and Kitchens.”

Remember that **archaeology** is **one of the four main branches (“four fields”) of American Anthropology** (from Weeks 1 and 2). The four fields are Archaeology/Prehistory, Biocultural, Sociocultural, and, Linguistics.

**Next week** we're going to have a look at how people get their food in **non-industrial societies . . . by Hunting-Gathering or Foraging . . . featuring**

(1) the classic film *The Desert People*,

(2) Ch. 2 of *Eating Cultures*, “**Hunter-Gathering or Foraging**,” and

(3) the chapters from Michael Pollan's *Omnivore's Dilemma on foraging* (Chs. 15-17).

**It's part of the overall topic of Food Revolutions and the Emergence of Food Production**

**Food Revolutions**

Fake Meat

**Food Timeline**

## 2.0 VIDEO EXPLORATIONS WEEK 4 . . .

**Real People . . . Real Places . . .**

[Videos for the Semester](#)

*Horizon:*

### ***Did Cooking Make Us Human?***

(ca. 52 min.)

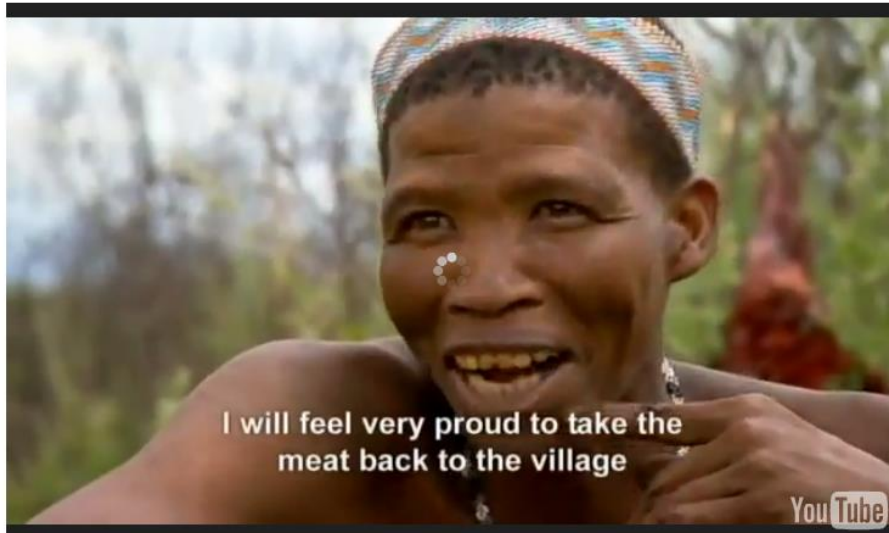
 **On-line Access**

[click ↑ here]

(UMD AVON link updated 2022.08.08)

### **Did Cooking Make Us Human?**

BBC, Horizon, Charles Colville, Helen McCrory (narrator)



Available at: [Films on Demand Streaming Videos \(Duluth campus\)](#)

**[course viewing guide](#)**



Trying the Hadza hunter-gatherer berry and porcupine diet  
-- BBCNews 23 July 2017

**The first porcupine I ever ate**  
**was with some of the last of the very traditional hunters**  
**and gatherers of the Leech Lake Reservation.** [Paul Buffalo](#)  
(born first in 1898/9 and again on White Oak Point on the 4<sup>th</sup> of July  
in 1900) and I—in the mid-1960s—shared a porcupine, boiled whole,  
with his brother “Joe Sky” Nason in a small log cabin in the woods  
west of Deer River. “Joe Sky” killed it with a wooden club explaining  
that he just had a hankerin’ for some old time food—very much **like**  
**we will see this week in the BBC video *Did Cooking Make us***  
***Human?*** Paul Buffalo’s family lived following the traditional  
seasonal food cycle until WWI, about 1915.

I had the right-front leg and shoulder of the porcupine, which,  
when I first saw it, was sticking up out of the pan about four

inches, hairy paw attached. The cooked porcupine had a *really* strong flavor, for my tastes, but the old-time lumberjacks who chewed snuff, chewing tobacco, and plug tobacco most of their lives *loved* porcupine—because it was a food that they could still taste after having ruined their taste buds with a life of chewing snus and plug tobacco (sometimes at the same time). In traditional times *Anishinabe* peoples in northern Minnesota did not generally “hunt” (actually more like *collect*) porcupine. No, they generally left porcupines alone *because* porcupine were very easy to catch—one could do it with just a stick—and porcupine was thus a sort of “survival” food in case they didn’t get other meats (which wasn’t very often). In the classical anthropology film *The Hunters* the small Khoisan\* hunting party of four, of a group which had been without meat in their camp for a month, eventually “collected” two porcupine after coming home empty-handed two or three times.

\*[aka the Kalahari Bushmen, !Kung, San, and other names]

### **Hunter-gatherers as models in public health**

-- [OBESITYreviews](#) (02 December 2018)

### **Trying the Hadza hunter-gatherer berry and porcupine diet**

– [BBCNews](#) (27 July 2017)

### **'Hadza': the last hunter-gatherer tribe in Tanzania – in pictures**

-- [The Guardian](#) (22 October 2018)

### **Prehistoric women were hunters and artists as well as mothers, book reveals**

-- [The Guardian](#) (29 April 2022)

**During Week 4 of Anthropology of Food we're traveling back into prehistoric times.** You will see some of these materials also in Chapter Two of *Eating Culture*, “Settled Ingredients: Domestic Food Production,” and in Chapter Four, “Cooks and Kitchens.”

If you find some of the **names of the prehistoric apes and early**

**humans** (and their home locations) confusing, don't let that bother you. **Not so long ago a whole major species was added to the list: *Homo naledi***[.](#) The class materials this week will walk you through these foreign-sounding topics, *sans Homo naledi*, and provide a little more illustration to the points that the text makes. The video *Did Cooking Make Us Human?* will also review some of the main prehistoric players in the ancient food scene.

### 3.0 WEEK 4 SLIDES . . .

[Class Slides for the Semester](#)

Some of the **slide sets** for this and the next couple of weeks are **fairly long, but bear with them as the programs as they provide important information.**

## The Biocultural Framework

Once you have mastered the basic information and conceptual framework relating to the Anthropology of Food—an approach centered on the **“Biocultural Framework for the Study of Diet and Nutrition”** which is one of the main items of the week—we will have an intensive look at a series of food-related issues from around the world.

### **The Biocultural Framework**

(.pptx)

[click [↑ here](#)]

### **Nutritional Status**

(.pptx)

[click [↑ here](#)]

## And what *are* our Human Nutrition Needs?

Have a look at these slides using the "slide show" mode:

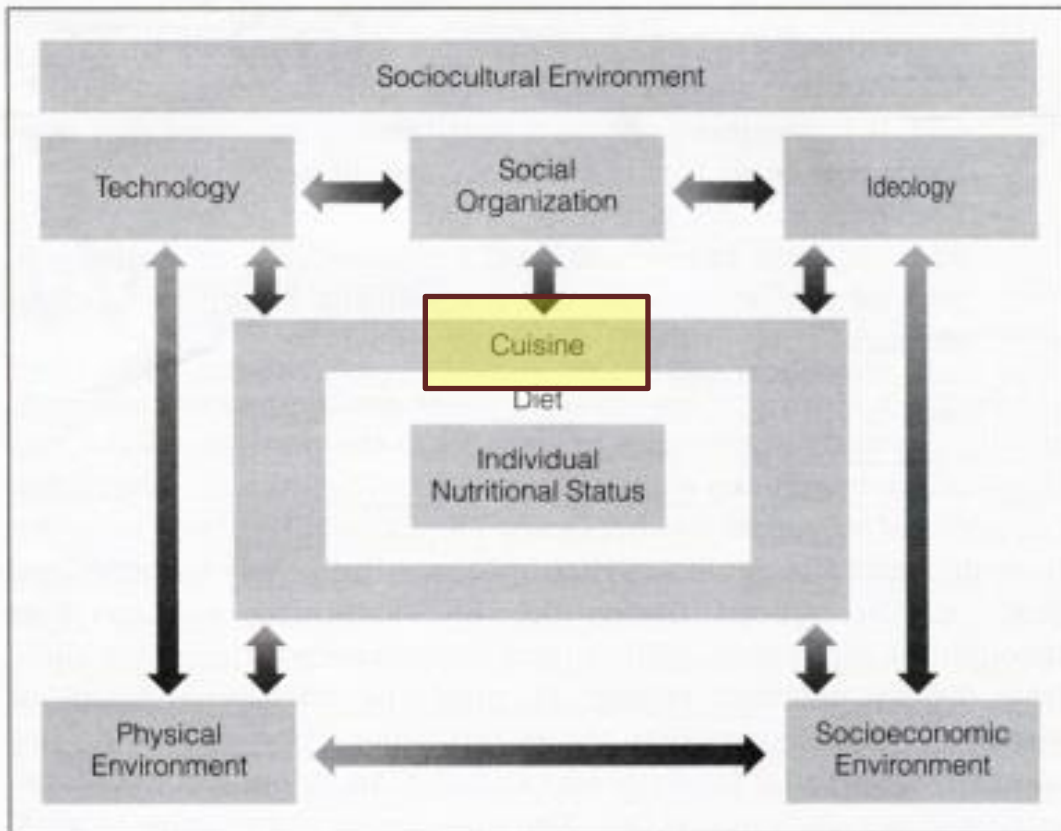
### Human Nutritional Needs

[\(.pptx\)](#)

[click ↑ here]

**Figure 1.1**

*Biocultural Framework for the Study of Diet and Nutrition*



Source: Authors

## Human Nutrient Needs

The slide is titled "Human Nutrient Needs" and is part of a presentation on the "Biocultural Framework for the Study of Diet and Nutrition: Introduction". It lists several key terms:

- Biocultural Framework for the Study of Diet and Nutrition: Introduction** (.pptx)
- TERMS:**
  - Nutritional Status** (.pptx)
  - Biological Makeup** (.pptx)
  - Human Nutrient Needs** (.pptx)
  - Diet** (.pptx)
  - Cuisine** (.pptx)
  - The Environments** (.pptx)
    - Physical
    - Sociocultural
    - Economic and Political

Footnote: Figure 1.1 from The Cultural Feast: Biocultural Framework for the Study of Diet and Nutrition. Includes a note about missing labels.

## Diet and Human Evolution: An Introduction

(.pptx)

[click ↑ here]

### Diet and Human Evolution

The slide is titled "Diet and Human Evolution" and is part of a presentation on "Diet and Human Evolution: Introduction". It lists several key topics:

- Diet and Human Evolution: Introduction** (.pptx)
- Diets of Extinct Humans / Paleontology** (.pptx)
  - Teeth
  - Skulls and Jaws
  - The Postcranial Skeleton

A callout box states: "If you want to have a closer look at the primate chart in the slides: 'Prehistoric and Contemporary Primates'"

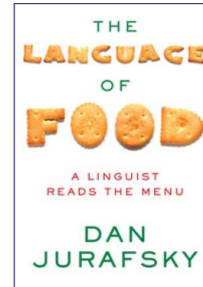
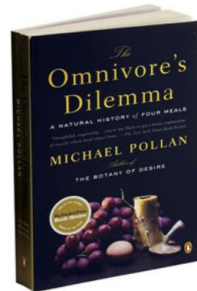
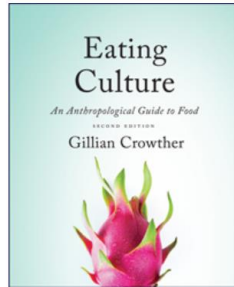
- Adaptation (.pptx)
- Using Chemistry to Infer the Diets of Extinct Hominini (.pptx)
- Our Place in Nature (.pptx)
- A Brief Who's Who of the Early Hominines (.pptx)
- What Did Early Hominines Eat? (.pptx)
- What Can We Say About the Diets of Fossil Homo (.pptx)
- Highlight: Lactose Intolerance (.pptx)
  - Federal Agencies Regulating Food (.pptx)
  - USDA Food Guide Pyramid (.pptx) (updated in 2005, then replaced by MyPlate in 2011)

## 4.0 READINGS FOR WEEK 4 . . .

[Readings for the Semester](#)

[Textbook Information](#)





- **Eating Culture, Second Edition, Gillian Crowther**

- CHAPTER THREE: MOBILE INGREDIENTS: ROOTS, ROUTES, AND REALITIES OF INDUSTRIALIZED AGRICULTURE

- **Omnivore's Dilemma, Michael Pollan**

- Ch. 18 "Hunting: the meat"
- Ch. 19 "Gathering: the fungi"
- Ch. 20 "The perfect meal"

(We're continuing this book here, with Michael Pollan's discussion of Hunting and Gathering, and in Ch. 2 of *Eating Culture* we have a closer look at hunting / gathering / foraging as a way people get their food in nonindustrialized societies)

- **The Language of Food, Dan Jurafsky**

- "Introduction"
- Ch. 1 "How to Read a Menu"

## 5.0 OTHER ASSIGNMENTS INFORMATION . . .

[Main Due Dates](#)

2023 [Module 4 – Week 4](#)

### Catch Up

**This week take a little time to catch up . . .**



**REM: The Course in a Nutshell**[↗](#)

**DUE: MIDTERM EXAM . . .**

**It's time to start thinking about the midterm exam** (which will be available **Week 6, 2-7 October 2023**). A good activity to start your review would be looking over Ch. 1, "Setting the Anthropological Table". And if you are a visual learner, you might have a(nother) look at the Week 1 [slide sets](#).[↗](#)

### **6.0 DUE: Midterm Exam Question**

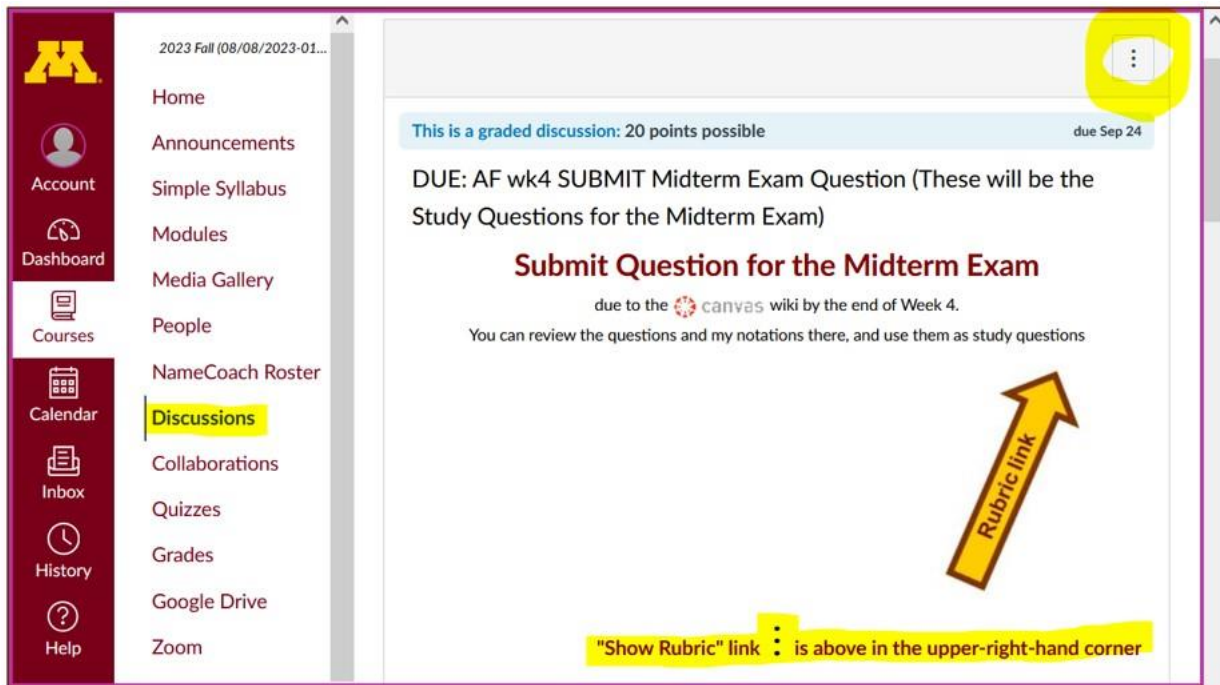
[General Midterm Exam Information](#)[↗](#)

Be sure to **contribute your question(s) to the Midterm Exam by the end of Week 4, this Saturday, 23 September 2023**. I will review those questions, commenting on them in order to try to make them a good source for reviewing for the Midterm Exam. That is, you will be able to **use those questions as study questions**.

As I mentioned last week and the week before, be sure to **focus on the *ideas* and main concepts, and differing points of view**, and do not be preoccupied with only trying to memorize facts and assorted pieces of information.

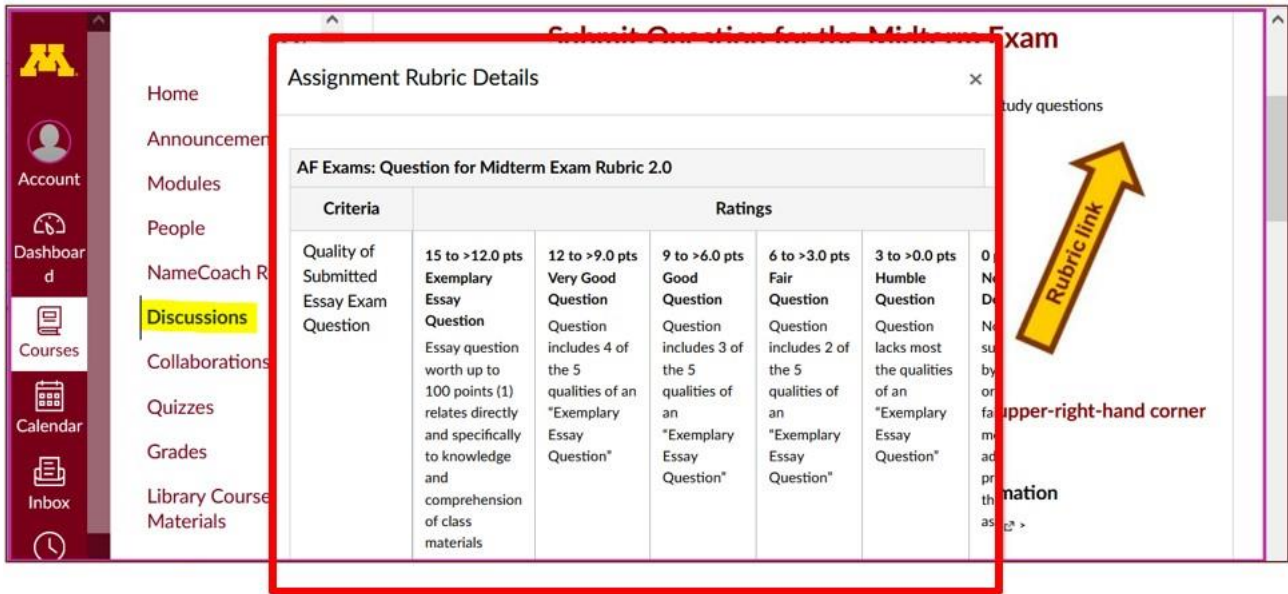
NOTE: To see the details of the **Exam Question Rubric** click on the pull-down menu in the upper-right-hand corner of the Assignment . . .

REM: Links on screenshots are not “hot” (active)



And the pull-down Rubric information appears at the bottom of the screen. . .

REM: Links on screenshots are not “hot” (active)



## 7.0 DUE: PROJECT INFORMATION . . .

[Basic Information](#)

[Main Due Dates](#)

**Your Informal Proposal is due this Week**

*Pick out 1-3 things that interest you, that are related to the class, that you think might make a good Class Project.*

*For your Class Project, start with something that you, personally, are interested in, and we'll work things out from there.*

**This Project is something with which you should be able to have fun.**

**Your class Project is your Term Paper, plus a short “work-in-progress” presentation.**



*Demosthenes Practising Oratory* (1870)

[Details of Presentation](#)





*Charles Dickens* (1842)

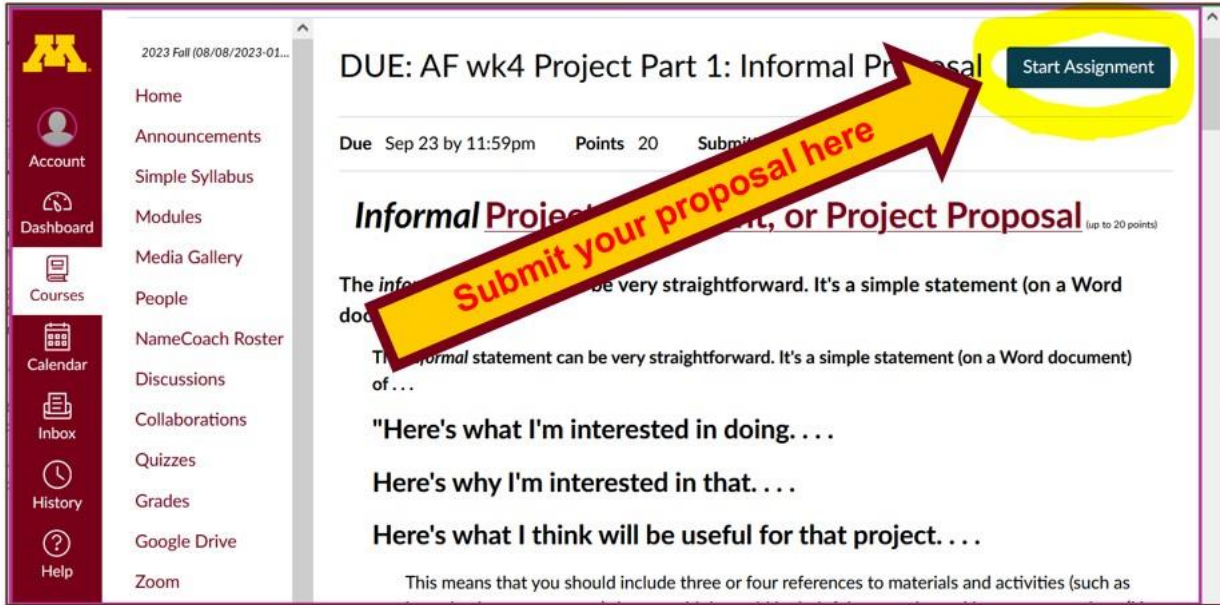
[Details of Term Paper](#)

Your **Informal Project Statement**, or Project Proposal, is due by the end of this week, **Saturday, 23 September 2023**. Basically that's a short *informal* summary personal statement of what you are interested in doing, how you think you might go about it, and what resources you are thinking about using. It can be as simple as the following:

“For my project I’m thinking about X, or Y, and these are the items I’m thinking about using [add short list]. This is why I’m interested in this/these project(s) [add your reason(s)]. . . .

It is an *informal* statement. Links to the details are in the Week 4  canvas syllabus and on your  canvas . Note that this is a simple *informal* proposal. A more formal statement will come later on (in Week 7, Saturday, 14 October 2023).

REM: Links on screenshots are not "hot" (active)



## 8.0 DUE: DISCUSSION WEEK 4 . . .

(optional) [Online Discussions Information, Rubric, and Sample Posts](#)

### Food and Climate Change





By Richard Black, [BBC News \(Links to an external site.\)](#), 24 March 2010

## 9.0 (optional) **FOR FUN FOOD TRIVIA . . .**

[Food Trivia HomePage](#)

### Week 4 First Question

**“How do you say ‘blueberry pie’ in *Anishinabe* / *Ojibwa* / *Chippewa*?”**



[Answer](#)

Week 4 Second Question

**“How many gallons of sap does it take to make one gallon of maple syrup?”**



[Answer](#)

**10.0** (optional) **EXTRA CREDIT . . .**

[Basic Extra Credit Information](#)

Extra Credit is available in this class.  
We'll have a closer look at Extra Credit after the Midterm Exam.

**11.0 OTHER (OPTIONAL) . . .**



(optional) **LIVE CHAT: OPEN FORUM / OFFICE HOURS . . .**

[Contact Information](#)

Tuesday, @ 7:00-8:00 p.m. (CDT)

**[“ZOOM”](#)**

[click ↑ here]

or

e-mail anytime: <mailto:troufs@d.umn.edu>

[click ↑ here]



Live Chat is optional.

## QUESTIONS? / COMMENTS . . .

If you have any **questions or comments** right now, please do not hesitate to post them on the  canvas “Discussions”, or e-mail [troufs@d.umn.edu](mailto:troufs@d.umn.edu), or ZOOM <https://umn.zoom.us/my/troufs>. (E-mail is fastest, and most generally best as quite often URLs need be sent.)

Best Wishes,

Tim Roufs

<http://www.d.umn.edu/~troufs>

<https://umn.zoom.us/my/troufs>

[other contact information](#)