

Direct Links
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[f2023 Canvas Modules](#)

[f2023 Module Week 9](#)

[f2023 AF Simple Syllabus .pdf](#)



Tim Roufs Inspecting Durians in Singapore Market, 2017

Anthropology of Food Week 9

1.0 **What's Happening?**

2.0 **Video Explorations**

3.0 **Slides**

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

5.0 **Other Assignments**
Competitive Eating

6.0 **Final Exam**

*7.0 **Project**

*8.0 **Discussion**

9.0 (optional)
For Fun Trivia

10.0 (optional)
Extra Credit

11.0 (optional)
Other

click links for details)
= leave page

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

(optional)
Questions / Comments

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

1.0 What's Happening Week 9?

"Gastro-Anomie: Global Indigestion?"

What is the exact opposite of Slow Food?

Yes!

Competitive Eating . . .

And?

Food Fights . . . and Feeding Frenzies. . . .

This week we'll have a look at Competitive Eating, and in Week 11 we'll visit one of the great Food Fights of the world . . . *La Tomatina* in Buñol, Valencia, Spain . . . a food fight like you probably have never seen before.

And after the fast track competitive eating we'll have a look at Slow Food, and the Slow Food movement—one of the fastest citizen-based interest groups in the world, which began in Italy. Slow food, by definition, goes along with locavorism . . . a focus on eating traditional local foods.

We'll also have a look at how non-slow food is designed—engineered—to make you want to eat more . . . and more . . . and more So we'll also look at Food Design this week, and some of the consequences what are the consequences?

Italians on The 'Range, in northern Minnesota, and almost everywhere else, know and love *biscotti* (*biscotti di Prado*). We'll visit *biscotti* in our Food Trivia section this week, and throw in a little spaghetti with meatballs on the side.

One of the prized traditional local foods on The ‘Range is *potica*, a favorite Slovenian locavore treat which is loved by Pope Francis and almost everyone else who has ever tried it. Rangers all know *potica*. (Rangers be sure to note your special assignment this week.)

Last week we heard a little about what Sherri Inness has to say about the Two Fat Ladies. This week we’ll see what she has to say about other aspects of food and class and gender in general, in *Secret Ingredients*.

And, not surprising to most women, we learn that when times are tough and food is in crisis it’s actually the women who come through and save the day in small villages around the world. We’ll have a look in our “Discussion” this week.

So heat up your soup, or spaghetti with meatballs, grab some *biscotti di Prado* or *zweibach*, and some *potica*—if you can find it—and settle in for a great change-of-pace week.

2.0 VIDEO EXPLORATIONS WEEK 9 . . .

Real People . . . Real Places . . .

[Videos for the Semester](#)

“How People Get Their Food in Industrial Societies”

and

"Gastro-Anomie: Global Indigestion?"

Let’s have a look at what goes into . . .

 ***Food Design***

(52 min., 2009)

[On-line access](#)

[click ↑ here]



“... a beautifully filmed look at the complex process of food product design, in which the appeal of foods to all the senses is considered and manipulated, using sophisticated science and psychological insights.”

—J. Peter Clark, *Food Technology Magazine*

“The sound of sausage: When a bite produces a distinct crunch, they taste particularly good.”

“Fish sticks, on the other hand, don't make such great noises, but they can be arranged nicely in the pan. And is it merely a coincidence that bologna fits perfectly onto a slice of bread, and that when combined, they make up a popular snack? Designers create clothes, furniture, cars and all kinds of useful items. So why not food? Food designers work on things to eat, giving them a certain style and function. They not only make sure that food and drink fill our stomachs, but also that the eating process is practical and appeals to all the senses - so that we're hungry for more. *FOOD DESIGN* takes a look at the secret chambers of a major manufacturer of food, where designers and scientists are defining your favorite mouthful of tomorrow. It shows how form, color, smell, consistency, the sounds made during eating, manufacturing technique, history and stories are all aspects of food and eating that both influence food design, and are created by it.”

So we'll have a look at how your food is designed nowadays . . . basically how it's engineered, and how it's sometimes engineered to match your bio-physical cravings—that is, to be “addictive”. Martha Rosenberg has pointed out that foods nowadays are *engineered* to be *addictive*, and, hence, fattening . . .

5 Unhealthy Foods Engineered to Be Addictive

-- Martha Rosenberg, [Hungry for Change](#) (10 July 2014)

And that's all related to your basic bio-physical makeup. But, take your pick: Genes control body weight or food intake/lack of moving controls body weight, or, both.



National Geographic Video Clip

"Slow Food"

(3:25 min.)

[click [↑ here](#)]



Slow Food restaurant placard, [Santorini](#), [Greece](#)

3.0 WEEK 9 SLIDES . . .

[Class Slides for the Semester](#)

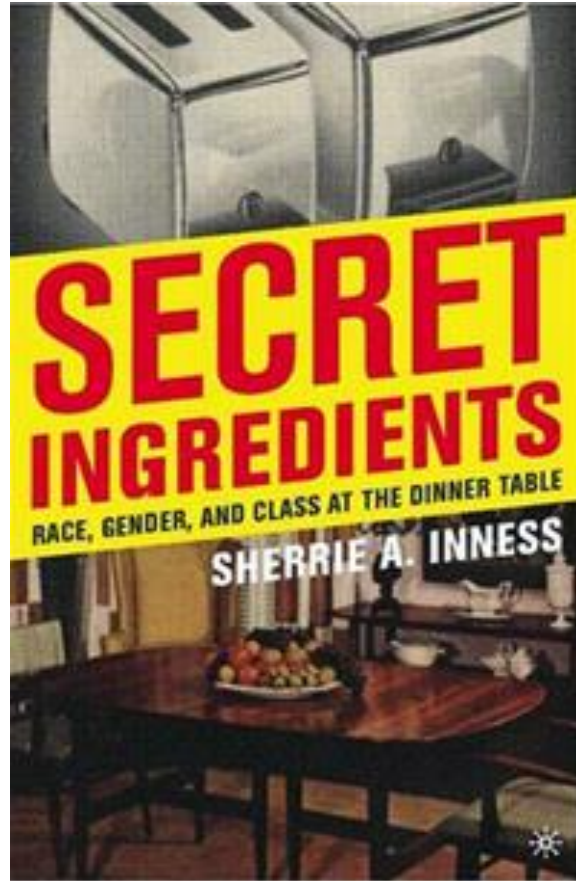
Secret Ingredients:
Race, Gender, and Class at the Dinner Table
(.pptx)

[click [↑](#) here]

Sherri A. Inness, *Secret Ingredients*, Chs. 1-7

Sherri A. Inness,
Secret Ingredients: Race, Gender, and Class at the Dinner Table
and friends
Chs. 1-7

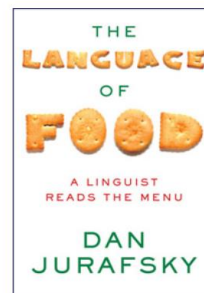
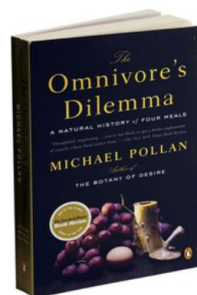
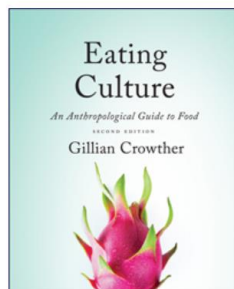
Secret Ingredients slides
(.pptx)



4.0 READINGS FOR WEEK 9 . . .

[Readings for the Semester](#)

[Textbook Information](#)



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

- CHAPTER EIGHT: GLOBAL INDIGESTION: RESETTING THE AGENDA FOR FOOD SECURITY

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

- Ch. 12, "Slaughter: in a glass abattoir"
- Ch. 13, "The market: 'greetings from non-barcode people'"
- Ch. 14, "The meal: grass-fed"

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

- (Review)

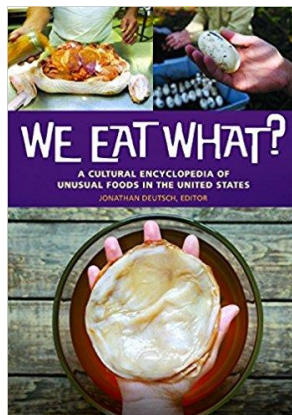
(optional, except for Rangers)
Tim Roufs' article on *Potica*

And a special offer for
“Rangers”—
do an extra credit report on

"Potica" [↗](#)

[click ↑ here]

From





Kim Smyth Roufs Slathering Walnut Filling on *Potica*.

Roufs, Timothy G. 2018. "[Potica](#)." From *We Eat What?: A Cultural Encyclopedia of Unusual Foods in the United States*, by Jonathan Deutsch, (Ed.). Santa Barbara, CA: ABC-CLIO, pp. 249-258.

5.0 OTHER ASSIGNMENT INFORMATION . . .

[Main Due Dates](#)

f2023 [Module 9 – Week 9](#)

How many hot dogs can you eat in 10 minutes? . . .

How many Buffalo wings can you eat in 12 minutes? . . .

Competitive Eating

is a Major League Sport . . .

(Sometimes more interesting than other championship major league events,
including the Super Bowl)

In the News:

Competitive hotdog eaters nearing limit of human performance[🔗]

-- The Guardian (14 July 2020)

Should hot dog eating competition hero Joey Chestnut be included in greatest 'athlete' debate?

[🔗]
-- USA TODAY (05 July 2020)

How many hot dogs can you eat in 10 minutes? . . .



Joey Chestnut at Nathan's 2020 Hot Dog Eating Contest

Joey Chestnut eats record 76 hot dogs in 10 minutes to win Nathan's Famous title[🔗] -- The

Guardian (4 July 2021)

A new world record!

NFL Writer Peter King Is Offended By 4th Of July Hot Dog Eating Contest,

Calls It A 'Sin'[🔗]

-- brobible (05 July 2020)

Woman dies in Australia Day lamington-eating contest[\[2\]](#)

-- BBCnews 27 January 2020

How many Buffalo Wings can you eat in 12 minutes?



Sonya “The Black Widow” Thomas[\[2\]](#)

ate 183 chicken wings in 12 minutes in 2011 to gain National Title

The Daily Mail (06 September 2011)

“Thomas had won 1st place in the National Buffalo Wing Festival[\[2\]](#) US chicken wing eating championship five-years straight from 2007-2011. On September 4, 2011, she attained the United States Chicken Wing Eating Championship in Buffalo, New York by eating 183 chicken wings in 12 minutes. On September 2, 2012 Joey [“Jaws”] Chestnut[\[2\]](#) consumed 191 wings (7.61 pounds) in 12 minutes to take competitive-eating trophy from the five-year champion Sonya Thomas.” —

Wikipedia

The Buffalo News (12 September 2012)

Sonya “The Black Widow” Thomas holds

39 World Competitive Eating Records[\[2\]](#).

Sonya “The Black Widow” Thomas HomePage[\[2\]](#)

Sonya “The Black Widow” Thomas Wikipedia Page[\[2\]](#)

**My niece, Buffy Gorrilla, published a good article,
on competitive eating in Australia, pointing out world Competitive Eating records:**

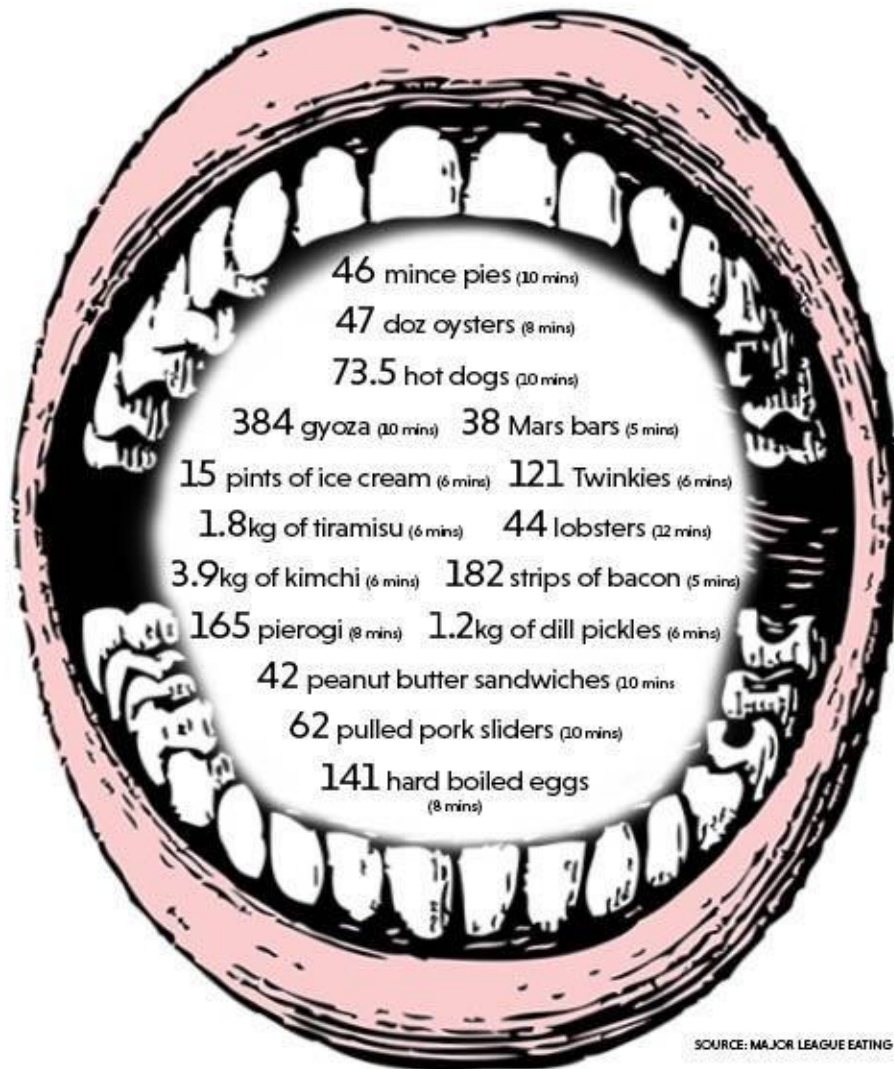
Getting a taste for competitive eating

— Buffy Gorrilla

(This post originally appeared on The Citizen Thursday 18 August 2016)

World Competitive Eating Records include . . .

EAT YOUR HEART OUT: WORLD COMPETITIVE EATING RECORDS



Source: Gorrilla 2016

The class **Competitive Eating WebPage**

is on-line at

<<http://www.d.umn.edu/cla/faculty/troufs/anthfood/afcompetitiveeating.html#title>>

6.0 FINAL EXAM . . .

[Basic Information](#)
[Final Exam Information](#)

7.0 PROJECT INFORMATION . . .

[Basic Information](#)
[Main Due Dates](#)

If you haven't already done so, *schedule* some serious time blocks to work on your Project. And think about is how you might present your findings to others.

REM: The Course in a Nutshell . . .

COURSE STRUCTURE

[ANTH 3888 Anthropology of Food](#)
consists of three main segments:

I Orientation and Background

Introduction
Basic Concepts
History
Theory
Methods and Techniques

II Explorations

Comparative / Cross-Cultural
Holistic ([holism slides.pptx](#))
Ethnographic Case Studies from the Real
World: Real People . . . Real Places from
Around the Globe

III Student Presentations on Term Research

Project

[Additional General Course Information](#)

COURSE CONTENT

primarily comes from the following sources . . .

- **MAIN MEMO FOR THE WEEK . . .**
- **IN-THE-NEWS . . .**
- **VIDEO EXPLORATIONS** . . .
- **SLIDE PRESENTATIONS** . . .
- **READINGS FOR THE WEEK** . . .
- **OTHER ASSIGNMENT INFORMATION . . .**
- **MIDTERM AND FINAL EXAMS . . .**
- **RESEARCH PROJECT INFORMATION** . . .
on a topic of your choice related to the course
- **DISCUSSIONS . . .** including your personal experiences
- **(optional) EXTRA CREDIT** . . . on a topic of your choice related to the course
- **OTHER (optional) . . .**

[Course Structure](#)

PLEASE NOTE:

Both the Midterm Exam and Final Exam are open-book/open-notes essay exams.

So there should be very little work and effort spent on memorizing facts, other than, perhaps, where to go to find the information you are looking for.

More Information on Exams: [Midterm](#) / [Final](#)

[Additional General Course Information](#)

8.0 DUE: DISCUSSION WEEK 9 . . .

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

DUE: s2023 “Female Farmers During Food Crises”[🔗](#)



[The Guardian](#) (21 April 2018)

9.0 (optional) FOR FUN FOOD TRIVIA . . .

[Food Trivia HomePage](#)[🔗](#)

Week 9 First Question

“What do Italian biscotti (*biscotti di Prado*) and German *zwiebach* have in common?”



German *zwiebach*
[Wikipedia](#)



Italian *biscotti*
[Wikipedia](#)

[Answer](#)

Week 9 Second Question

“In what region of Italy do Italians traditionally eat spaghetti with meatballs?”



[Answer](#)

10.0 (optional) EXTRA CREDIT . . .

[Basic Extra Credit Information](#)

Extra Credit is available in this class.

11.0 OTHER (OPTIONAL) . . .

(optional) **LIVE CHAT: MIDTERM EXAM / 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, 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](#)