Nutritional Anthropology

ANT 4467(W) ▪ Spring 2018

Department of Anthropology ▪ College of Sciences ▪ University of Central Florida

Course Information

Course name:	Nutritional Anthropology
Course ID:	ANT 4467 (0W59)
Credit hours:	3.0 hours
Semester/year:	Spring 2018
Location/time:	Online via WebCourses@UCF
Course GTA:	Alexandria Brock
GTA hours:	Monday 9:00-10:00am (online through Chat)
GTA e-mail:	via WebCourses Inbox

Professor Contact

Instructor:	Dr. Lana Williams
Main office:	Phillips Hall 309F
Office hours:	Thursday 9:30-10:30am EST (online Chat or Conference) Thursday 10:30-11:30am EST (in person on UCF Main Campus) or by scheduled appointment
Phone:	407-823-2227
E-mail:	lana.williams@ucf.edu

University Catalogue Description

Psychological, biological, social, cultural, and environmental influences of food consumption and physiological status. Perspectives are cross-cultural, ecological, and evolutionary. PR: ANT 2511 or C.I.

Please consult your academic advisor to determine how this course applies to your degree requirements.

What is this course about?

Two central areas of research in the anthropology of food and nutrition will be addressed in this course using a biocultural approach:

- Long-term evolutionary processes will be examined within an ecological framework as significant factors affecting human biology and susceptibility to diet-related disease. We will be exploring the development of cuisine (how and why we eat what we eat), adapting foods to people and people to foods, and evolutionary and modern comparative perspectives on food systems.
- Global relations of power and inequity are examined as key factors influencing access to food and patterns of over- and under-nutrition for both populations and individuals. We will be discussing food safety and food policy, dietary transitions, delocalization and access, and globalization of food and diet.

This course is designed to separate fact from fad and fiction by critically examining anthropological themes in biological and cultural aspects of human nutrition, foodways and food systems, political and social issues of food access and distribution, and past, current and future food movements.

What skills will I develop in this course?

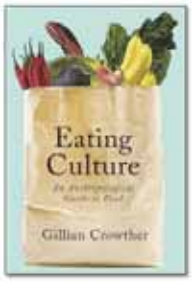
Emphasis is placed on developing the knowledge and analytical skills necessary to evaluate scientific literature and mass media statements about human nutrition, diverse foodways, and food policy.

After successfully completing this course, you should be able to:

- Outline nutritional requirements and their evolutionary underpinnings in biological, cultural and social adaptations in humans.
- Provide an overview of the historical and theoretical development of nutritional anthropology as a subfield.
- Describe the differences in scope of practice for registered dieticians, certified nutritionists and nutritional anthropologists.
- Discuss the origins, influences and significance of production, cultural variation, and food choice in diet.
- Critically evaluate the ways macrosocial processes like hegemony and neocolonialism influence patterns of global inequities in food quality and availability that result in biologies of poverty and affluence.
- Generate informed opinions on contemporary global and local food problems and food policy.

What textbooks will I need?

The following **textbooks are required** for successful completion of this course. The texts, new and used, are available for purchase in the UCF Bookstore and through various local and online vendors. There is **no specific format required**, but you must be able to access each required textbook to study for quizzes and exams. Any additional required readings (outside of these texts) will be provided through WebCourses@UCF.



Eating Culture: An Anthropological Guide to Food

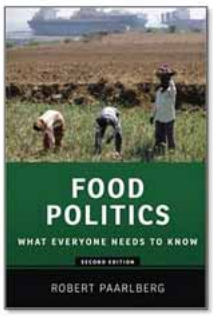
Author: G. Crowther
Edition: 1st
Year: 2013
Publisher: University of Toronto Press
ISBN: 9781442604650

Available in paperback and eBook formats

Gulp: Adventures on the Alimentary Canal

Author: M. Roach
Edition: 1st
Year: 2014
Publisher: W.W. Norton & Co.
ISBN: 9780393348743

Available in paperback, eBook and audio formats



Food Politics: What Everyone Needs to Know

Author: R. Paarlberg
Edition: 2nd
Year: 2013
Publisher: Oxford University Press
ISBN: 9780199322381

Available in paperback and eBook formats

Who should take this course online?

Online learning is not for everyone; some students may have difficulty learning in and managing a course that does not meet face-to-face. To be successful in an online learning environment, you will need to plan your time and maintain self-paced discipline throughout the term.

This course is based on concepts and methods from biological anthropology and the sociocultural study of food and foodways – areas of study which may be unfamiliar to many of you. While I can provide general guidelines based on past students experiences, everyone learns at a different pace, and you will need to decide how much time to set aside to be successful. Your study skills, prior knowledge of the subject, study environment, personal obligations and responsibilities play a huge role in learning and success in any course, Generally, the more time you spend on a course, the better you will do, but the **quality of the time spent is even more important.**

During the next 15 weeks of the Spring 2018 term, you should expect to spend around **three hours of 'class time' each week listening to online lectures, taking notes, viewing and listening to media, and reading the assigned work** in each learning module. You should also plan on setting aside at least **two-to-three hours each week to review materials, complete required assignments, and participate in course activities**. This will greatly assist you in keeping up with the materials and course due dates each week, but keep in mind, these are 'estimates' of time that you should devote to this 4000-level course.

Please do not be tempted to skip a seemingly small two or three days of reviewing learning materials and expect to catch up easily. You will need to study and participate in the course on a regular basis to meet the firm deadlines for all required assignments and exams. If you need any assistance with course materials, assignments or study tips for exams, please visit my **online office hours on Thursdays from 9:30-10:30am EST.** If you are on UCF's Main Campus, you can also visit my **open office in Howard Philips Hall 309F on Thursdays from 10:30-11:30am EST**. If you have a scheduling conflict with either of these times, please contact me through WebCourses Inbox, and we can arrange an online Conferences appointment or UCF Main Campus appointment if needed.

It is **your responsibility to familiarize yourself with WebCourses** online learning platform. I have provided you with the necessary tools and tutorial links in the **COURSE INTRO: Things You Should Know**, which can be accessed using the 'Modules' button in the course menu on the left. If you have never worked in WebCourses or have not worked in WebCourses for a term or two, I highly **recommend that you review the current information in the WebCourses tutorial links** provided in the COURSE INTRO module. It's amazing how many changes take place in just one term!

Is the course accessible for students with disabilities?

The University of Central Florida is committed to providing access and inclusion for all persons with disabilities. This syllabus is available in alternate formats upon request. Students with disabilities who need specific access in this course, such as accommodations, should contact the professor as soon as possible to discuss various access options. Students should also connect with **Student Accessibility Services** (Ferrell Commons, 7F, Room 185, **sas@ucf.edu**, phone (407) 823-2371). Through Student Accessibility Services, a Course Accessibility Letter may be created and sent to professors, which informs faculty of potential access and accommodations that might be reasonable.

If you receive learning accommodations through SAS, please feel free to speak with me about any related concerns. It is always best if we can speak early about the possible need for any accessibility modifications to exams or assignments, and I will happily work with you and SAS to ensure that your needs are reasonably met in a timely fashion. **If your approved accommodations include a specialized environment or equipment for testing, it is your responsibility to make the necessary arrangements to write your exams** within the SAS facilities.

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What are the course requirements?

The Spring 2018 semester begins on **January 09, 2018** and ends on **May 01, 2018**. Over this period, you will be expected to:

- complete a required academic activity at the start of the course;
- review learning module materials, including any assigned media content and readings from your textbooks;
- use the provided handouts and study guides;
- submit 14 quizzes (two lowest scores are dropped);
- participate in 13 Point-of-View discussions (lowest score is dropped);
- submit 6 Activity assignments;
- submit 3 online written exams.

In each learning module, you will find an **INTRODUCTION page** outlining the expectations, readings, activities and assignments for that learning module. The modules contain your assignments, quizzes, links to information websites, and additional learning and media content. Modules also contain lecture slide handouts and study guides to assist you in reviewing for your quizzes and exams. All written work submitted online for grading **will be evaluated for plagiarism** during the grading process.

You are expected to submit **12 of the 14 quizzes** and participate in **12 of the 13 point-of-view discussions** listed in the learning modules. You are allowed to submit work for all 14 quizzes and/or all 13 discussions, as WebCourses will automatically drop the two lowest scores from your quiz grades and the one lowest score from your discussion grades. Many students take advantage of this at the very start by not submitting work, but you never know when you might need to miss a due date later in the course. It is **your responsibility to keep track of the number of quizzes and discussion you have submitted** using the 'Grades' button in the menu on the left.

All graded work is due on an assigned schedule, and once a quiz, assignment, discussion or exam due date has passed, late work will **no longer be accepted for grading** unless approved by the professor based on an approved excused absence. Please note the due dates carefully. A missed quiz, assignment, discussion or exam will not be accepted unless there is a valid, verifiable excuse (see section below on missed assignments and make-up exams). You are notified of this policy from the start, and you should recognize that it is **your responsibility to be aware of all due dates** for this course.

How do I get started in the course?

After reading the Course Syllabus, click on the 'Modules' button in the menu on the left to access the course materials. You will need to review all of the information in the **COURSE INTRO: Things You Should Know,** which includes an introduction to your professor, details about course communication and office hours, how to set up your computer and/or use mobile devices, details about the academic integrity policy, and who to contact for technical assistance. You will also find some helpful suggestions on study strategies and a few tips from previous students on how to be successful in the course. If you have not already done so, **please obtain the required textbooks as soon as possible.**

UCF faculty are required to document all students' academic activity at the beginning of each course. In order to document that you began this course, please complete the **REQUIRED ACTIVITY: Dig In!** in the COURSE INTRO: Things You Should Know by **11:59pm EST** on **JAN 12, 2018**, or as soon as possible after adding the course. Failure to do so may result in a delay in disbursement of your financial aid and access to MODULE 1 learning materials.

The REQUIRED ACTIVITY is intended to familiarize you with your textbooks and the various topics that we will be exploring in Blood and Valor in the Viking World over the term. You will use the online discussion tools and submit your discussion responses, providing you with an opportunity to meet other students, share your interests, and maybe find an online 'study buddy' for the course.

How will I be evaluated and graded?

Your final grade for the course is weighted and will be based on your performance on the following:

Assessment:	**Points Possible**	**% Final Grade**
Quizzes	180	20%
Point-of-view discussions	120	25%
Activity assignments	120	20%
Exams	300	35%
Total Possible	*680*	*100%*

You can access your grades for assignments and exams through the 'Grades' link in the course menu on the left. It is **your responsibility to regularly check on your grades** throughout the course. Please allow for a reasonable amount of time to pass for the grading process to occur. When an assignment, quiz or exam score is posted, you will receive a notification that grades have been released (unmuted). If you have any questions about your score **after a grade has been released**, please notify me or your graduate teaching assistant (GTA) using WebCourses Inbox, and we will address the concern as soon as possible. Questions regarding individual scores must be addressed **within one week of the grade being released**.

The WebCourses system automatically grades all multiple-choice, true-false and fill-in questions; however, it will mark fill-in and short answer questions as incorrect when your answer does not exactly match the correct answer provided in the grading key. **Your GTA will be 'hand-grading' each assignment, quiz and exam to ensure that you receive points for any answers not automatically recognized by the system as being correct**. If point corrections are applied by the GTA during grading, the question will still show a 'red' flag indicating it is incorrect, but the **point value listed at the top right corner of the question** will show the value awarded for a correct answer, like the example shown here:

Correct answers for each quiz and exam will be available for a limited time after each set of grades has been posted. Please check the course announcements to know when this feature is available.

The following +/- grading scale will be used in this course:

Letter Grade	**Percentage**	**Letter Grade**	**Percentage**
A	95 - 100%	C+	76 - 79%
A-	90 - 94%	C	70 - 75%
B+	87 - 89%	D	60 - 69%
B	84 - 86%	F	59% or less
B-	80 - 83%		

Incomplete grades are only given in situations where **unexpected and documented medical emergencies prevent a student enrolled in the course in good standing** from completing the remaining work. Your instructor is the final authority on whether you qualify for an incomplete. Incomplete work must be finished by the end of the subsequent semester or the 'I' grade will automatically be recorded as an 'F' on your transcript.

What if I miss a quiz, assignment, or exam due date?

Time management, problem solving, responsibility and personal accountability are among the most important things you can learn during your university education. **Missed or late quizzes and assignments are not accepted after their due date without a valid, verifiable excuse.** Please contact the professor via WebCourses Inbox if you need to have an excuse verified and approved for make-up work.

To be fair to everyone in the course, and to the GTAs who will be completing the grading, **only work submitted on time will be graded unless late submission is properly approved** by the professor. It is your responsibility to check the course schedule for assignment and exam due dates.

- If you are **participating in an official UCF event** (e.g., sports, ROTC or academic events), please provide the proper documentation **in advance** of a quiz, assignment or exam opening online to receive any extension on due dates.
- Students **observing a holy or remembrance day** of their religious faith are expected to notify their professor **in advance** of a quiz, assignment or exam opening online to receive any extension on due dates.
- If you are a **deployed active duty military** student, please **contact your professor** to discuss your circumstances and set any special accommodations that may be necessary due to your unique status.
- If you find yourself in a situation where you are **going to miss an exam**, you must notify your profesor as soon as possible by telephone, e-mail, in person, or by leaving a message with the department secretary (407-823-2227) **in advance** of the exam closing online. You must also provide valid, verifiable documentation explaining your absence. If you are provided the opportunity to take a make-up exam, it must be scheduled and completed online **within five days of the missed exam due date** (if medically possible).

How is respect for diversity maintained?

This course will be conducted in a way that respects **all aspects of diversity**. The very nature of this course requires us to delve into topics that may make some students uncomfortable and/or discuss topics with which some students may strongly disagree. I expect everyone to show respect for one another and the diverse issues presented and discussed. While various opinions and emotions are tied to some of the topics covered, **the greater purpose is to educate, not judge**. Everyone must be given a chance to express their thoughts in discussion without interruption or ridicule.

Any student who acts inappropriately, makes crude, suggestive, culturally insensitive, or otherwise juvenile comments, or becomes disruptive **will be blocked from participating in online class discussions**. If you do encounter materials in the course that you find offensive or disconcerting, take a moment to explore why you are offended or unsettled and then rationally explain your concerns so we can address the issue further through class discussion or privately during office hours.

How is academic integrity maintained?

Plagiarism, cheating, or academic dishonesty of any kind on an exam or any other course work **will not be tolerated** and will result at least in an 'F' grade for that assignment (and may, depending on the severity of the case, lead to an 'F' or 'Z' grade for the entire course) and will be subject to appropriate referral to the **Office of Student Conduct**, which may take further action (e.g., assignment of 'Z' grade, conduct review and possible expulsion). See the **UCF Golden Rule** for further information. **All written work for this course is automatically reviewed for plagiarism and cheating during the grading process.**

I will assume your enrollment in this course means that you will adhere to the academic creed of this University and you will maintain the highest standards of academic integrity. In other words, **do not share your work with anyone else, do not use the work of someone else as yours, and above all, do not plagiarize any written work from past UCF submissions, journals, academic texts, or Internet resources**. If you do this, the plagiarism check system will detect it and **provide a traceable report** listing the sources that you used.

I, and your GTA, will also adhere to the highest standards of academic integrity, so please **do not ask us to change (or expect us to change) your grade illegitimately** by bending rules that would benefit your grade, or asking for a grade-related opportunity that will not be equally applied the entire class (i.e., individual extra-credit assignments). We will not respond to requests to 'round up' final grades – you will be assigned the grade that you have earned.

Why should I use WebCourses Inbox?

In this course, our **official mode of communication is through the secure WebCourses Inbox system**. This is to ensure the safety of your personal information. It is your responsibility to check the WebCourses Inbox and course announcements at least two or three times per week. You may also use your UCF Knight's Email account to communicate with the professor and/or the GTA. However, **if you use the UCF Knights Mail system**, please use the course number in your email reference so it is easily recognized, and please do not forget to add your name at the end of the email.

When using the proper channels of communication, you can generally **expect a response to your message through WebCourses Inbox within 24 hours**. Please keep in mind that I, and your GTA, may only check our UCF email once, if at all, during the weekend hours (unless an exam is open) or on holidays. If you send an email on a Friday afternoon or over the weekend, you may not receive a response until the following Monday.

All communication between student and professor (or GTA) and between student and student should be respectful and professional. Please be aware that any **online correspondence regarding assignments, grades, or course materials must utilize the WebCourses Inbox or UCF Knight's Mail systems**. Your GTAs and I will not respond to messages sent by other means, such as your Smartphone or iPad. For example, we will not respond to:

> FM: partaymnstr18@gmail.com
> "Hey! When are exam grades posted? Did I do ok? ATM AFC!"
>
> Sent from iPhone.

What are the technology and software requirements?

You must have access to a **reliable computer and a reliable internet connection at least three times a week** for this course. If you do not own a computer, there are student accessible computers in all of UCF's computer labs. For further information, please see the UCF Libraries FAQ for **lab hours and locations.**

You are expected to have compatible versions of Adobe Reader, Adobe Flash, and PowerPoint Viewer (or the equivalent) installed on the computer commonly accessed so that you may properly view multimedia materials linked to the weekly content of the course. Please visit the following websites to access and install or upgrade to the most current versions of these products:

http://get.adobe.com/reader/

http://get.adobe.com/flashplayer/

http://www.microsoft.com/en-eg/download/details.aspx?id=13

WebCourses has an **online tracking system** where professors can review a student's progress and activities while logged into the course. This assists students and professors in instances where computer 'glitches' or 'Internet speed bumps' occur when submitting assignments, taking exams, etc. If you experience technical issues with WebCourses while submitting and assignment or taking an exam, it will show up in your online activity report. Therefore, the "Bill Gates ate my homework" or "I took the quiz, but . . ." excuses **can be traced and verified.**

If you are experiencing problems accessing materials or submitting your work, please contact your professor or GTA so we can point you in the proper direction for assistance. The quickest way to receive assistance is through the 'Help' button located in the lower, left-hand corner, and then clicking on the most appropriate menu item. You can find more information about computer set-up and online technical assistance in the **COURSE INTRO: Things You Should Know** module.

What should I know about copyright and third-party software?

This course contains copyright protected materials such as audio or video clips, images, text materials, etc. These items are being used with regard to the Fair Use doctrine in order to enhance your learning environment. Do not copy, duplicate, download or distribute these items. The **use of these materials is strictly reserved for this online course environment and your use only**. All copyright materials are credited to the copyright holder.

In addition, third party sites (e.g., Study Blue, Koofers, CourseHero, etc.) may be selling or requiring log-in access to class notes and other materials from current or past versions of this course **without my authorization**. Please be aware that this is a **violation of copyright**, and these materials and previous student submissions always contain extensive errors and outdated information, which could greatly affect your performance (and therefore your grade) in this course. **Use these materials at your own risk**.

During this course you might also encounter public online services and/or software applications, sometimes called third-party software, such as a blog or wiki. While some of these might be related to required course materials, **you will not need to release any personally identifying information on any public site**. **Do not post or provide any private information about yourself or your classmates.** If you have any concerns about this, please contact your professor or GTAs for assistance.

What is the course lecture and assignment schedule?

Changes to the course lecture and assignment schedules are not expected but may occur. Your professor reserves the right to make reasonable adjustments to the lecture and assignment schedule. **You will be notified of any changes through Announcements** in WebCourses.

Your lecture schedule and course materials may be accessed through the 'Modules' button in the course menu on the left.

- **Due dates for graded work** are listed in the table below and in the INTRODUCTION page of each learning module.
- **Assigned readings** are listed in the INTRODUCTION page of each learning module.

Date	Details	
Fri Jan 12, 2018	REQUIRED ACTIVITY: Dig In!	due by 11:59pm
Mon Jan 15, 2018	QUIZ 1: New Appetite	due by 11:59pm
Sun Jan 21, 2018	POV 1: Meaning and Food	due by 11:59pm
Wed Jan 24, 2018	ACTIVITY 1: Inedible Challenge	due by 11:59pm
	QUIZ 2: Edible or Not	due by 11:59pm
Fri Jan 26, 2018	POV 2: Food Age-ism	due by 11:59pm
Mon Jan 29, 2018	ACTIVITY 2: Meal to Molecules	due by 11:59pm
Wed Jan 31, 2018	QUIZ 3: Good to Eat	due by 11:59pm

Wed Feb 7, 2018	POV 3: Foreign Spices	due by 11:59pm
Mon Feb 12, 2018	QUIZ 4: Foraging to Farming	due by 11:58pm
	EXAM 1	due by 11:59pm
Thu Feb 15, 2018	POV 4: What's the Difference?	due by 11:59pm
Mon Feb 19, 2018	QUIZ 5: Intensify and Industrialize	due by 11:59pm
Thu Feb 22, 2018	POV 5: Gendered Foods	due by 11:59pm
Mon Feb 26, 2018	QUIZ 6: Adapting Foods and People	due by 11:59pm
Thu Mar 1, 2018	POV 6: You Are _____ Foods	due by 11:59pm
Mon Mar 5, 2018	ACTIVITY 3: Comfort Cuisines	due by 11:59pm
	QUIZ 7: Defining Cusines	due by 11:59pm
Thu Mar 8, 2018	POV 7: Hot and Cold Foods	due by 11:59pm
Sun Mar 11, 2018	ACTIVITY 4: Pharma-Foods	due by 11:59pm
	EXAM 2	due by 11:59pm
	QUIZ 8: Food as Medicine	due by 11:59pm
Thu Mar 22, 2018	POV 8: Families and Feasts	due by 11:59pm
Mon Mar 26, 2018	QUIZ 9: Commensal Feast	due by 11:58pm
Thu Mar 29, 2018	POV 9: Food Voyeurs	due by 11:59pm
Mon Apr 2, 2018	QUIZ 10: Commercial Gastronomy	due by 11:59pm
Thu Apr 5, 2018	POV 10: It's the Economy	due by 11:59pm
Mon Apr 9, 2018	QUIZ 11: Surplus and Overnutrition	due by 11:59pm
Thu Apr 12, 2018	POV 11: It's the Logistics	due by 11:59pm
Mon Apr 16, 2018	ACTIVITY 5: Food (In)Security	due by 11:59pm
	QUIZ 12: Scarcity and Undernutrition	due by 11:59pm
Thu Apr 19, 2018	POV 12: Where vs. What	due by 11:59pm
	POV 13: Soylent Society	due by 11:59pm
Mon Apr 23, 2018	ACTIVITY 6: Farm to Table	due by 11:59pm
	QUIZ 13: Relocalize and Decommodify	due by 11:59pm
	QUIZ 14: New Policies and Solutions	due by 11:59pm
Sat Apr 28, 2018	EXAM 3	due by 11:59pm