Readings are from the text reader *Food and Culture* by Counihan and Van Esterik and others are on the course’s D2L site or will be given as handouts. Will meet weekly (TBD) to discuss readings and videos.

### Week of:

**1/14**  **Theories of Food**  
Readings: F&C Ch 1: Why do we overeat? Meade  
F&C ch 2. Toward a Psychosociology of Contemporary Food Consumption  
F&C ch 3. Distinction: A Social Critique of the Judgement of Taste  
D2L or F&C Ch 37: Political Economy of Obesity  
Video: Major League Eaters (Netflix)

**1/21**  **MLK Day; no classes**

**1/28**  **Cultural Norms**  
Readings: F&C ch. 6: The Abominable Pig  
D2L: Social Activism and Food Taboos  
F&C ch 16: The Raw & the Rotten: Punk Cuisine  
Video: A World of Food (library)

**2/4**  **Family, Gender,**  
Readings: D2L: Ch 5 only: Table Manners in “Conversation & Manners” (Flammang)  
F&C: Ch 11: Domestic Divo?

**2/11**  Paper on Family & Food (see p. 3)

**2/18**  **Food System**  
Readings: D2L: Hijacking the Global Food System (Shiva)  
F&C: Ch 28 Slow Food and the Politics of “Virtuous Globalization”  
Video: The Global Banquet (library)

**2/25**  **Industrial Food**  
Readings: F&C: Ch. 24 Between Obesity & Hunger: The Capitalist Food Industry (Albritton)  
F&C: Ch. 33 The Chain Never Stops (Schlosser)  
Video: Farming the Seas (library)

**3/4**  **Organic & GM Foods**  
Readings: F&C: Ch. 34 Fast Food/Organic Food: Reflexive Tastes and the Making of Yuppie Chow  
http://www.csa.com/discoveryguides/gmfood/overview.php  
Video: Transforming Food or Harvest of Fear (library)

**3/11**  Spring Break (no class)

**3/18**  2nd Paper Deadline (see p. 3)

**3/25**  **Food Insecurity/Hunger: domestic and international**  
Readings: D2L: The Plan to End Hunger (Berg)  
Recommended: http://www.fao.org/docrep/013/i1683e/i1683e00.htm (World)  

**4/1**  Easter Break; no classes
4/8  **Solutions to Hunger?**
Readings:  F&C: Ch. 38 Want Amid Plenty: From Hunger to Inequality (Poppendieck)
Video:  Paradox of Plenty

4/15  **Food Aid**
Readings:  [http://www.globalissues.org/print/article/11](http://www.globalissues.org/print/article/11) (article has numerous subsections. Read all)
         F&C Ch. 36: The Political Economy of Food Aid
Video:  We Feed the World (library)

4/12  **Water**
Facilitators:
Required readings:  D2L: Ch from Blue Covenant
Recommended:  [http://www.care2.com/greenliving/top-4-threats-to-earths-water.html](http://www.care2.com/greenliving/top-4-threats-to-earths-water.html)

4/29  **Water**
Readings:  D2L China Wars
Video:  Tapped or Flow (library & netflix)

**Paper Assignments: about 8-10 pgs each; each worth 20 pts.**
In writing your papers, you should try to use/apply the concepts/readings we have discussed in class wherever appropriate. Papers are graded on quality of writing, organization, logic, depth of analysis, quality of sources and your ability to integrate those sources. The first paper does not require sources beyond those in class.

1) Food in your household: In your family, what is considered a proper meal? Ingredients? Process? Place? Timing?
   Any power struggles over food or snacks? Over what is bought? Or how much is consumed and when? Over how it is cooked?
   Are there arguments over food at the store or home?
   Is any food hidden from others? Why? Who eats whose food?
   Does the family eat differently (food or context) when dad or other family members are absent?
   Who does the shopping? Meal planning? Cooking?
   Is it frustrating to cook for the family because of varying tastes? Were you aware of any socioeconomic class effects on your food habits or of friends/school mates?
   What are your comfort foods? Guilty pleasures? Ugh foods? Why are they comfort or guilty? Ethnic foods?

2) Paper on a single food’s origin/history, social relations (slavery, colonialism?), nutritional or political issues? See resource list for possibilities. Must use at least 2 substantive academic sources (peer-reviewed journal article or book). If in doubt, check with me. You can choose from the list below or a food of your choice.

3) Your choice of topic

**Course Grade is figured as follows:**
- Discussion: 25%
- Papers: 45% (15% each)
- Exercises 30% (10% each): If you do SL, that would substitute for all three of these exercises. If not, do each of these and write up 2-3 pages answering the following questions.
1) Go to a restaurant and eat alone. Do not take any reading material or computer. Describe the kind of restaurant you chose, the context (where you sat, etc.) and why? How does it feel to you and why? Did you note any reaction from the staff or other customers?

2) Visit a food pantry or meal program. Describe its location, the types of foods offered and the source of the foods, the people who work it and who come, the rules? Analyze the benefits and disadvantages of this program? What are its goals, and how would you assess its effectiveness? If you can interview the workers, do so.

3) Tour Growing Power or Sweetwater Organics. Explain how these work. What are their pros/cons? Explain why you think these are (or are not) the answer to current food problems?

Resources

Documentaries (DVDs)
Appetite for Profit (Health)
Banana Wars
Big Mac Under Attack (library)
Black Gold (coffee prodn)
Blue Gold: World Water Wars
Bugs for Breakfast
Colony (bee depletion-L&N)
Dirt on Farmer John (Netflix)
Diverseeds (biodiversity-L)
The End of the Line (fish depletion-L&N)
Family & Food (Asia) L
Farming the Seas (fish depletion-L)
Fast Food, Fast Track
Feast or Famine (China-L)
60 minutes section on flavorists: http://www.cbsnews.com/8301-18560_162-57330816/the-flavorists-tweaking-tastes-and-creating-cravings/?tag=contentMain;cbsCarousel
Flow
Food & Faith (L)
Food & Obesity (L)
Food Inc (L&N)
Food Matters: Diet & Disease (L&N)
Fast Food Nation
Food Superhighway (need for local food-L)
Forks Over Knives (netflix)
Future of Food (2 DVDs, crisis & sustainability, library)
The Global Banquet: The Politics of Food
Harvest of Fear (GM-L)
How we Eat from Birth to Death (L)
Ingredients (Netflix)
King Corn (subsidies/corn syrup-L &N)
The Last Supper (L)
More Fries to Go with That? (junk food/obesity-L)
Myths & Taboos (L)
Our Daily Bread (industrial food L&N)
Pardox of Plenty: hunger in a bountiful world (Boucher)
The Price of Aid (L)
The Price of Sugar (slavelabor Haiti-L&N)
Silent Killer (world hunger-L)
Supersize Me (L)
Supper (Netflix)
Tapped (water issues-N)
Taste (culture-L)
Time to Play Ketchup (L)
To Market to Market to buy a fat pig
Transforming Food (genetic mod) (library)
We Feed the World (hunger & industrialized)
A World of Food (culture)

**Fiction Films about food and social meaning:**
Babette’s Feast
Chocolate
Eat, Drink, Man, Woman
Julie & Julia
Like Water for Chocolate
Soul Food
Tortilla Soup
The Wedding Banquet

**Books:**
A Revolution in Eating: How the Quest for Food Shaped America (McWilliams)
All You Can Eat: How Hungry is America? (Berg)
Black Hunger
Blue Covenant (Barlow)
Blue Gold
The Coming China Wars (Ch 7) (Navarro)
The Coming Famine: The global food Crisis and What We Can Do to Avoid It (Cribb)
The Cultural Politics of Food & Eating (Watson & Caldwell)
Day of Honey: A Memoir of Food, Love, and War (middle east, Edge)
The Eater Reader (Miller)
Eat Me (Jaivin)
Eating Animals (Foer)
Eating Out: A Sociological Analysis (Warde & martens)
Eat this book (competitive eating) (Nerz)
Enough: why the world’s poorest starve in an age of plenty
Feast (Jones)
The Fight Over Food (Wright & Middendorf)
Five Plants that Transformed Mankind
Food: The Key Concepts (Belasco)
Food & Culture: A Reader (Counihan & Van Esterik)
Food & Drink in History (Forster/Ranum)
Foodies (Johnston & Baumann)
Food in the Migrant Experience (Kershen)
Food in the USA (Counihan)
Food Rebellions: Crisis and the Hunger for Justice (Holt-Gimenez)
Food Rebels, Guerrilla Gardeners, and smart-Cookin’ Mamas: Fighting back in an age of industrial agriculture (Winne)
Food Security (Guha-Kashnabis)
From Betty Crocker to Feminist Food Studies (Avakian & Haber)
Genetic Engineering in Agriculute (Altieri)
Genetically Engineered Foods (Greenhaven Press)
Global Obligations for the Right to Food (Kent)
Human Rights & World Trade (Gonzalez-Perez)
In defense of food (Pollan)
Kitchen Culture in America (Inness)
Meals to Come: a history of the future of food (Belasco)
The Meaning of Water (Strang)
Mindless Eating (Wansink)
Not a Drop to Drink (Midkiff)
The omnivore's dilemma (Pollan)
The Politics of Food (Lien & Nerlich)
Politics of Hunger (Warnock)
Seeds of Change
The Slow Food Story
Stolen Harvest (Shiva)
Stuffed & Starved (Rajpat)
The Table Comes First (Gopnik)
The Taste for Civilization: Food Politics, and Civil Society (Flammang)
Terra Madre: Forging a New Global Network of Sustainable Food Communities
Tomatoland (industrial food)
Tomorrow’s Table (organic and GM)
Secret Ingredients (gender)
Slow Food Nation (Petrini)
Stuffed & Starved
Watching What we Eat (cooking shows)
Weighty Issues: Constructing Fatness & Thinness as Social Problems (Sobal & Maurer
Where Our Food Comes From: retracing Nikolay Vavilov’s quest to end famine
Why We Eat What We Eat (Solokov)
Working in the shadows (Thompson)
The World According to Monsanto: Pollution, corruption, and the control of the world’s food supply (Robin)

Particular foods:
Bananas: An American History (Jenkens)
Bananas: The Fate of the Fruit that Changed the World (Koeppel)
Bananas: How the United Fruit Company Shaped the World (Chapman)
Banana Wars: Power, Production & History in the Americas (Striffler & Moberg)
Chicken (Striffler)
The True History of Chocolate (Coe)
Bitter Chocolate (Off)
Uncommon Grounds: The History of Coffee & How It Transformed our World (Pendergast)
Coffee: A Dark History (Wild)
Confronting the Coffee Crisis (Bacon, et al)
Brewing Justice (Jaffee)
Corn & Capitalism: How a Botanical Bastard Grew to Global Dominance (Warman)
Milk: A Local & Global History (Valenze)
Milk: The Surprising Store of Milk Through the Ages (Mendelson)
Nature’s Perfect Food: How Milk Became America’s Drink
The Untold History of Milk
Re-imagining Milk (Wiley)
The Untold Story of Milk, Revised & Updated (Schmid)
Whitewash: The Disturbing Truth About Cows Milk & Your Health (Keon & Robbins)
Pineapple Culture (okihiro)
Potato: A History of the Propitious Esculent (Reader)
The Potato: How the Humble Spud Rescued the Western World (Zuckerman)
Crunch!: A history of the great American potato chip (Burhans)
Salt: A World History
Spice: The History of Temptation (turner)
Taste of Paradise: A Social Hisotry of spices, stimulants and Intoxicants (Schivelbusch)
Sugar Nation (O’Connell)
Sugar Changed the World (Aronson & Budhos)
Sweetness & Power (sugar) (Mintz)
The Story of Sugar (Bassett)
Bittersweet (Macinnis)

Other Websites:
http://www.nourishlife.org/videos-all/
http://www.edibleschoolyard.org/berkeley/about-us
http://www.jbjsoulkitchen.org/
http://milwaukeeeriverkeeper.org
http://civileats.com/
http://foodandwaterwatch.org
http://southernfoodways.org/classroom/southern_food_primer.html
www.blueplanetproject.net
http://ourwatercommons.org/