

ANTH 5365 Food and Culture Syllabus Outline

Lecture: Wed 14:30 am-16:15 pm MMW 710
Tutorial: Wed 16:30-17:15 MMW 707
Teacher: Prof. Leo Pang (NAH412; leopang001@cuhk.edu.hk)

The question of why we eat what we eat is fundamental to anthropology. Food is a necessity for human survival. As anthropologist Eugene Anderson eloquently puts it in the title of his book on the study of food, *Everyone Eats*. However, not everyone eats the same foods. Why is it that people eat different foods? In this course we will explore the different answers to the question of why we eat what we eat. Topics covered include food, beliefs and religion; ethical consumption; the political economy of food; authenticity; and globalization; technology and production; and ecology. Students will gain a broad perspective on the cultural and material factors that influence human diets.

Learning Outcomes

By the end of this course students will:

1. Have a knowledge of the various factors that influence diets;
2. Have the theoretical tools to analyse what people eat and why.
3. Be able to critically different food supply chains
4. Understand why different people eat different foods.

Course Overview:

Week 1 Jan 8: Introduction: The Biocultural Approach

Week 2 Jan 15: Ecology and biology

Week 3 Jan 22: Political Economy

Week 4 Feb 19: Technology, Production and Convenience

Week 5 Feb 26: Cooking, Emotion and Gender

Week 6 Mar 4: Beliefs and Religion

Week 7 Mar 11: Health and Hedonism

Week 8 Mar 18: Risk and Trust

Week 9 Mar 25: Ethical Consumption

Week 10 Apr 8: Globalization and Localization

Week 11 Apr 15: Authenticity and Neophilia: Tourism and Cosmopolitanism

Week 12 Apr 22: Social Relations and Status

Week 13 Apr 29: Course Overview: Food and Identity

Assessment

Class Participation 20%

Students are expected to attend tutorials and discuss the relevant concepts introduced in the lecture and readings.

Photo Essay 30%

Due: 5:00 pm, March 20th. Please submit your photo essay by email.

Take six photos of food based on four different topics covered in class. Each of the photo should have a caption of 200-250 words in size 12 font double spaced. The captions must cite relevant class readings. There should also be a list of references at the end of the photo essay.

The file name should be “<<Your Name>> Photo Essay.docx”. E.G. “John Smith Photo Essay.docx”. Please also have your name and student ID on the top of each page of the essay. There is no need for a cover page.

Photo essays must be submitted to the VeriGuide system, and you can submit the signed declaration to me in class or scan it as a separate file and email it to me.

More details about the photo essay will be announced in class.

Reading Reflection Paper 10%

Deadline: 5:00 pm on Friday April 10th. Please submit your reading reflection paper by email.

Choose a topic and write an 750-900 word paper reflecting on and analyzing the readings on the topic with relevant examples.

The file name should be “<<Your Name>> Reading Reflection.docx”. E.G. “John Smith Photo Essay.docx”. Please also have your name and student ID on the top of each page of the essay. There is no need for a cover page.

Photo essays must be submitted to the VeriGuide system, and you can submit the signed declaration to me in class or scan it as a separate file and email it to me.

Final Paper 40%

Due: 12 Noon, May 13th. Please upload the paper to blackboard.

Write a paper on any topic about food and diet based on materials covered in class. The paper should be 2700-3300 words (not including the list of references at the end of the paper). A list of references must be provided at the end of the paper. Please consult me about your paper.

The format should be size 12 font double spaced with 2cm margins. The document type should be a Microsoft Word Document.

The file name should be “<<Your Name>> Final Essay.docx”. E.G. “John Smith Final Essay.docx”. Please also have your name and student ID on the top of each page of the essay. There is no need for a cover page.

Final papers must be submitted to the VeriGuide system, and you can submit the signed declaration to me in class or scan it as a separate file and email it to me.

More details about the final paper will be announced in class.

Notes for written assignments

The University adopts a policy of zero tolerance on plagiarism. Using someone else’s ideas or words without citing the source is plagiarism. (This includes taking material from the Internet without citing the website, or my lectures!). Please familiarize yourself with the CUHK academic honesty policy at <http://www.cuhk.edu.hk/policy/academichonesty/>.

You may use any standard academic citation style, but be consistent throughout the paper. For an example visit the Anthropology Department website at http://cuhk.orientalecom7.com/en/dept_thesis_style.php.

Late Submission

Students will be deducted 10% of the grade awarded for the assignment for each day late. E.G. A score of 25/30 for the photo essay will become 22.5/30 if submitted a day late, 20/30 if submitted two days late and so on.

Class Blackboard

The Blackboard site will be our primary mode of communication. Visit the site for uploaded course materials, including the course outline and reading list, soft copies of (copyright allowed) readings, and lecture ppt (after the lecture). Check the announcements regularly as we will send urgent messages, or information on events that may be of interest to the class.

You may also send interesting information to the class Blackboard to share with fellow students, such as news clippings in relation to the course topics and discussions.

Any questions? You are welcome to discuss with the teacher/TA by appointment, or send your question to the class Blackboard.

Grade Descriptors Grade	Criteria for 1) the course and 2) for coursework
A	<p>1) Outstanding performance on all learning outcomes.</p> <p>2) The work has creatively synthesized course materials and key ideas in an original way. The argument is logical and cohesive, the discussion is well-organized, and the writing is clear. Concrete evidence corresponds to statements and claims.</p>
A-	<p>1) Generally outstanding performance on all (or almost all) learning outcomes.</p> <p>2) The work synthesizes course materials and key ideas in an original way, but there are areas for improvement.</p>
B-range	<p>1) Substantial performance on all learning outcomes, OR high performance on some learning outcomes which compensates for less satisfactory performance on others, resulting in overall substantial performance.</p> <p>2) The work demonstrates a solid grasp of course materials and key ideas. There are areas for improvement with respect to building a cohesive argument, organizing the discussion, communicating clearly, and/or identifying relevant evidence.</p>
C-range	<p>1) Satisfactory performance on the majority of learning outcomes, possibly with a few weaknesses.</p> <p>2) The work shows some effort, but course materials have not been sufficiently engaged. The argument and the writing is not clear, and/or there is no evidence for statements and claims made.</p>
D-range	<p>1) Barely satisfactory performance on a number of learning outcomes.</p> <p>2) The work shows little effort to engage course materials. There are major problems with clarity of argument and writing.</p>
F	<p>1) Unsatisfactory performance on a number of learning outcomes, OR failure to meet specified assessment requirements.</p> <p>2) The work has failed respond to the assignment prompt.</p>

Readings

Jan 8: Introduction: The Biocultural Approach

Compulsory Readings:

Anderson, E.N. 2014. *Everyone Eats: Understanding Food and Culture*. NY and London: New York University Press. Ch. 1, “Obligatory Omnivores”.

Armelagos, George. 1987. “Biocultural Aspects of Food Choice.” In *Food and Evolution: Toward a Theory of Human Food Habits*, eds., Marvin Harris and Eric B. Ross. Philadelphia: Temple University Press. PP. 579-594.

Rappoport, Leon. 2003. *How We Eat: Appetite, Culture and the Psychology of Food*. Toronto: ECW Press. PP. 108-131.

Further References:

Santich, Barbara. 1996. *Looking for Flavour*. Adelaide, South Australia: Wakefield Press. “Taste and Culture”, PP. 11-19.

Sutton, David. 2001. *Remembrance of Repasts: An Anthropology of Food and Memory*. Chapter 1 “Introduction: A Proustian Anthropology?”. New York: Berg, PP. 1-18

Jan 15: Ecology and Biology

Compulsory Readings:

Anderson, E.N. 2014. *Everyone Eats: Understanding Food and Culture*. NY and London: New York University Press. Ch. 5, “Basics: Environment and Economy”.

Harris, Marvin. 1998. *Good to Eat: Riddles of Food and Culture*. Prospect Heights, Ill.: Waveland. Previously published as *The Sacred Cow and the Abominable Pig*, 1985. Chapter 3, “The Riddle of the Sacred Cow”; Chapter 4, “The Abominable Pig”.

Lee, Richard B. 2000. “What Hunters Do for a Living, or, How to Make Out on Scarce Resources.” In *Nutritional Anthropology: Biocultural Perspectives on Food and Nutrition*, eds., Goodman, Dufour and Peltó, Chapter 6.

Recommended Listening:

BBC Food Programme. “Stories for a Harvest Moon”.
<https://www.bbc.co.uk/programmes/b0bkqcq9>

Further References:

Anderson, Eugene. 1988. *The Food of China*. London: Yale University Press.

Ruddle, Kenneth. 2007. "Fermented marine food products in Vietnam". In *Food and Foodways in Asia*, Sidney C.H. Cheung and Tan Chee-Beng Eds., New York: Routledge, PP. 13-22.

Jan 22: Political Economy

Compulsory Readings:

Mintz, Sidney. 1996. *Tasting Food, Tasting Freedom: Excursions into Eating, Culture, and the Past*. Boston, MA: Beacon Press. Chapter 2, "Food and Its Relationship to Concepts of Power", PP. 17-32.

Nestle, Marion. 2006. *What to Eat?* New York: North Point Press. Ch. 40 "Conclusion: Taking Action".

Tansey, Geoff and Tony Worsley. 1995. "Introduction". *The Food System: A Guide*. London: Earthscan Publications, 1-8.

Tracey MacMillan. 2012. *The American Way of Eating: Undercover at Walmart, Applebee's, Farm Fields and the Dinner Table*. New York: Scribner. Introduction "Eating in America", PP. 1-16.

Further References:

Carolan, Michael. *Reclaiming Food Security*. New York; Routledge.

Mintz, Sidney. 1986. *Sweetness and Power: The Place of Sugar in Modern History*. New York: Penguin Books.

Nestle, Marion. 2002. *Food Politics: How the Food Industry Influences Nutrition and Health*. London: University of California Press.

Feb 19: Technology, Production and Convenience

Compulsory Readings:

Goody, Jack. 1982. *Cooking, Cuisine and Class: A Study in Comparative Sociology*. Cambridge: Cambridge University Press. Chapter 5, "Industrial Food: Towards the Development of a World Cuisine", PP. 154-174.

Pollan, Michael. 2006. *The Omnivore's Dilemma: A Natural History of Four Meals*. New York: Penguin, Chapter One "The Plant: Corn's Conquest", PP. 15-32.

Tam, Siumi Maria. 2007. "Convenient-involvement foods and production of the family meal in South China". In Sidney Cheung and Tan Chee Beng, eds, *Food and Foodways in Asia: Resource, Tradition and Cooking*. New York: Routledge, 67-82.

Laudan, Rachel. 2001. "A Plea for Culinary Modernism: Why we Should Love New, Fast, Processed Food". *Gastronomica* 1(1): 36-44.

Recommended Listening:

BBC Food Programme "Yes we can: What do tins we eat say about the UK?"
<https://www.bbc.co.uk/programmes/m000df8v>

Recommended Viewing:

Cooked Episode 2 "Water". <https://www.netflix.com/hk-en/title/80022456>

Further References:

Levenstein, Harvey. 2003. *Paradox of Plenty: A Social History of Eating in Modern America*. London: University of California Press. Chapter 7 "The Golden Age of Food Processing", PP. 101-119.

Outram, Alan K. 2007. "Hunter-Gatherers and the First Farmers: The Evolution of Taste in Prehistory." In *Food: The History of Taste*, ed., Paul Freedman. Berkeley and Los Angeles: University of California Press, PP. 35-61.

Pilcher, Jeffrey. 2000. "Industrial Tortillas and Folkloric Pepsi: The Nutritional Consequences of Hybrid Cuisines in Mexico." In *The Cultural Politics of Food and Eating: A Reader*, James L. Watson and Melissa L. Caldwell Eds. Oxford: Blackwell, PP. 235-250.

Ross, Eric B. 1980. "Patterns of Diet and Forces of Production: An Economic and Ecological History of the Ascendancy of Beef in the United States Diet." In *Beyond the Myths of Culture: Essays in Cultural Materialism*, eds., Eric B. Ross. New York: Academic Press. Pp. 181-225.

Schlosser, Eric. 2012. *Fast Food Nation: The Dark Side of The All-American Meal*. Boston, MA; Mariner Books.

Feb 26: Cooking, Emotion and Gender

Compulsory Readings:

Appadurai, Arjun. 1988. "How to Make a National Cuisine: Cookbooks in Contemporary India." *Comparative Study of Society and History* 13: 3-24.

Devault, Marjorie. 1991. *Feeding the Family: The Social Organization of Caring as Gendered Work*. Chapter 1 "Doing Family Meals". Chicago: University of Chicago Press.

Sutton, David. 2001. *Remembrance of Repasts: An Anthropology of Food and Memory*. Chapter 1, "Sensory Memory and the Construction of 'Worlds'". New York: Berg, PP. 73-102.

Further Reading:

Gao, James Z. 2013: "Eating, Cooking, and Shanghai's 'Less-than-manly Men': The Social Consequences of Food Rationing and Economic Reforms". *Front. Hist China* 8(2): 259-293.

Harbottle, Lynn. 2000. *Food for Health, Food for Wealth: Ethnic and Gender Identities in British Iranian Communities*. NY and Oxford: Berghahn Books. Paperback published in 2004. Ch. 9, "Performing Gender: Men, Women and Food", Ch. 10, "Women, Food and Power".

Murcott, Anne. 1982. "On the social significance of the 'cooked dinner' in South Wales". *Social Science Information* 21(4/5): 677-696.

Paxson, Heather. 2006. "Artisanal Cheese and Economies of Sentiment in New England". In *Fast Food/Slow Food: the Cultural Economy of the Global Food System*, Richard Wilk Ed. Plymouth, UK: AltaMira Press, PP. 201-219.

Mar 4: Beliefs and Religion

Compulsory Readings:

Anderson, E. N. 2014. *Everyone Eats: Understanding Food and Culture*. NY: New York University Press. Ch. 10, "Food and Religion"

Douglas, Mary. 2003. *Purity and Danger: An Analysis of the Concepts of Pollution and Taboo*. New York: Routledge. Chapter 3, "The Abominations of Leviticus", PP. 42-59.

Belasco, Warren. 2005. "Food and the Counterculture: A Story of Bread and Politics." In *The Cultural Politics of Food and Eating: A Reader*, James L. Watson and Melissa L. Caldwell Eds. Oxford: Blackwell, PP. 217-234.

Recommended Listening:

BBC Food Programme, "Young and Vegan". <https://www.bbc.co.uk/programmes/b09fjls3>

Further References:

Kieschnick, John. 2005. "Buddhist Vegetarianism in China". In *Of Tripod and Palate*, Sterckx, Roel Ed. New York: Palgrave MacMillan PP. 185-210.

Brown, Peter J. and Melvin Konner. 2000. "An Anthropological Perspective on Obesity." In *Nutritional Anthropology: Biocultural Perspectives on Food and Nutrition*, eds., Goodman, Dufour and Peltó, Chapter 39.

Mar 11: Health and Hedonism

Compulsory Readings:

Anderson, E. N. 2014. *Everyone Eats: Understanding Food and Culture*. NY: New York University Press. Chapter 6, "Food and Traditional Medicine."

Dubisch, Jill. 2000. "You are What You Eat: Religious Aspects of the Health Food Movement." In *Nutritional Anthropology: Biocultural Perspectives on Food and Nutrition*, eds., Goodman, Dufour and Pelto, Chapter 26.

Santich, Barbara. 1996. *Looking for Flavour*. Adelaide, South Australia: Wakefield Press. "Sin and Well Considered Indulgence", PP. 230-241.

Recommended Listening:

House of Carbs Episode 2 <https://podbay.fm/podcast/1253110409/e/1499720381>

Further References:

Campbell, T. Colin and Thomas M. Cambell II. 2005. *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health*. Benbella Books.

Pollan, Michael. 2008. *In Defence of Food; The Myth of Nutrition and the Pleasure of Eating*. New York: Penguin Group.

Warde, Alan and Lydia Martens. 2000. *Eating Out: Social Differentiation, Consumption and Pleasure*. New York: Cambridge University Press. Chapter 9, "The Enjoyment of Meal Events", PP. 191-209.

Mar 18: Risk and Trust

Compulsory Readings:

Klein, Jakob A. 2013. "Everyday Approaches to Food Safety in Kunming". *The China Quarterly* 214 (June): 376-393.

Kjaernes, Unni, Mark Harvey and Alan Warde. 2013. *Trust in Food A Comparative and Institutional Analysis*. London: Palgrave Macmillan. Chapter 1 "Introduction: Problematizing Trust in Food", PP. 1-16.

Hanser, Amy and Li Jialin. 2015. "Opting Out? Gated Consumption, Infant Formula and China's Affluent Urban Consumers". *The China Journal* 74: 110-128.

Further References:

Jung, Yuson. 2014. "Ambivalent Consumers and the Limits of Certification: Organic Foods in Postsocialist Bulgaria". In *Ethical Eating in the Postsocialist and Socialist World* Eds. Yuson Jung, Jakob A. Klein and Melissa L. Caldwell. Berkeley, CA: University of California Press, PP. 93-115.

Sirieix, Lucie, Paul R. Kledal, and Tursinbek Sulitang. 2011. "Organic Food Consumers' Trade-Offs between Local or Imported, Conventional or Organic Products: A Qualitative Study in Shanghai." *International Journal of Consumer Studies* 35 (6): 670–78.

Veeck, Ann, Hongyan Yu, and Alvin C. Burns. 2010. "Consumer Risks and New Food Systems in Urban China." *Journal of Macromarketing* 30 (3): 222–37.

Wilson, Bee. 2008. *Swindled: From Poison Sweets to Counterfeit Coffee – the Dark History of the Food Cheats*. London: John Murray Publishing.

Yan, Yunxiang. 2012. "Food Safety and Social Risk in Contemporary China". *The Journal of Asian Studies*. 71(3): 705-729.

Mar 25: Ethical Consumption

Compulsory Readings:

Avieli, Nir. 2014. "Vegetarian Ethics and Politics in Late-Socialist Vietnam". In *Ethical Eating in the Postsocialist and Socialist World* Eds. Yuson Jung, Jakob A. Klein and Melissa L. Caldwell. Berkeley, CA: University of California Press, PP. 144-166.

Luetchford, Peter. 2012. "Consuming Producers: Fair Trade and Small Farmers". In James G. Carrier and Peter G. Luetchford Eds., *Ethical Consumption: Social Value and Economic Practice*, PP. 60-80.

Lien, Marianne Elisabeth. 2004. "Dogs, Whales and Kangaroos: Transnational Activism and Food Taboos." In Marianne Elisabeth Lien and Brigitte Nerlich Eds., *The Politics of Food*, pp. 179-197.

Further References:

Klein, Jakob. 2014. "Connecting with the Countryside: 'Alternative' Food Movements with Chinese Characteristics". In *Ethical Eating in the Postsocialist and Socialist World*, Yuson Jung, Jakob A. Klein and Melissa L. Caldwell Eds. Berkeley, CA: University of California Press, PP. 116-143.

Dombos, Tamas. 2012. "Narratives of Concern: Beyond The 'Official' Discourse of Ethical Consumption in Hungary". In James G. Carrier and Peter G. Luetchford Eds., *Ethical Consumption: Social Value and Economic Practice*, PP. 60-80.

Apr 8: Globalization and Localization

Compulsory Readings:

Anderson, E.N. 2014. *Everyone Eats: Understanding Food and Culture*. NY and London: New York University Press. Ch. 12. "Foods and Borders: Ethnicities, Cuisines, and Boundary Crossing"

Cheung, Sidney C.H. 2002. "The Invention of Delicacy: Cantonese Food in Yokohama China Town." In David Y.H. Wu and Sidney C.H. Cheung, eds., *The Globalization of Chinese Food*, pp. 170-182. Richmond, Surrey: Curzon Press.

Watson, James L, Ed. 2006. *Golden Arches East: McDonald's in East Asia*. Stanford, California: Stanford University Press. Introduction, "Transnationalism, Localization and Fast Food in East Asia," pp. 1-38.

Recommended Viewing:

Ugly Delicious. Episode 2 "Tacos". <https://www.netflix.com/hk-en/title/80170368>

Further References:

Chan, Selina Ching. 2018. "Tea cafés and the Hong Kong identity: Food culture and hybridity". *China Information*: 1-18.

Jung, Yuson. 2012. "Experiencing the 'West' Through the 'East' in the Margins of Europe". *Food Culture & Society* 15(4): 579-598.

Mazumdar, Sucheta. 1999. "The Impact of New World Food Crops on the Diet and Economy of China and India, 1600-1900." In *Food in Global History*, ed., Raymond Grew, pp. 58-78. Boulder, Col.: Westview Press.

Watson, James L, Ed. 2006. *Golden Arches East: McDonald's in East Asia*. Stanford, California: Stanford University Press.

Apr 15: Authenticity and Neophilia: Tourism and Cosmopolitanism

Compulsory Readings:

Cappeliez, Sarah and Josee Johnston. 2013. "From Meat and Potatoes to 'Real Deal' Rotis: Exploring Everyday Culinary Cosmopolitanism". *Poetics* 41: 433-455.

Cohen, Erik and Nir Avieli. "Food in tourism: attraction and impediment." *Annals of Tourism Research* 31, No.4 (2004): 755-778.

Pang, Leo. 2013. "Negotiating Multiple Authenticities: A Study of Regional Chinese Restaurants in Sydney". *Acta Iassyensias Comparationis* 11: 97-104.
http://literaturacomparata.ro/Site_Acta/Old/acta11/AIC_11_Pang.pdf.

Van de Berghe, P.L. 1984. "Ethnic Cuisines: Culture in Nature." *Ethnic and Racial Studies*, 7(3): 387-397.

Recommended Viewing:

Ugly Delicious. Episode 1 "Pizza". <https://www.netflix.com/hk-en/title/80170368>

Further References:

Bao, Jiemin. 2011. "Transnational Cuisine: Southeast Asian Chinese Food in Las Vegas." In *Chinese Food and Foodways in Southeast Asia and Beyond*, Tan Chee-Beng Ed. Singapore: NUS Press, PP. 175-191.

Lu, Shun and Gary Alan Fine. "The Presentation of Ethnic Authenticity: Chinese Food as Social Accomplishment."

Farrer, James. 2009. "Eating the West and Beating the Rest: Culinary Occidentalism and Urban Soft Power in Asia's Global Food Cities". Papers presented at the symposium, "Globalization, Food, and Social Identities in the Pacific Region," Feb. 21-22, 2009, Sophia University, Tokyo. http://icc.fla.sophia.ac.jp/global%20food%20papers/pdf/2_3_FARRER.pdf

Fung, Luke. 2007. "Authenticity and Professionalism in Restaurant Kitchens." In *Food and Foodways in Asia: Resource Tradition and Cooking*, Sidney C.H. Cheung and Tan Chee-Beng, eds, PP. 143-156. London: Routledge.

Heldke, Lisa. 2015. *Exotic Appetites: Ruminations of a Food Adventurer*. New York: Routledge.

Warde, Alan and Lydia Martens. 1998. "The Social and Symbolic Significance of Ethnic Cuisine in England: New Cosmopolitanism and Old Xenophobia." *Sociologisk Arbok* 1: 111-147.

Apr 22: Social Relations and Status

Compulsory Readings:

Anderson, E. N. 2014. *Everyone Eats: Understanding Food and Culture*. NY: New York University Press. Chapter 9, "Me, Myself, and the Others: Food as Social Marker."

Chee, Bernadine, W.L. 2000. "Eating Snacks, Biting Pressure: Only Children in Beijing". In Jun Jing, ed. *Feeding China's Little Emperors: Food Children, and Social Change*. Stanford University Press: Stanford, California, 48-70.

Koenig, Dolores. 2006. "Food for the Malian Middle Class: An Invisible Cuisine". In *Fast Food/Slow Food: The Cultural Economy of the Global Food System*, Richard Wilk Ed. Plymouth, UK: AltaMira Press, PP. 49-68.

Further References:

Douglas, Mary. 1972. "Deciphering a Meal". *Daedalus* 101(1): 61-81.

Fischler, Claude. 2011. "Commensality, Society and Culture". *Social Science Information* 50(3-4): 528-548.

Oxfeld, Ellen. 2017. *Bitter and Sweet: Food, Meaning and Modernity in Rural China*. London: University of California Press.

Wilson, Bee. 2016. *First Bite: How We Learn to Eat*. New York: Basic Books.

Apr 29: Food and Identity

Wilk, Richard R. 1999. "Real Belizean Food: Building Local Identity in the Transnational Caribbean." *American Anthropologist* 101(2):244-255.

Chan, Selina Ching. 2010. "Food, Memories, and Identities in Hong Kong." *Identities: Global Studies in Culture and Power* 17: 204-227.