Instructor: Mary Van Buren  
E-mail: Mary.VanBuren@colostate.edu  
Office Hours: Wednesdays and Fridays, 1-2:00, Thursdays 2-3:00

Course Description: Why do we eat what we eat? Most of us assume that our diet is based on individual choice, but by refocusing our lens to capture a longer historical perspective and a broader range of social forces we can see that our personal preferences are shaped by a web of social, economic, and political relations that extends from families to transnational corporations. The goal of this course is to encourage students to address the question of why they eat what they do by considering their diets as a product of historical and contemporary conditions that extend far beyond consumer choice. Topics to be considered include the development of agriculture, the globalization of food production, local and sustainable as well as industrial agriculture, hunger, the politics surrounding dietary recommendations, and food activism.

Course Objectives: By the end of this course, students should be able to identify and critically assess the range of factors that affect what they eat in order to make informed choices about their own diets.

Class Norms: Please be respectful of your classmates and the instructor. Come to class prepared, and do not text or engage in other distracting behaviors.

Academic Integrity: This course adheres to the Academic Integrity Policy described in the Colorado State University General Catalogue and in the Student Conduct Code. This policy covers cheating and plagiarism. Plagiarism is the representation of another person’s work as your own. This includes cutting and pasting from web sources, failing to accurately use and cite articles, books, and web sources, and using all or part of other students’ work. At a minimum, violations will result in an F on the assignment and a report to the Office of Conflict Resolution and Student Conduct Services.
Reading: The readings in this course consist of two books that are available for purchase in the bookstore, and a series of articles and chapters that are posted on Canvas. Readings should be completed by the date indicated on the syllabus and will serve as the basis of class discussion. Unannounced reading quizzes will be given throughout the semester.

Course Requirements:
Initial reflection on personal diet 10%
Research Paper 30%
Final reflection on personal diet 20%
Persuasive speech 20%
Quizzes on readings and lectures, Participation, and preparation 20%

Course Schedule

Part I: Key Concepts

Jan 23  Food and You
“Aphorisms”
http://michaelpollan.com/articles-archive/our-national-eating-disorder/

Jan 25  Food and Culture
Please read only p. 61 to first paragraph of p. 70

Jan 28  Food and Culture

Jan 30  Food and Culture: The Chinese Example
Please read only pp. 13-34.
Initial reflection on personal diet due
Feb 1  **Food and Power**  

**Part II. A Brief Overview of the Long-term History of Food**

Feb 4  **Diet and Primate Evolution**  

Feb 6  **Hunter-Gatherer Diets**  

Feb 8  **The Agricultural “Revolution”**  
Video: *First Farmers*

Feb 11  **Feasting and Domestication**  

Feb 13  **The History of Chocolate**  
*Paper proposal and preliminary bibliography due via Canvas*  
[https://www.smithsonianmag.com/arts-culture/a-brief-history-of-chocolate-21860917/](https://www.smithsonianmag.com/arts-culture/a-brief-history-of-chocolate-21860917/)


Feb 15  **Traditional Agriculture in China**  

Feb 18  **Feasting in Ancient States**  

Feb 20  **Food, Meaning, and Power in Ancient States**  
Feb 22  The Development of Global Commodity Chains: Sugar

Feb 25  The Industrialization of Food: White Bread

Feb 27  The Industrialization of Agriculture

March 1  The Industrialization of Agriculture
Video: King Corn
*Revised proposal due via Canvas by 10:00 am*

Part III. Contemporary Issues

March 4  The Contemporary Global Food Economy

March 6  The Contemporary Global Food Economy: Grounds for a Movement

March 8  Famine and Food Insecurity

March 11  Famine Relief
*The Price of Aid*

March 13  Famine Relief
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<td>April 1</td>
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April 12  Diversity, Democracy, and GMOs
Draft of research paper due via Canvas SUNDAY, April 14 at 9:00 pm.


April 15  Dietary Politics


April 17  Nutritionism

Part IV: Food and Identity

April 19  Food and Identity

April 22  Peer reviews due in class

April 24  Food and Identity
Tan pp. 86-144

April 26  Food and Identity
Tan pp. 145-209

April 29  Food and Identity
Tan pp. 211-288
May 1  **Food and Identity**  
*Class Potluck*

May 3  **Food and Gender**  

May 6  **Food and Gender**  
*Final reflection due in class. Submit original food log and initial reflection along with it.*

May 8  **Activism and Change**  
http://www.economist.com/node/8381375

The Food Chain Workers Alliance. The Hands that Feed Us, June 6, 2006. file:///C:/Users/User/Dropbox/Anth%20454/ANTH%20454%20Readings/Hands-That-Feed-Us-Exec-Summary.pdf

May 10  **Food and You?**  

May 16  **Research paper due via Canvas by 4:00 pm; please submit draft with comments and peer review in paper form (to me, if I am in my office, if not, in the Anthropology office).**