

ANTH 1752: THE ANTHROPOLOGY OF FOOD

Dr. Frayda Cohen - Email - frcst5@pitt.edu

OFFICE HOURS – I am available for meeting as needed.

Texts - Required:

1) Course Reading Packet. Available online through course web. (CW) A complete bibliography is available on CW. ebooks are available through Pittcat.

2) **ONE** of the following two books by Michael Pollan – widely available online or in bookstores.

2006 Pollan, Michael. *The Omnivore's Dilemma*. Penguin Books.

2013 Pollan, Michael. *Cooked: A Natural History of Transformation*. Penguin Books.

3) 2013 Counihan, Carole, et.al *Food and Culture*. Routledge Press– ebook. Available through Hillman.

4) 2019 Counihan, Carole, et.al *Food and Culture*. Routledge Press– ebook. Available through Hillman.

Texts – Recommended for Purchase:

2012 Montanari, Massimo. *Let the Meatballs Rest: And Other Stories about Food and Culture*. NY: Columbia University Press.

2004 Helstosky, Carol, *Garlic and Oil: Politics and Food in Italy*. NY: Berg Press.

2007 Petrini, Carlo. *Slow Food Nation: Why Our Food Should Be Good, Clean, and Fair*. NY: Ex Libris.

Texts – Recommended as ebooks through Pittcat:

2003 Petrini, Carlo. *Slow Food: The Case for Taste*. NY: Columbia University Press.

2012 Black, Rachel. *Porta Palazzo: The Anthropology of an Italian Market*. Philadelphia: University of Pennsylvania Press. ebook.

Additional Recommended readings will be provided on CourseWeb.

Course Objectives & Goals

Food is sustenance and absolutely essential to life. But food is never simply about nutrition. Because it is fundamental to the human experience, food is also a medium for the expression of culture and social identity. Moreover, food relays complex social messages about gender, sexuality, and family. Consequently, food is also a means for expressing the social and symbolic use of power and control in which social inequalities are expressed in culinary forms.

The Anthropology of Food will examine Italian foodways to understand dietary patterns, consider the historical impact of commodities such as sugar, coffee, and chocolate, explore various food-related social movements, and think critically about food security.

By the end of these two courses, students will be able to: 1) apply anthropological and feminist theories to food and eating in an Italian context; 2) understand how gender, race and class influence our access to and perspective on food; 3) make connections between eating and cultural identities and beliefs, particularly in the context of Italy; and 4) identify Italian foodways and consider the (un)sustainability of food production, distribution, and consumption.

Course Structure

Please keep in mind that a study abroad program of this nature means that, despite the best planning, there may be spontaneous changes to the syllabus to accommodate events and unexpected opportunities. Consequently, some degree of flexibility is reflected in this syllabus. Also, we will be busy!! You will be learning a lot about foodways, food studies, and Italy. You are also completing 6 academic credits and those requirements are also reflected here.

These courses are designed as a six week course in which the first three weeks will be conducted online and the last three weeks will be held in Italy. This program is highly experiential (e.g. guest lectures, farm visits, cooking classes, etc.). Classes will be a combination of seminar and lecture.

PLEASE EAT IN CLASS!!

***Anthropology of Food* (9:00-11:00) Total – 160 Points**

I. ATTENDANCE & PARTICIPATION & CRITICAL ANALYSIS NOTES (30 pts):

It is very important that you attend all sessions to benefit fully from the readings, lectures, class discussion, and cultural experiences. In order to participate actively in discussion, you should prepare the assigned readings before class begins.

Participating in discussion is one of the best ways to learn.

You are expected to contribute your insights to the class and treat your classmates' contributions with respect, which means taking them seriously and challenging them as well as extending basic courtesy.

Seminar courses, unlike lectures, are courses in which there is discussion among all members of the class. While the instructor may guide discussions using questions based on course readings, the participation of everyone is essential and is reflected in your grade.

II. "Expert" Presentation (40 points):

DUE: JUNE 5-7, 18

We will be enjoying several presentations, touring a variety of food related sites (markets, farms, factories, etc.) and, given the short 3 week time-frame, it would be impossible for all of us to read up on everything. Consequently, this assignment is designed to have small groups gain extra expertise by reading up on a particular subject and presenting (informally) to the rest of us! This will entail providing a brief introduction to the subject, posting a brief powerpoint with key terms and concepts (4 slide max + title slide), and answering questions. For example, one group might have additional readings on chocolate and will be prepared to present briefly prior to the chocolate factory tour and can answer questions after the tour.

You should use Discussion Board on CW to sign-up for the group you would like.

Selection is on a first-come/first-served basis so please sign up early.

THERE SHOULD BE NO MORE THAN 3 MEMBERS IN A GROUP.

Dates for presentation are on the schedule here in the syllabus.

Group 1: *Chocolate*

Group 2: *Fishing*

Group 3: *Truffles*

Group 4: *Slow Food*

Group 5: *Olive Oil Production*

III. QUIZZES (3@ 10 - 30 Points)

Three **unannounced** multiple choice/short answer quizzes based on the readings assigned for the day.

IV. Food Journal (60 Points)

DUE - JUNE 19

Food Journal (3 entries for a total of 60 Points):

Your description and analysis must address the ways in which your topic fits with or challenges readings from class. Each entry should be 3 pages in length.

You may choose **3** from the following formats or suggest one of your own:

- ♦ Analysis of recommended reading
- ♦ Food history - scholarly sources.
- ♦ Food service interview
- ♦ Film Review
- ♦ Food/super market analysis of a new market
- ♦ Restaurant analysis for an "ethnic" restaurant
- ♦ Critical analysis of McDonalds
- ♦ Visit the Grand Mosque and explore Ramadan (fasting) and Eid (June 4th)
- ♦ Visit Villa Borghese

Ideally, you should be writing this journal as you move throughout the 3 weeks.

Semester Schedule of Readings and Assignments

SUMMARY OF DEADLINES:

May 13 – All readings will be available in CW unless otherwise noted

June 5-7 – Expert Presentations (ANTH 1752)

June 19 – Food Journal (ANTH 1752)

<u>Weeks 1-2:</u>	<p><u>PREPARATION</u></p> <p>Read: Your choice – <i>Cooked or Omnivore's Dilemma</i> AND Paresecoli – <i>Food Culture in Italy</i>, pp.1-40 (CW) Crowther <i>Eating Culture</i>, Introduction (CW).</p> <p>Duolingo – while there is no language requirement for this class, I strongly recommend you try some introductory lessons with Duolingo or another language app that you like – it's fun!!</p>
<u>Week 3:</u>	<u>WELCOME TO ROME!</u>
Thu – May 30	<ul style="list-style-type: none"> • Arrivals • Orientation • Welcome dinner
Fri – May 31	<ul style="list-style-type: none"> • Roma Tre Orientation • Survival Italian instruction • Neighborhood tour of Rome • Testaccio Market <p>We will walk a lot! Be sure to wear comfortable shoes.</p>

Sun – June 2	<ul style="list-style-type: none"> • Visit to the Ghetto • Discuss: Food Writing/Blogging https://www.theatlantic.com/health/archive/2010/12/in-rome-a-hidden-jewish-cuisine/67853/ Dec 13, 2010 Katie Parla
<u>Week 4:</u>	<u>ROME & TRAVEL TO UMBRIA</u>
Mon - June 3	<ul style="list-style-type: none"> • <u>9:00-11:00</u> ANTH 1752 Discuss: Pollan Books & Sutton "Cooking Skills" In <i>Food and Culture</i> (2013) • 7pm, Dinner with Provost Gallagher at Il Giardino Romano http://www.ilgiardinoromano.it/. •
Tue – June 4	<ul style="list-style-type: none"> • <u>11:00-1:00</u> Guest Lecture on Food and Sustainability with Prof. Alberto Corbino • Afternoon: Exploration of Eataly food store.
Wed - June 5	<u>Umbria & "Expert" Presentations</u> <ul style="list-style-type: none"> • AM departure from Rome by private bus • Morning/lunch in Perugia • GROUP 1 EXPERT PRESENTATION (Chocolate) • 3:00PM Perugina factory tour • Group Dinner and overnight on Passignano Lake
Thu - June 6	<u>Umbria & "Expert" Presentations Continued</u> <ul style="list-style-type: none"> • GROUP 2 EXPERT PRESENTATION (Fishing) • GROUP 3 EXPERT PRESENTATION (Truffles) • "Fisherman for a day" with a fishing cooperative on the lake • Visit to the Polvese Island and discover its ecosystem • Truffle hunting and Tasting at Istituto Bufalini • Overnight on Passignano Lake
Fri – June 7	<u>Umbria & "Expert" Presentations Continued</u> <ul style="list-style-type: none"> • Slow food presidio and work on the farm • GROUPS 4 EXPERT PRESENTATIONS (Slow Food)

Food Studies in Italy 2019

	<ul style="list-style-type: none"> Learn about the various traditional methods of gathering, harvesting and producing local, seasonal food Return to Rome by private bus
Sat & Sun June 8-9	<ul style="list-style-type: none"> Free weekend for travel and exploring Rome
<u>Week 5:</u>	<u>ROME & TRAVEL TO NAPOLI</u>
Mon - June 10	<p><u>The "Traditional" Italian Table</u></p> <ul style="list-style-type: none"> <u>9:00-11:00 ANTH 1752</u> Beriss & Sutton "Introduction" and "Food, Family, and Tradition In Northern Italy" in <i>The Restaurants Book: Ethnographies of Where We Eat</i>. Pp 1-10 and 167-187. Afternoon: Cooking class - making fresh pasta at Altrove Restaurant. Read: https://www.nytimes.com/2014/08/03/opinion/sunday/the-fantasy-italy.html
Tue - June 11	<p><u>Food "Work"</u></p> <ul style="list-style-type: none"> <u>9:00-11:00 ANTH 1752</u> Discuss: Van Esterik – "Breastfeeding as Foodwork" In <i>Food and Culture (2019)</i>– ebook. Ceccarini– "Food Workers as Individual Agents in Culinary Globalization" In <i>Food and Culture (2019)</i>– ebook <u>11:00-1:00 GSWS 1180</u> Discuss: Harris et.al, "Not One of The Guys" (CW) <i>Matasar, Ann B. 2006. "Women Need Not Apply" In Women of_Wine. ebook. Pp. 5-15.</i> "Italy's First all-woman vineyard" –

	<p>https://www.theguardian.com/travel/2016/mar/08/italy-first-all-woman-vineyard</p> <ul style="list-style-type: none"> • Afternoon: Guest Lecture on Women Entrepreneurs
Wed - June 12	<p><u>GENDER, ETHICS, AND SERVICE</u></p> <ul style="list-style-type: none"> • 9:00-11:00 ANTH 1752 Discuss: Leitch – “Slow Food and the Politics of ‘Virtuous Globalization’” In <i>Food and Culture</i> (2013 or 2019)-ebook Santini & Cavicchi. “The Adaptive Change of the Italian Food Bank Foundation” In <i>British Food Journal</i>, 08/2014 Volume 116. Issue 9 - online • Afternoon: Community Service <p>Read: http://www.fao.org/docrep/019/i3578e/i3578e.pdf</p>
Thu - June 13	<p><u>Napoli</u></p> <ul style="list-style-type: none"> • Travel Rome-Naples by private bus. • Stop at Pontere Farm (sustainable milk producer) • Mozzarella Production • Sustainable companies • Pizzeria dinner and overnight in Napoli • Discuss: https://www.thedailybeast.com/italian-cheese-and-why-regionality-is-so-important • TBA
Fri - June 14	<p><u>Napoli</u></p> <ul style="list-style-type: none"> • Breakfast and food tradition in Napoli • AM CLASS & Visit to Sant’Elmo Castle Discuss: Heatherington – “Tasting Cultural Ecology” In <i>Gastronomica</i>, Summer 2014 Volume 14. No. 2. 16-26 – online. • Lunch as guests of Vico Pazzariello with traditional food and dance.
Sat – Sun June 15-16	<ul style="list-style-type: none"> • Free weekend for travel and exploring. You may also return to Rome.

<u>Week 6:</u>	<u>ROME & DEPARTURE</u>
Mon - June 17	<p><u>Globalization and the Local</u></p> <ul style="list-style-type: none"> • 9:00-11:00 ANTH 1752 • Discuss: Parasecoli – “<i>Chapter Eight: A Nation of Towns and Regions</i>” in <i>Al Dente: A History of Food in Italy</i>. ebook. • Yan - “Of Hamburger and Social Space” (CW) <p>Complete: Critical Analysis of McDonalds</p>
Tue - June 18	<ul style="list-style-type: none"> • Day trip to Viterbo: Olive Oil or Wine Production • GROUP 5 EXPERT PRESENTATION (Olive Oil) • Complete: Critical Analysis of Viterbo •
Wed - June 19	<p><u>Food and Representation</u></p> <ul style="list-style-type: none"> • 9:00-11:00 ANTH 1752 • Discuss: Leitch: “Slow Food and the Politics of Pork Fat” (CW) • Wrap up and Farewell Dinner
Thu – June 20	<ul style="list-style-type: none"> • Departure for the US - <u>RESEARCH PAPER - DUE JULY 5</u>