

Mon/Wed 12:00 – 1:15

Art & Design Bldg 2026

Office hours: 2051 David King Hall
Mon/Wed 1:30-3:00
and by appointment

Dr. Doris Bitler Davis
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Course goals: Food is an essential and inescapable part of our lives. We spend a considerable amount of time thinking and talking about it, as well as actually eating it. The food we eat involves personal choice, but our choices also have social, cultural, and political implications. In this course, you will learn about food from a variety of perspectives, following it from the fields to the table. The ultimate goal is to encourage you to think more broadly and deeply about your relationship with food.

Reading: There is no required text for this class. All readings will be available online, through a direct URL, the University's research databases, or via Electronic Reserves. You can access the main University Libraries site at <http://library.gmu.edu>

Reading should be completed by the dates indicated on the schedule. Reading the material in advance will help you to get the most out of lectures and discussions.

Grading: The course grade will consist of the following required, weighted components:

Food diary and analysis	25%
Shopping project	10%
Video / book review	10%
11 other assignments	5% each (55% total)

In addition to required work, there will be two opportunities for optional extra credit to be completed outside of class. In-class extra credit opportunities may also be available.

Projects: All assignments will be discussed in class, and detailed instructions will be provided.

Assignments are due at the beginning of the class period noted on the schedule, that is, by 12 noon. Late work will be docked 10 percentage points for each day it is overdue (i.e., if you earn 90% on an assignment, but turn it in one day late, your grade will be 80%).

In general, assignments will be submitted through email as Microsoft Office attachments. Exceptions will be noted in class. Work should be sent to dbitler@gmu.edu, with copies to Davis.FoodForThought@gmail.com and yourself. Please use the subject heading specified in the instructions for each assignment, to ensure that your work is properly credited.

In addition to emailing an electronic copy of each assignment for grading, please bring a hard copy or an electronic copy (i.e., on your laptop) with you to class for discussion.

Technology expectations: You must have a way to access the internet for course materials and Mason e-mail.

Official communications via GMU e-mail: Mason uses electronic mail to provide official information to students. Examples include communications from course instructors, notices from the library, notices about academic standing, financial aid information, class materials, assignments, questions, and instructor feedback. Students are responsible for the content of university communication sent to their Mason e-mail account, and are required to activate that account and check it regularly. If you are having your Mason mail forwarded to another account, please ensure that your Mason account doesn't exceed the assigned limit, which causes mail to bounce back to the sender.

Attendance and decorum: Class attendance is not recorded, but it is important for students who want to do well in PSYC461 to be in class, prepared, and attentive. Preparation for class includes completing reading by the assigned due date. Lectures and discussions will be more interesting and meaningful for students who have done the reading in advance. In order to be attentive, you should not engage in any multi-tasking activities during class – that means no texting, e-mail, web surfing, doing homework for other classes, etc. Please turn off all cell phones and other potential sources of disruption at the start of class. During class, laptops may be used only for taking notes. If you must arrive late or leave early, please do so as quietly as possible and be considerate of your classmates by sitting near an exit.

Disability accommodations: If you are a student with a disability and you need academic accommodations, please see me early in the semester. If you have not already done so, contact the Office of Disability Services (ODS) at 703-993-2474. All academic accommodations must be arranged through that office. Please keep in mind that it might not be possible to grant last-minute requests for accommodations, so it is important to make all arrangements well before the date when the accommodation is needed.

Honor code: All students are expected to be familiar with, and abide by, the University Honor Code. As required by the Honor Code, all suspected violations will be reported.

You can find information about avoiding plagiarism, APA Style, and more the The Writing Center <http://writingcenter.gmu.edu/>

Important dates for fall 2012: Last day to add a class – September 4
Last day to drop a class – September 28
Selective withdrawal period – October 1 - 26

Enrollment: Every student is responsible for verifying correct enrollment. Graded work will not be returned to students who are not officially enrolled.

Preliminary Schedule

Aug 27 Introduction – Thoughts about food and eating

Aug 29 The Neolithic Revolution; Modern foodways

Due: Foodways reflections paper

Diamond, J. (2002). Evolutionary consequences and future of plant and animal domestication. *Nature*, 418, 700-707. [Database: Nature]

Davis, S.L. (2003). The least harm principle may require that humans consume a diet containing large herbivores, not a vegan diet. *Journal of Agricultural and Environmental Ethics*, 16, 387-394. [Database: Springer LINK]

Matheny, G. (2003). Least harm: A defense of vegetarianism from Steven Davis's omnivorous proposal. *Journal of Agricultural and Environmental Ethics*, 16, 505-511. [Database: Springer LINK]

Sep 3 Labor Day – no class

Sep 5 Agriculture to agribusiness

Due: Food and eating in the media assignment

Paarlburg, R. (2010). Attention Whole Foods shoppers. *Foreign Policy*, 179, 1. [Database: Academic Search Complete]

Savage, S. (2010, February 4). You talk about “industrial farming” likes it’s a bad thing! *Eat Drink Better: Sustainable Food for a Healthy Lifestyle*. Retrieved from <http://eatdrinkbetter.com/2010/02/04/you-talk-about-industrial-farming-like-its-a-bad-thing/>

Sep 10 *King Corn* (Cheney, I., & Ellis, C. (Producers). (2006). *King Corn* (Motion picture). United States: Mosaic Films.)

Due: Corn assignment

Pollan, M. (2006). The farm. In *The omnivore's dilemma* (pp. 32-56). New York, NY: Penguin Books. [Electronic Reserves]

Sep 12 Industrial crops

Patrick, G.M. (2006). “Like ribbons of green and gold”: Industrializing lettuce and the quest for quality in the Salinas Valley, 1920-1965. *Agricultural History*, 80(3), 269-295. [Database: JSTOR]

Sep 17 Chemicals

Allen, W. (2009, May 11). Agriculture is one of the most polluting and dangerous industries. *AlterNet*. Available online at http://www.alternet.org/print/story/139962/agriculture_is_one_of_the_most_polluting_and_dangerous_industries

Sep 19 Farm workers

Estabrook, B. (2011). Chemical warfare. In *Tomatoland* (pp. 35-72). Kansas City, MO: Andrews McMeel. [Electronic Reserves]

Sep24 *The future of food* (Butler, C. (Producer), & Garcia, D.K. (Director). (2004). *The future of food* (Motion picture). United States: Lily Films.)

Biotechnology Industry Organization (2012, June 1). Global economic and environmental benefits of GE crops continues to rise. Retrieved from <http://www.bio.org/articles/global-economic-and-environmental-benefits-ge-crops-continues-rise>

Manning, R. (2004). Super organics. *Wired*. Retrieved from <http://www.wired.com/wired/archive/12.05/food.html>

Schneider, K.R., & Schneider, R.G. (2006). Genetically modified foods (FSHN02-2). Retrieved from <http://edis.ifas.ufl.edu/pdffiles/FS/FS08400.pdf>

Sep 26 Organic and sustainable agriculture

Due: Organic versus traditional comparison

Wood, G. (2010, January 20). Interview: Joel Salatin. *The Observer*. Retrieved from <http://www.guardian.co.uk/lifeandstyle/2010/jan/31/food-industry-environment/print>

Oct 1 Meat

Grandin, T. (1996). Animal welfare in slaughter plants. Retrieved from <http://www.grandin.com/welfare/general.session.html>

Ryan, J.C. (2003). Feedlots of the sea. *WorldWatch Magazine*. Retrieved from <http://www.worldwatch.org/node/540>

Oct 3 Video chat with Jonathan Foer

Due: Questions for Jonathan Foer

Foer, J. (2009). Slices of paradise / Pieces of shit. In *Eating animals* (pp. 149-199). New York, NY: Little, Brown and Company. [Electronic Reserves]

Oct 9 Monday classes meet Tuesday due to Columbus Day break

Food, Inc. (Kenner, R. (Producer & Director). (2008). *Food, Inc.*(Motion picture). United States: Alliance Films.)

Oct 10 Foodborne illness

Due: Foodborne illness assignment

Ackerman, J. (2002). Food – How safe? *National Geographic Magazine*. Retrieved from <http://science.nationalgeographic.com/science/article/food-how-safe.html>

Oct 17 Hunger

Apt Russell, S. (2005). Thirty-six hours. In *Hunger: An unnatural history* (pp. 17-26). New York, New York: Basic Books. [Electronic Reserves]

Apt Russell, S. (2005). An end to hunger. In *Hunger: An unnatural history* (pp. 205-214). New York, New York: Basic Books. [Electronic Reserves]

Poppendieck, J. (2008). Want amid plenty: From hunger to inequality. In Counihan, C., & Van Esterik, P. (Eds.) *Food and culture (2nd edition)* (pp. 572-581). New York, NY: Routledge. [Electronic Reserves]

Oct 22 Food distribution

McClintock, N. (2011). From industrial garden to food desert: Demarcated devaluation in the Flatlands of Oakland, California. In Alkon, A.H. & Agyeman, J. (Eds.) *Cultivating food justice* (pp. 89-120). Cambridge, MA: The MIT Press. [Electronic Reserves]

Oct 24 Income and choice

Due: Shopping on a budget project

Winne, M. (2008). Income disparities, poverty, and the food gap. In *Closing the food gap* (pp. 173-182). Boston, MA: Beacon Press. [Electronic Reserves]

Winne, M. (2008). Resetting America's table. In *Closing the food gap* (pp. 183-193). Boston, MA: Beacon Press. [Electronic Reserves]

Oct 29 Marketing food

Due: Food advertising assignment

Harris, J.L., Bargh, J.A., & Brownell, K.D. (2009). Priming effects of television food advertising on eating behavior. *Health Psychology, 28*(4), 404-413. [Database: PsycArticles]

Oct 31 The physiology of eating

Logue, A.W. (2004). Down the hatch: Hunger and satiety. In *The Psychology of eating and drinking, 3rd edition* (pp. 11-31). New York, NY: Brunner-Routledge. [Electronic Reserves]

Nov 5 Nutrition

Due: Food labeling assignment

Anderson, E.N. (2005). Human nutritional needs. In *Everyone eats* (pp. 40-61). New York, NY: New York University Press. [Electronic Reserves]

Nov 7 Disordered eating

Bruch, H. (2008). Anorexia nervosa and its differential diagnosis. In Counihan, C., & Van Esterik, P. (Eds.) *Food and culture (2nd edition)* (pp. 104-120). New York, NY: Routledge. [Electronic Reserves]

Nov 12 Obesity – physical aspects

Due: Diet analysis assignment

Gilman, S.L. (2008). Epidemic obesity. In *Fat: A cultural history of obesity* (pp. 14-43). Cambridge, MA: Polity Press. [Electronic Reserves]

Nov 14 Obesity – social aspects

Gilman, S.L. (2008). The stigma of obesity. In *Fat: A cultural history of obesity* (pp. 78-100). Cambridge, MA: Polity Press. [Electronic Reserves]

Nov 19 Food preferences and aversions

Due: Preferences and aversions assignment

Miller, W.I. (1997). Darwin's disgust. In *The anatomy of disgust* (pp. 1-23). Cambridge, MA: Harvard University Press. [Electronic Reserves]

Nov 21 Thanksgiving break – no class

Nov 26 Food and culture

Rozin, P. (2004). Sociocultural influences on human food selection. In Capaldi, E.D. (ed.). *Why we eat what we eat: The psychology of eating* (pp. 233-266). Washington, DC: American Psychological Association. [Electronic Reserves]

Nov 28 Cooking and cuisine

Due: Food history assignment

Wrangham, R. (2009). When cooking began. In *Catching fire: How cooking made us human* (pp. 83-104). New York, NY: Basic Books. [Electronic Reserves]

Dec 3 Social aspects of food

Fox, R. (n.d.). Food and eating: An anthropological perspective. *Social Issues Research Center* (pp. 1-22). Retrieved from <http://www.sirc.org/publik/foxfood.pdf>

Dec 5 Final thoughts

Due: Food diary analysis

Dec 17 Final – due by 1:15 pm

Due: Video or book review