

Revised June 18, 2008

PSYCHOLOGY OF FOOD AND CULTURE
COURSE SYLLABUS
PSYC 300M-2
SEMESTER AT SEA Fall 2008
Kima Cargill, Ph.D.
10:45am - noon, B Day Schedule

Suggested Pre-requisites:

One previous course in psychology is suggested.

COURSE DESCRIPTION

This course examines the neurobehavioral and social psychological determinants of food preference and behavior, cultural meanings of food and food rituals, disordered eating, dieting, and obesity. We will use food and eating as means of understanding the myriad ways in which psychology is able to examine complex phenomena from biological, perceptual, cultural, and developmental perspectives.

COURSE OBJECTIVES

By the end of the semester students should:

1. have an understanding of the cross-cultural variance in food and eating practices.
2. Contextualize psychological theories and methodologies among other disciplinary approaches in the social and natural sciences.
3. Critically evaluate pseudoscientific claims by countering them with empirical research.
4. be aware of the gender, cultural, psychological, biochemical, and environmental factors which predispose individuals toward specific food preferences and rituals.
5. conduct individual and group field observations in each port of call and summarize these in a written report.

TOPICAL OUTLINE OF COURSE:

1 Introduction to the Psychology of Food -- September 1

Logue: Chapter 1

2 Food and Childhood Development – September 3

Article: Cargill, K. (2006). Desire, ritual, and cuisine: Celebrating food. *Psychoanalytic Review*, 94(3), 315-332.

3 Food Choice and Preference –September 6

Logue: Chapters 6 & 7

▶▶▶ Port: Salvador, Brazil ◀◀◀

4 Food Choice and Preference, cont. – September 13

Chapter: Mintz, Sidney W. Time, Sugar, and Sweetness. *Food and Culture: A Reader*. Ed. Carole Counihan and Penny van Esterik. New York: Routledge, 1997. 356-369.

5 Food Choice and Preference, cont. –September 15

Article: Allport, S. (2002). Women who eat dirt. *Gastronomica*, 2(2), 28–37.

6 Food as Aphrodisiac – September 18

Article: Hospodar, M. (2004). Aphrodisiac foods: Bringing heaven to earth. *Gatronomica*, 4, 82-93.

▶▶▶ Port: Walvis bay, Namibia ◀◀◀

7 Food and Memory – September 25

Article: Chu, S., & Downes, J. J. (2000). Odour-evoked autobiographical memories: Psychological investigations of proustian phenomena. *Chemical senses*, 25(1), 111-116.

Article: Chu, S., & Downes, J. J. (2002). Proust nose best: Odors are better cues of autobiographical memory. *Memory & cognition*, 30(4), 511-518.

▶▶▶ Port: Cape Town, South Africa ◀◀◀

8 Taste and Smell –October 4

Logue: Ch. 4

9 Cuisine –October 6

Article: Appadurai, Arjun, "How to Make a National Cuisine: Cookbooks in Contemporary India,"*Comparative Studies in Society and History* 30, 1 (1988) 3-24.

10 Food Prohibitions –October 8

Chapters: Chapters 1-4, The Sacred Cow and the Abominable Pig in Harris, M. (1985). *Good to eat: Riddles of food and culture*. New York: Simon and Schuster.

11 Exam I -- October 11

12 Alcohol – October 13

Logue: Ch.11

▶▶▶ Port: Chennai, India ◀◀◀

13 Eating Disorders – October 20

Logue: Ch.9

▶▶▶ Port: Penang, Malyasia ◀◀◀

14 Eating Disorders, cont. – October 27

Article: Bordo, S. (1986). Anorexia nervosa: Psychopathology as the crystallization of culture. *Philosophical Forum*, 17, 73–103.

15 Psychological Effects of the Globalization of Food -- October 29

Article: Harvey, D. (2002). The Art of rent: Globalization, monopoly, and the commodification of culture. *Socialist Register*, 93-110.

▶▶▶ Port: Ho Chi Minh City, Vietnam ◀◀◀

16 Food, Cuisine, and Identity – November 5

Article: Allison, Anne. “Japanese Mothers and Obentos: The Lunch Box as Ideological State Apparatus.” *Anthropological Quarterly*. October 1991. 64(4), 195-208.

▶▶▶ Port: Hong Kong & Shanghai, China ◀◀◀

17 Food, Cuisine, and Identity, cont. – November 13

Article: Yamamoto, M. (1985). “Japanese food: A Feast for the eyes” In Y.Tsuchiya (Ed.) *A feast for the eyes: The Japanese art of food arrangement*.(pp. 35-51). Tokyo: Kodansha

▶▶▶ Port: Kobe & Yokohama, Japan ◀◀◀

18 Obesity –November 20

Logue: Ch.10

19 Obesity, cont. –November 21

Article: Drewnowski, A., & Specter, S. E. (2004). Poverty and obesity: The role of energy density and energy costs. *The American Journal of Clinical Nutrition*, 79, 6–16.

20 Food, Cuisine, and Identity – November 24

Chapter: Cuisine: High, Low and Not at All from Mintz, S. W. (1996). *Tasting food, tasting freedom : Excursions into eating, culture, and the past*. Boston: Beacon Press.

Chapter: Eating American from Mintz, S. W. (1996). *Tasting food, tasting freedom : Excursions into eating, culture, and the past*. Boston: Beacon Press.

21 November 26

▶▶▶ Port: Honolulu, HI ◀◀◀

22 Wrapping up and review – November 29

Due: Field Journals for 2nd Evaluation

23 Prep for Final – December 1

Final Exam: Write an eight-page paper in which you consider the saying, “You are what you eat” as an expression which suggests food is a major component of identity. In this paper, explore the

role that food plays in the construction of one's personal and ethnic identity through ritual and community. Your essay should reflect a thoughtful understanding of the variety readings from the semester, and your field observations should be integrated with the course materials.

FIELD COMPONENT

Each student is required to complete a total of three practica.

- You are required to participate in at least one of the faculty directed practica (FDP) under my direction in Japan since they are central to the material covered in this class. (I recommend you participate in both of these, if at all possible.)
- Your remaining practicum/a can be independent. I will provide you specific guidelines before each port for the independent practica options. (For example, before we arrive in Malaysia I will give you guidelines that are specific to the Fruit Orchard/Spice Tour that will help you complete an independent practicum there that is related to our class material).

Journals

All students are required to (1) keep a journal of their field observations and (2) write a 3-4 page paper about each field experience. You will be graded on both the field journal and the three papers corresponding to each field experience. In class we will discuss social science methods for doing field work and keeping journals.

Papers

The paper you write for each practicum will depend on which type of practicum it is for (FDP or IND). I will include guidelines for the IND papers/practica prior to arrival at each paper.

An FDP paper should include (1) a brief summary of the student's field notes, (2) specific observations about the way food and ritual are conducted in the culture (3) observations about how food and foodways represent "borders" between different ethnicities or tribes, (4) ways in which food honors the past, (5) observations about how food practices in the culture may be understood to cleanse or heal the mind or body.

Practica

Brazil: Bahia by Night with Dinner (IND)
Malaysia: Tropical Fruit Orchard And Spice Estate (IND)
Malaysia: Fish Farms And Mangrove Swamp Visit (IND)
China: Traditional Chinese Medicine (IND)
Hong Kong: Healthy Living Hong Kong Style (IND)
Hong Kong: Tai Chi, Tea, And Dim Sum (IND)
Japan: Japanese Tea Ceremony (FDP)
Japan: Ramen Museum (FDP)
Costa Rica: Coffee: Costa Rica's Treasure (IND)

METHODS OF EVALUATION:

Field Component: 20%

Exam I: 25%
Exam II: 25%
Final Exam: 30%

REQUIRED TEXTBOOKS

AUTHOR: A.W. Logue
TITLE: The Psychology of Eating and Drinking
PUBLISHER: Brunner/Routledge
ISBN #: 978-0415950091
DATE/EDITION: 3rd Edition
COST: \$28.45

SUPPLEMENTAL MATERIALS

AUTHOR: Sidney Mintz
TITLE: Tasting Food, Tasting Freedom
PUBLISHER: Beacon Press
ISBN #: 978-0807046296
DATE/EDITION: 1997
COST: \$18.00

AUTHOR: Carole Counihan and Penny Van Esterik
TITLE: Food and Culture: A Reader
PUBLISHER: Routledge
ISBN #: 978-0415917100
DATE/EDITION: 1997
COST: \$49.99

AUTHOR: Marvin Harris
TITLE: Good to Eat
PUBLISHER: Waveland Press, Inc.
ISBN #: 978-1577660156
DATE/EDITION: 1998
COST: \$17.95
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ELECTRONIC COURSE MATERIALS

In addition to course texts and reserve library materials, each faculty member will have an electronic course folder housed on the ship's intranet. The University of Virginia library will scan articles and chapters identified by the faculty member as needed supplementary materials for the courses they are teaching. These supplementary materials will be placed in the faculty member's intranet folder for students to access from their own computers or from the computer lab.

Allison, Anne. "Japanese Mothers and Obentos: The Lunch Box as Ideological State Apparatus."

Anthropological Quarterly. October 1991. 64(4), 195-208.

Allport, S. (2002). Women who eat dirt. *Gastronomica*, 2(2), 28–37.

Appadurai, Arjun, "How to Make a National Cuisine: Cookbooks in Contemporary India," *Comparative Studies in Society and History* 30, 1 (1988) 3-24.

Bordo, S. (1986). Anorexia nervosa: Psychopathology as the crystallization of culture. *Philosophical Forum*, 17, 73–103.

Cargill, K. (2006). Desire, ritual, and cuisine: Celebrating food. *Psychoanalytic Review*, 94(3), 315-332.

Chu, S., & Downes, J. J. (2000). Odour-evoked autobiographical memories: Psychological investigations of proustian phenomena. *Chemical senses*, 25(1), 111-116.

Chu, S., & Downes, J. J. (2002). Proust nose best: Odors are better cues of autobiographical memory. *Memory & cognition*, 30(4), 511-518.

Drewnowski, A., & Specter, S. E. (2004). Poverty and obesity: The role of energy density and energy costs. *The American Journal of Clinical Nutrition*, 79, 6–16.

Harvey, D. (2002). The Art of rent: Globalization, monopoly, and the commodification of culture. *Socialist Register*, 93-110.

Hospodar, M. (2004). Aphrodisiac foods: Bringing heaven to earth. *Gatronomica*, 4, 82-93.

Mintz, Sidney W. Time, Sugar, and Sweetness. *Food and Culture: A Reader*. Ed. Carole Counihan and Penny van Esterik. New York: Routledge, 1997. 356-369.

Yamamoto, M. (1985). "Japanese food: A Feast for the eyes" In Y.Tsuchiya (Ed.) A feast for the eyes: The Japanese art of food arrangement.(pp. 35-51). Tokyo: Kodansha

ADDITIONAL RESOURCES

Students will need pocket-sized notebooks for recording observations and impressions in the field. (The waterproof kind are ideal, but not essential.) A pocket-size recording device would also be useful (e.g. the digital ones that do not require cassettes).