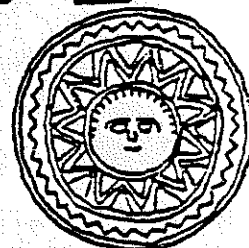


# THE DIGEST

*A Newsletter for—  
The Interdisciplinary Study of Food*



Supplement

Summer 1980

## Charles Camp

State Folklorist, Maryland Arts Council

American Foodways has been taught in whole or part in about twenty-five Maryland schools, mostly junior colleges. The teachers who have sent in evaluations have found the assignments to be the outline's best feature, but many of the titles in the bibliography are hard to get outside a major city and its libraries. The majority of curricula in which the course has been taught have been American Studies, American History, and related Social Studies. Like the other outlines we publish, it is virtually useless to the teacher who lacks basic social studies education or fails to do a good deal of general reading on the subject.

I have taught the outline once, and had to telescope the material into a four-week span. The assignment for unit 8 got the best student response, although the language of food and its regional variations was a close second.

### MODEL COURSE OUTLINE: AMERICAN FOODWAYS

Nutritionists and cultural anthropologists alike, although for very different reasons, have been interested in the study of social behavior affecting or surrounding the consumption of food. The nutritionist realizes that beliefs, attitudes, and customs relating to food

have a very real effect upon the structure of individual dietary patterns, and recognize that nutrition education can be effective only when it takes into account the preferences and taboos a society brings to the table as a group. Anthropologists have discovered the important role which food plays in the maintenance of social structures and the prominence of the symbolic use of food in ritual.

Until World War II, nutritionists and anthropologists conducted their research without regular professional contact. The war effort, and particularly the work of the National Research Council's Committee on Food Habits brought together the work of the biological and social sciences in order to maintain adequate civilian food supplies in a national emergency situation and provide for the upkeep of morale in the face of frequently severe rationing policies. Since World War II, folklorists, sociologists, and students of American popular culture have entered the field of food research, and have brought with them greater attention to the description of food consumption and preparation as a social phenomenon. Folklorists were not the first to use the term "foodways" in discussing the social and cultural aspects of food, but the similarity of the term to "folkways," the study of traditional customs and practices, seems to have placed foodways within the folklorists' province.

Nutritionists and anthropologists frequently use the phrase "food habits" to describe the behavioral context of food consumption. There is no apparent difference between this phrase and "foodways," except perhaps the latter's implied emphasis upon traditional practices or customs. In any case, the term "foodways" will be used here in its broadest and most anthropological sense - the sense in which John Honigman first used it - to describe "the total cookery complex, including attitudes, taboos, and meal systems; the whole range of cookery and food habits within a society."<sup>1</sup>

In the study of foodways it is especially important that a very wide range of materials be brought into discussion, because studies which attend to only certain aspects or nutritional groups of the food complex tend to produce self-evident and otherwise unsatisfactory conclusions. The most interesting and most revealing studies of foodways are those which treat food and its use as both the expression of a culture as a whole and a medium (or participant) in more complex cultural processes. The vital questions are therefore how and to what extent our food habits and those of others tell us about a specific way of life, one in which food plays a regular but often unselfconscious part. In this sense the study of foodways is similar to the study of other folklife genres, where patterns of behavior are transmitted from group to group or generation to generation without ever being fully or explicitly stated or recorded. But unlike some folklife genres which appear exotic or esoteric to the beginning student, foodways offer a shared and comparative experience upon which discussions of cultural variation and change may be based without losing sight of the data itself. Information about food is easily obtainable from both peers and members of other social groups without encountering the resistance which frequently discourages the novice fieldworker, and the student may, of course, use him or herself as the first informant in a research project.

Beyond these purely practical considerations, there are several factors which recommend foodways as a valuable subject area in the study of American culture, sociology, anthropology, and even medicine, as well as a subject in itself. First of all, foodways provides a means by which to describe a culture which superficially appears to lack consistency or form. It is possible, for example, to define college students as a social group solely in terms of diet and dietary practice. In even this most fundamental exercise some of the social, cultural, and economic factors which participate in cultural variation are exposed. Furthermore, a basic description

of the foodways of a single group reveals the degree to which social practices and individual beliefs, religious or otherwise, are linked within the occasion of food preparation and consumption.

A simple description of this kind can serve as a beginning place for many different kinds of analysis - psychological, historical, structural, taxonomical, and linguistic, as well as nutritional and anthropological. The organization of this outline suggests not only the means through which information about foodways can be gathered but the richness of this information as a basis for ethnographic description and cross-cultural comparison. However, the foodways researcher must always keep in mind that the object of study is not simply the recipe from which a specific food is prepared or even the technology employed in its preparation, but the larger and often hidden complex of beliefs and practices which surrounds the ordering of diet, the selection of ingredients, and the comparative aesthetic experience of eating. In learning to become aware of these more subtle aspects of foodways, the student will not only do a better job of data collection and analysis, but will come away from his or her research with sharpened perceptual skills which will be of use in other disciplines. In other words, the study of food habits need not be an end in itself, but an introduction to the techniques of social science research and the materials of American culture.

Perhaps the most difficult part of any foodways study is the location of significant units for cultural comparison. Partially because of the prevalence of subject or nationality cookbooks in our culture, students may tend to view recipes or specific foods as the basic components of a food pattern. In isolated studies, comparison at this level can be revealing. There are, for example, very distinct differences in the shape, texture, and taste of Italian and Middle Eastern breads. But after having

pointed out these differences, what else is there to say about the cultures which produce them? By going even one short step further and examining the place of bread within these cultures and its most elementary function within a meal, much more significant comparisons can be generated. The Middle Eastern bread, for example, is more often used for dipping into vegetable dishes or as an "envelope" for cooked meats and stews. The functions of Italian bread are perhaps more varied, or at least more similar to American breads, but in either case the study of bread within the context of the meal provides an entry to more significant areas of dietary (and cultural) comparison. It must be evident that even the full description of the function of bread within a given diet does not tell us everything about the importance of bread within the culture as a whole. There are symbolic and religious elements in the "breaking of Bread" among friends or fellow worshippers which have little to do with the recipe from which the dough was mixed or the kind of oven in which it was baked. In short, the use of specific foods or ingredients as the main focus of study often leads to the cataloguing of seemingly endless variation in use and meaning without analytical perspective. There are larger "units" in foodways research: descriptions of individual diets, repertoires of cooks, nutritional or ingredient food "groups", and taste taxonomies, to name a few. But each of these units leads to the examination of social and cultural issues indirectly, and often through a circuitous path of analysis which arrives at questionable conclusions.

An alternative to such units in the study of foodways which has found some contemporary acceptance among anthropologists involves the isolation and comparison of similar "food events." These events may range from a simple family supper to a more complex and perhaps more socially significant group event such as a wedding feast or church picnic. The consumption

of food need not be the explicit (or even the implicit) reason for the event, but in each case the subject of analysis is the relationship of food to or within the event. Although folklorists usually restrict their analyses of foodways to the diets of folk groups or customary practices not limited to a single group, the analysis of food events may take place at any level of culture and may include commercially manufactured as well as home-cooked foods. In historical studies, the comparison of a hunt breakfast of one hundred years ago with its contemporary descendant pinpoints not only the continuity of menu - the "tradition" in its most material sense - but also the degree to which this traditional form has responded to changes in food preparation technology. In many cases, food events are defined not by the type of food which is prepared, but the reasons why or way in which it is consumed. Pie-eating contests are food events, for example, but the social context in which they take place serves more strongly to define the event than the kinds of pies which are eaten. Occasionally names for food events, such as "ox-roast" or "oyster-roast" carry connotations of social conduct, degree of formality, and civic sponsorship (usually for charity) as well as descriptors of specific foods which may or may not be accurate.

In gathering information about food events, the researcher must sooner or later face the problem of defining the event under consideration. Often this definition is highly informative, since it comes as the answer to the question (to choose one type of event): "When is a picnic not a picnic?" or "What kinds of foods are 'properly' served at a wedding?" Most often, the student will come to realize that such definitions are culture-bound, and that what is "proper" for a Greek wedding feast may be entirely inappropriate for a French-Canadian wedding feast. Looking a little deeper, the student may discover that there are, in fact, certain characteristic foods or customs related to specific foods which do cross ethnic and other cultural lines. Having determined these, the student has learned an important lesson about group identity and the role foodways play in its expression.

Although cultural comparison is perhaps the most obvious purpose to which ethnographic data on food events may be applied, it is not the only one. Equally rewarding research can be done in the relationship of foodways to other systems of behavior and belief within a single group. In most cultures systems of agricultural belief, including signs for planting of crops and inducement of rainfall, are closely tied to beliefs regarding the curative powers of certain plants and other foods. These belief systems in turn are balanced by more formal religious systems which supply alternative processes, many of which involve the consumption of foods or the abstinence thereof, for the achievement of similar objectives. Although food taboos have been the subject of much speculation, there is relatively little scholarship which places dietary restrictions within the socio-physical as well as the religious systems they affect.

These introductory remarks suggest the range of research possible in the field of foodways, and offer a level of analysis at which cultural units can be profitably compared. The syllabus which follows provides some concrete proposals for discussion based upon the assumption that any course dealing with foodways will involve the student in original research. To do otherwise would be to overlook an excellent opportunity for the development of social science skills and, perhaps, an increased sense of personal culture and heritage. While the eleven course units are sequenced to provide a gradual introduction to the subject, its materials, and methods of analysis, any single unit could be integrated within a more general course on American history or culture, or folklife studies. The bibliography which follows the syllabus includes popular as well as scholarly works pertinent to specific subject areas, and has been limited to books and articles



available at most public and community college libraries. The following books could serve as basic texts for a course on American foodways.

Brown, Dale. American Cooking. Foods of the World Series. New York: Time-Life Books, Inc., 1968.

A popular work on regional American cookery boxed with a spiral-bound cookbook. Excellent photography and descriptive accounts.

Cussler, Margaret, and Mary L. de Givie. Twixt the Cup and the Lip: Psychological and Socio-Cultural Factors Affecting Food Habits. New York: Twayne Publishers, 1952.

Excellent anthropological study of food habits in the rural Southeast U.S. May be hard to get at present.

Lowenberg, M.E., and E.N. Todhunter, E.D. Wilson, M.C. Feeney, J.R. Savage. Food and Man. New York: John Wiley and Sons, 1968 (and rev.).

Good reader on foodways, written from nutritionist point of view. Provides overview of scholarship and good bibliography.

Trillin, Calvin. American Fried. New York; Penguin Books, 1975.

Best popular work on American food - popular and traditional. Chronicles search for best American pizza, chili, barbeque.

---

<sup>1</sup>John J. Honigsmann, Food in a Muskeg Community (Ottawa: Northern Coordination and Research Center, 1961); quoted in Don Yoder, "Folk Cookery," in Dorson, R.M., ed., Folklore and Folklife: An Introduction (Chicago: University of Chicago Press, 1972), p. 325.

#### SYLLABUS AND BIBLIOGRAPHY

For easy reference, each of the following eleven course units contain full bibliographic citations for the subject to be covered in that unit. Starred citations are recommended required reading or consultation over and above recommended texts. Class sessions need not focus primarily upon these readings, but should make reference to them in the course of



discussion of specific topics or examples. Especially in the early part of the course, students should be encouraged to offer examples from their own experience and that of their families.

Course assignments include several small reports and two research projects: one historical and one based on original fieldwork. These major assignments are intended to give the student the opportunity to make use of the theoretical and background information supplied in the readings and to encourage original but inexpensive and practical research.

## UNIT 1: INTRODUCTION

### I. Bibliography

#### A. Overview and bibliography

Committee on Food Habits, National Research Council. The Problem of Changing Food Habits. Bulletin of the National Research Council no. 108 (Oct., 1943).

✓ Mead, Margaret. Food Habits Research: Problems of the 1960s. Washington, D.C.: National Research Council Publication no. 1225, 1964.

\* Wilson, Christine S. "Food Habits: A Selected Annotated Bibliography," Journal of Nutrition Education Vol. 5, no. 1, Supplement 1 (Jan. - Mar., 1973), p. 39 - 72.

#### B. General works

- American Dietetic Association. Understanding Food Patterns in the U.S.A. Chicago: American Dietetic Association, revised edition, 1969.

- American Heritage Cookbook and Illustrated History of American Eating and Drinking. New York: American Heritage Publishing Company, 1964.

\* Anderson, Jay Allan. "Scholarship on Contemporary American Folk Foodways," Ethnologia Europaea, Vol. 5 (1971), p. 56 - 63.

✓ Cummings, Richard Osborn. The American and his Food: A History of Food Habits in the United States. Chicago: University of Chicago Press, 1940.

Lowenberg, M.E., et al. Food and Man. New York: John Wiley and Sons, Inc., 1968.

Pyke, Magnus. Food and Society. London: John Murray, 1968.

Man and Food. New York: McGraw-Hill, 1970.

✧ \* Yoder, Don. "Folk Cookery," in Richard M. Dorson, ed., Folklore and Folklife: An Introduction. Chicago: University of Chicago Press, 1972, p. 325 - 350.

### C. Theoretical perspectives

\* Bennett, John. "Social Scientific Research in Human Subsistence," American Anthropologist, Vol. 48 (1946), p. 553 - 573

"Some Problems of Status and Solidarity in Rural Society," Rural Sociology, Vol. 8, no. 3 (1943), p. 406 - 408.

Passin, Herbert. "Culture Change in Southern Illinois," Rural Sociology, Vol. 7 (1942), p. 303 - 317.

## II. Topics for Discussion

Introduction of terminology (Bennett, Yoder). Establishment of social context for foodways research and importance of studying foodways as social phenomena.

## III. Assignment

Distinguish between food habits, foodways, folklife, folkways, and nutrition as key terms in discussion. May be written or oral.

## UNIT 2: HISTORICAL SOURCES

### I. Bibliography

✧ \* Carson, Jane. Colonial Virginia Cookery. Williamsburg, Va.: Colonial Williamsburg, Inc., 1968.

✧ Forster, Elborg & Robert, eds. European Diet from Pre-Industrial to Modern Times. New York: Harper & Row, 1975.

Hindle, Brooke. Technology in Early America. Chapel Hill, N.C.: University of North Carolina Press, 1966. See esp. p. 41 - 44, 116.

- Lincoln, Waldo. American Cookery Books 1742 - 1860. Worcester, Mass.: American Antiquarian Society, 1954.

Virginia Federal Writers' Project. The Negro in Virginia. New York: Hastings House, 1948. See esp. "Country Life," p. 321 - 334.

- \* Yoder, Don. "Historical Sources for American Foodways Research and Plans for an American Foodways Archive," Pennsylvania Folklife, Vol. 20 (Spring, 1970), p. 16 - 29.

## II. Topics for Discussion

Examine different types of material useful in historical study of foodways, including diaries, travel literature, fiction, public records and legal documents (inventories, etc.). Relate written documentation to artifactual, and discuss how written records can be used in explanation of old cooking utensils and equipment. If possible, examine culinary collections at local museums or Smithsonian Institution's Museum of History and Technology. Examine usefulness of visual arts in documentation of foodways.

- III. Begin work on historical research proposal, and locate at least one example from family possessions of documentary record of foodways. Examples may include family photographs, letters, souvenir menus, etc.

## UNIT 3: CONTEMPORARY AND ETHNOGRAPHIC SOURCES

### I. Bibliography

- \* Bennett, John. "Food and Culture in Southern Illinois," American Sociological Review, Vol. 7 (1942), p. 645 - 660.

"Food and Social Status in a Rural Society," American Sociological Review, Vol. 8 (1943), p. 561 - 569.

- \* Sokolov, Raymond, "The Melting Pot," Natural History, Vol. 84, no. 1 (Jan., 1975), p. 98 - 100.

"A Plant of Ill Repute," Natural History, Vol. 84, no. 2, (Feb., 1975), p. 70 - 71.

(see other Sokolov columns in Natural History 1974 - )

Trillin, Calvin. American Fried. New York: Penguin Books, 1975.

### II. Topics for Discussion

Discuss ways in which popular media record contemporary foodways and the "usability" of such records in foodways documentation. Examine current newspaper advertisements as historical and ethno-

graphic records and evaluate their limitations (do the foods advertised for sale accurately reflect everyday diet? How are seasonal and holiday food customs reflected in these materials?). Look at current U.S. Department of Agriculture Yearbook of Agriculture as a source of information on contemporary foodways and discuss the problems inherent in the creation of statistical profiles of cultural phenomena.

### III. Assignment

Turn in paper topic for historical paper.

## UNIT 4: Foodways and Cultural Geography: Regional Variation

### I. Bibliography

#### A. General

- \* Sorre, Max; "The Geography of Diet," in Phillip L. Wagner and Marvin W. Mikesell, eds., Readings in Cultural Geography. Chicago: University of Chicago Press, 1962, p. 445 - 456.

Vance, Rupert B. "Climate, Diet, and Human Adequacy," in his Human Geography of the South. Chapel Hill, N.C.: University of North Carolina Press, 1932, p. 411 - 441.

#### B. Applied Research

- \* Cussler, Margaret. "Outline of Studies on Food Habits in the Rural Southeast," in Committee on Food Habits, The Problem of Changing Food Habits (N.R.C. Bulletin no. 108), 1943, p. 109 - 112.

Hilliard, Sam B. "Pork in the Ante-Bellum South: The Geography of Self-Sufficiency," Annals of the Association of American Geographers, Vol. 59 (1969), p. 461 - 480.

#### C. Regional Characterizations

Brown, Dale. American Cooking. New York: Time-Life Books, Inc., 1968.

> American Cooking: The Northwest. New York: Time-Life Books, Inc., 1970.

Feibleman, Peter S. American Cooking: Creole and Acadian. New York: Time-Life Books, Inc., 1971.

Leonard, Jonathan Norton. American Cooking: New England. New York: Time-Life Books, Inc., 1970.

American Cooking: The Great West. New York: Time-Life, Inc., 1971.

Walter, Eugene. American Cooking: Southern Style. New York: Time-Life Books, Inc., 1971.

Wilson, Jose. American Cooking: The Eastern Heartland. New York: Time-Life Books, Inc., 1971.

## II. Topics for Discussion

Discuss the relationship of climate and terrain to foodways in different regions of the U.S. What part do individual or group food preferences play in the development of a regional food "style?" Compare regional variations of similar dishes and food events, noting integration of region-specific foodstuffs.

## III. Assignment

Continue work on historical research project. Choosing one local food event in the Mid-Atlantic, describe features which can be traced to neighboring regions.

## UNIT 5: FOODWAYS AND ETHNICITY - CULTURAL VARIATION

### I. Bibliography

#### A. General

- \* Joffe, Natalie F. "Food Habits of Selected Subcultures in the United States," in Committee on Food Habits, The Problem of Changing Food Habits (N.R.C. Bulletin no. 108), 1943, p. 97 - 103.

#### B. Selected Groups

##### 1. Greek-American

- \* Gizelis, Gregory. "Foodways Acculturation in the Greek Community of Philadelphia," Pennsylvania Folklife (Winter, 1970 - 1971), p. 9 - 15.

Valassi, K.V. "Food Habits of Greek-Americans," Journal of Clinical Nutrition, Vol. 11 (1962), p. 240 - 248.

##### 2. Polish-American

Marzowska, M. & L. McLaughlin. "Polish Food Habits," Journal of the American Dietetic Association, Vol. 4 (1928), p. 142 - 148.

### 3. Pennsylvania German

- \* Hostetler, John. "Folk and Scientific Medicine in Amish Society," Human Organization, Vol. 22 (1963), p. 269 - 275.

Yoder, Don. "Pennsylvanians Call it Mush," Pennsylvania Folklife, Vol. 13 (Winter, 1962 - 1963), p. 27 - 49.

- \* "Sauerkraut in the Pennsylvania Folk Culture," Pennsylvania Folklife, Vol. 12 (Summer, 1961), p. 56 - 59.

"Schmitz in the Pennsylvania Folk Culture," Pennsylvania Folklife, Vol. 12 (Fall, 1961), p. 56 - 59.

## II. Topics for Discussion

Compare the characterization of ethnic foodways as derived from different contemporary cookbooks with ethnographic accounts (Yoder, etc.). How do ethnic traditions vary from regional ones, and what

interchange takes place between them. Discuss the function of ethnic foodways in expressing group identity.

## III. Assignment

Continue work on historical research project. Make a list of five foods which are pan-ethnic in their American usage, yet are traditionally identified with one ethnic group.

## UNIT 6: FIELD RESEARCH IN AMERICAN FOODWAYS

### I. Bibliography

- \* Committee on Food Habits, National Research Council. Manual for the Study of Food Habits. N.R.C. Bulletin no. 111 (1945), Washington, D.C.: N.R.C., Committee on Food Habits, 1945.

Pelto, Pertti J. Anthropological Research: The Structure of Inquiry. New York: Harper & Row, 1970. See esp. Appendix D: "Field Guide to North American Celebrations," p. 355 - 357.

- \* Spradley, James P., and David W. McCurdy. The Cultural Experience: Ethnography in Complex Society. Chicago: Science Research Associates, Inc., 1972. See esp. Alan Schroedl, "The Dish Ran Away with the Spoon: Ethnography of Kitchen Culture," p. 177 - 189.

## II. Topics for Discussion

Discuss basic interviewing techniques and the need for accurate recording of information. Especially focus on the selection of informants and the identification of situations in which features of foodways system are made more explicit (see Pelto). Emphasize the importance of gathering as wide a characterization as possible of food events and attendant phenomena.

## III. Assignment

Turn in historical research project. Begin to formulate topic for field research project.

## UNIT 7 : DESCRIPTION OF FOOD EVENTS (Unit 6 cont.)

### I. Bibliography

Brown, Dale, et al. American Cooking series

\* Trillin, Calvin. American Fried, p. 177- 195.

### II. Topics for Discussion

Narrow focus from previous unit to descriptions of specific food events, with special attention to ethnic and regional factors. Classtime might be spent drawing up a collective checklist of shared and distinctive features of different kinds of food events, based perhaps upon the Pelto guide. Students whose interests in foodways are primarily historical might be given the opportunity to compare, through interviews with people of different ages the way a particular event has changed through the years.

### III. Assignment

Produce preliminary outline for chosen field research topic, containing description of event or events to be researched and potential questions to be asked of interviewees.

## UNIT 8: CLASSIFICATION OF FOODS AND FOOD SYSTEMS

### I. Bibliography

Berlin, Brent. "Categories of Eating in Tzeltal and Navaho," International Journal of American Linguistics, Vol. 33, no. 1 (1967), p. 1 - 6.

\* Kurath, Hans. A Word Geography of the Eastern United States. Ann Arbor, Michigan: University of Michigan Press, 1970.

> \* Lehrer, Adrienne. "Semantic Cuisine," Journal of Linguistics Vol. 5, no. 1 (1969), p. 39 - 55.

✓ Watson, J.B. "How the Hopi Classify their Food," Plateau Vol. 15, no. 4 (1943), p. 49 - 52.



## II. Topics for Discussion

Discuss patterns of regional (Kurath) and cultural (Lehrer) variation in the names of foods, and compare these patterns to those exhibited by the foods themselves. The linguistic readings are useful in demonstrating the different levels at which cultural variation can take place and at least one way to begin recording such variation. Conventional nutritional categories provide a technical counterpoint to traditional names. Names for foods and food events express cultural characteristics not specific to eating, and can be used as a way of further clarifying the informal processes of change within folk cultures.

## III. Assignment

Begin to line up informants for field research project. In addition, visit three grocery stores of different sizes or type, and describe the arrangement of food products in terms of a taxonomy of foods. Using interior design as an outline, list the kinds of foods which are grouped together and attempt to determine the reasoning behind these groupings.

## UNIT 9: ANTHROPOLOGICAL ANALYSES OF FOODWAYS: ETHNOGRAPHIC AND STRUCTURAL

### I. Bibliography

- Barthes, Roland. "Toward a Psychosociology of Contemporary Food Consumption," in Foster, Elborg and Robert, eds., European Diet from Pre-Industrial to Modern Times. New York: Harper & Row, 1975, p. 47 - 59.
- \* Bates, Marston. "Three Square Meals," in his Gluttons and Libertines. New York: Random House, 1958, p. 31 - 47.
- \* Chang, K.C., ed. Food in Chinese Culture: Anthropological and Historical Perspectives. New Haven and London: Yale University Press, 1977.
- Cussler, Margaret, and Mary L. de Givie. Twixt the Cup and the Lip: Psychological and Socio-Cultural Factors Affecting Food Habits. New York: Twayne Publishers, 1952.
- Honigman, John H. Food in a Muskeg Community: An Anthropological Report on the Attawapiskat Indians. Ottawa: Northern Coordination and Research Center, 1961.
- \* Lévi-Strauss, Claude. "The Culinary Triangle," Partisan Review, Vol. 33 (Fall, 1966), p. 586 - 595.
- The Raw and the Cooked: Introduction to the Science of Mythology, Volume I. New York: Harper & Row, 1969.

Mead, Margaret. "Dietary Patterns and Food Habits," Journal of the American Dietetic Association, Vol. 19 (1943), p. 1 - 5.

Rappaport, Roy. Pigs for the Ancestors. New Haven: Yale University Press, 1967.

\* Richards, Audrey I. Hunger and Work in a Savage Tribe: A Functional Study of Nutrition among the Southern Bantu. Glencoe, Ill.: The Free Press, 1948.

## II. Topics for Discussion

Since many of the readings for this unit deal with non-Western societies, discussions should emphasize the anthropological approach rather than the specific foodways described in the literature. Anthropological studies have placed strong emphasis upon the function of foodways as part of symbolic as well as agricultural systems. The search for the "expressive dimension" in American foodways can be equally productive.

## III. Assignment

Continue fieldwork research, and critique the theoretical position of one of the required readings for this unit. Pay particular attention to the consistency of this position and attempt to assess its usefulness in contemporary study of Western societies.

## UNIT 10: FOODWAYS AND TRADITIONAL BELIEF SYSTEMS

### I. Bibliography

#### A. Folk Belief

Frandsen, H.H. "Some Milk Superstitions," Journal of Home Economics Vol. 29 (April, 1937), p. 242 - 243.

\* Hand, Wayland D. Popular Beliefs and Superstitions from North Carolina. The Frank C. Brown Collection of North Carolina Folklore, Vols. 6-7. Durham, N.C.: Duke University Press, 1961, 1964.

\* Passin, Herbert, and J.W. Bennett. "Changing Agricultural Magic in Southern Illinois: A Systematic Analysis of Folk-Urban Transition," Social Forces Vol. 22 (1943), p. 98 - 106.

Randolph, Vance. Ozark Magic and Folklore. New York: Dover Books (repr.), 1961.

- Shifflett, Peggy A. "Folklore and Food Habits," Journal of the American Dietetic Association, Vol. 68, no. 4, (1976), p. 347 - 350.

#### B. Folk Medicine

Brendle, Thomas R., & Under, Claude W. Folk Medicine of the Pennsylvania Germans. Pennsylvania German Society, 1935 (repr. 1970).

Glyer, J. "Diet Healing: A Case Study in the Sociology of Health," Journal of Nutrition Education, Vol. 4, Fall 1972, p. 163 - 166.

\* \* Hand, Wayland D., ed. American Folk Medicine. Berkeley, CA: University of California Press, 1976.

Yoder, Don. "Folk Medicine," in Richard M. Dorson, ed., Folklore and Folklife: An Introduction. Chicago: University of Chicago Press, 1978, p. 191 - 216.

#### C. Taboo

Douglas, Mary. "The Abominations of Leviticus," Chapter 3 of Purity and Danger. New York: Praeger, 1966, p. 41 - 57.

Grivetti, L.E., and R.M. Pangborn. "Origin of Selected Old Testament Dietary Prohibitions: An Evaluative Review," Journal of the American Dietetic Association, Vol. 65, no. 6 (1974), p. 634 - 638.

Simoons, Frederick J. Eat Not this Flesh: Food Avoidances in the Old World. Madison, Wis.: University of Wisconsin Press, 1963.

## II. Topics for Discussion

Discuss the role which foodways play in formal and informal belief systems. Describe food taboos which are socially rather than religiously enforced, and examine the use of special foods in seasonal observances, including not only religious holidays but also special family occasions (homecomings, etc.).

## III. Assignment

Continue field research project and describe a situation in which social and religious "rules" of food usage are at odds with each other, including the means by which this conflict is resolved.

## UNIT 11: FOODWAYS AS SYMBOLIC STATEMENT: POPULAR AND FOLK

### I. Bibliography

- Barthes, Roland. "Ornamental Cookery," in his Mythologies, Paris: Editions du Seuil, 1957, p. 78 - 80.
- Berger, Arthur A. "Soft Drinks and Hard Icons," in Marshall Fishwick and Ray B. Browne, eds., Icons of Popular Culture. Bowling Green, Ohio: Bowling Green University Popular Press, 1970, p. 29 - 33.
- \* Douglas, Mary. "Deciphering a Meal," in Clifford Geertz, ed., Myth, Symbol, and Culture. New York: W.W. Norton Co., 1971, p. 61 - 81.

### II. Topics for Discussion

To what extent can foods serve as a symbolic "language" with which to describe a culture? Discuss the different contexts in which a specific food or food event may be interpreted as having religious, social, or even sexual meaning. Sometimes the ritual display of food, such as harvest home and similar autumnal customs makes a group statement. Examine how symbolic statements are constructed from food, by whom, and to what effect upon group members and outsiders.

### III. Assignment

Turn in research paper.

### BIOGRAPHY

Charles Camp received his B.A. in English literature from Ohio State where he studies under Francis Lee Utley. After receiving his Master's degree in English Literature and Medieval Studies at the University of Toronto, he transferred to the University of Pennsylvania's Folklore and Folklife program in 1974. Halfway into his Ph.D studies he accepted a position as regional fieldwork coordinator for the Smithsonian's Festival of American Folklife. While conducting fieldwork in North and South Dakota in 1975, Camp began to rely upon foodways research more and more heavily as an entry point into folk communities. After leaving the Smithsonian in 1976 to work as Maryland State Folklorist, Camp began work on a group of Federal Writers' Project manuscripts which developed into his dissertation. After receiving his Ph.D from Penn in 1978 Camp has been working on two film projects and a handbook of Maryland folk culture. He has also taught courses in American folklore and material culture at the University of Maryland and American University.

Bibliography - Charles Camp

- American Dietetic Association. Understanding Food Patterns in the U.S.A. Chicago: American Dietetic Association, revised edition, 1969.
- American Heritage Cookbook and Illustrated History of American Eating and Drinking. New York: American Heritage Publishing Company, 1964.
- Anderson, Jay Allen. "Scholarship on Contemporary American Folk Foodways," Ethnologica Europaea, Vol. 5 (1971).
- Barthes, Roland. "Ornamental Cookery," in his Mythologies, Paris: Editions du Seuil, 1957.
- \_\_\_\_\_. "Toward a Psychosociology of Contemporary Food Consumption," in Foster, Elborg, and Robert, eds., European Diet from Pre-Industrial to Modern Times. New York: Harper and Row, 1975.
- Bates, Marston. "Three Square Meals," in his Gluttons and Libertines. New York: Random House, 1958.
- Bennett, John. "Food and Culture in Southern Illinois," American Sociological Review, Vol. 8 (1943).
- \_\_\_\_\_. "Social Scientific Research in Human Subsistence," American Anthropologist, Vol. 48 (1946).
- Berlin, Brent. "Categories of Eating in Tzeltal and Navaho," International Journal of American Linguistics, Vol. 33, no. 1 (1967).
- Brown, Dale. American Cooking. New York: Time-Life Books, Inc. 1968.
- \_\_\_\_\_. American Cooking. New York: Time-Life Books, Inc. 1970.
- Carson, Jane. Colonial Virginia Cookery. Williamsburg, Va.: Colonial Williamsburg, Inc., 1968.
- Chang, K.C., ed. Food in Chinese Culture: Anthropological and Historical Perspectives. New Haven and London: Yale University Press, 1977.
- Committee on Food Habits, National Research Council. Manual for the Study of Food Habits. N.R.C. Bulletin no.111 (1945). and Bulletin no.108 (1943).
- Cummings, Richard Osborn. The American and His Food: A History of Food Habits in the United States. Chicago: University of Chicago Press, 1940.
- Cussler, Margaret. "Outline of Studies on Food Habits in the Rural Southeast," in Committee on Food Habits, The Problem of Changing Food Habits (N.R.C. Bulletin no.108), (1943).
- Cussler, Margaret, and Mary L. de Give. Twixt the Cup and the Lip: Psychological and Socio-Cultural Factors Affecting Food Habits. New York: Twayne Publishers, 1952.

- Douglas, Mary. "Deciphering a Meal," in Clifford Geertz, ed., Myth, Symbol, and Culture. New York: W.W. Norton Co., 1971.
- \_\_\_\_\_. "The Abominations of Leviticus," Chapter 3 of Purity and Danger. New York: Praeger, 1966.
- Feibleman, Peter S. American Cooking: Creole and Acadian. New York: Time-Life Books, Inc., 1971.
- Forster, Elborg, and Robert, eds. European Diet from Pre-Industrial to Modern Times. New York: Harper and Row, 1975.
- Frandsen, H.H. "Some Milk Superstitions," Journal of Home Economics Vol. 29, (1937).
- Gizelis, Gregory. "Foodways Acculturation in the Greek Community of Philadelphia," Pennsylvania Folklife, (Winter, 1970-71).
- Glyer, J. "Diet Healing: A Case Study in the Sociology of Health," Journal of Nutrition Education, Fall, 1972.
- Grivetti, L.E., and R.M. Pangborn. "Origin of Selected Old Testament Dietary Prohibitions: An Evaluative Review," Journal of the American Dietetic Association, Vol. 65, no.6. (1974).
- Hand, Wayland D., ed. American Folk Medicine. Berkeley, CA: University of California Press, 1976.
- \_\_\_\_\_. Popular Beliefs and Superstitions from North Carolina. Durham, N.C.: Duke University Press, 1961.
- Hilliard, Sam B. "Pork in the Ante-Bellum South: The Geography of Self-Sufficiency, Annals of the Association of Canadian and of American Geographers, Vol 59 (1969).
- Hindle, Brooke. Technology in Early America. Chapel Hill, N.C.: University of North Carolina Press, 1966.
- Hostetler, John. "Folk and Scientific Medicine in Amish Society," Human Organization, Vol. 22 (1963).
- Joffe, Natalie F. "Food Habits of Selected Subcultures in the United States," in Committee on Food Habits, The Problem of Changing Food Habits (N.R.C. Bulletin no 108) 1943.
- Kurath, Hans. A Word Geography of the Eastern United States. Ann Arbor, Michigan: University of Michigan Press, 1970.
- Lehrer, Adrienne. "Semantic Cuisine," Journal of Linguistics Vol. 5 no. 1 (1969).
- Leonard, Jonathon Norton. American Cooking: New England. New York: Time-Life Books, Inc., 1970.
- \_\_\_\_\_. American Cooking: The Great West. New York: Time-Life, Inc., 1971.
- Levi-Strauss, Claude. "The Culinary Triangle," Partisan Review, Vol. 33 (Fall, 1966).
- \_\_\_\_\_. The Raw and the Cooked: Introduction to the Science of Mythology, Vol 1. New York: Harper and Row, 1969.
- Lincoln, Waldo. American Cookery Books 1742-1860. Worcester, Mass: American Antiquarian Society, 1954.
- Lowenberg, M.E., et al. Food and Man. New York: John Wiley and Sons, Inc., 1968.

- Marzowska, M. and L. McLaughlin. "Polish Food Habits," Journal of the American Dietetic Association, Vol. 4 (1928).
- Mead, Margaret. "Dietary Patterns and Food Habits," Journal of the American Dietary Association, Vol. 19 (1943).
- \_\_\_\_\_. Food Habits Research: Problems of the 1960's. Washington D.C.: National Council Publication no. 1225, 1964.
- Passin, Herbert. "Culture Change in Southern Illinois," Rural Sociology, Vol. 7 (1942).
- Passin, Herbert, and J.W. Bennett. "Changing Agricultural Magic in Southern Illinois: A Systematic Analysis of Folk-Urban Transition," Social Forces Vol. 22 (1943).
- Pelto, Pertti J. Anthropological Research: The Structure of Inquiry. New York: Harper and Row, 1970.
- Pyke, Mangus. Food and Society. London: John Murray, 1968.
- Rappaport, Roy. Pigs for the Ancestors. New Haven: Yale University Press, 1967.
- Richards, Audrey I. Hunger and Work in a Savage Tribe: A Functional Study of Nutrition among the Southern Bantu. Glencoe, Ill.: The Free Press, 1948.
- Simoons, Frederick J. Eat Not This Flesh: Food Avoidances in the Old World. Madison, Wis.: University of Wisconsin Press, 1963.
- Sokolov, Raymond. "The Melting Pot," Natural History, Vol 84, no 1 (Jan. 1975).
- \_\_\_\_\_. "A Plant of Ill Repute," Natural History, Vol. 84, no. 2, (Feb., 1975).
- Spradley, James P., and David W. McCurdy. The Cultural Experience: Ethnography in Complex Society. Chicago: Science Research Associates, Inc., 1972.
- Trillin, Calvin. American Fried. New York: Penguin Books, 1975.
- Valassi, K.V. "Food Habits of Gree-Americans," Journal of Clinical Nutrition, Vol. 11 (1962).
- Vance, Rupert B. "Climate, Diet, and Human Adequacy," in his Human Geography of the South. Chapel Hill N.C.: University of North Carolina Press, 1932.
- Virginia Federal Writers' Project. The Negro in Virginia. New York: Hastings House, 1940.
- Walter, Eugene. American Cooking: Southern Style. New York: Time-Life Books, Inc., 1971.
- Watson, J.B. "How the Hopi Classify their Food," Plateau, Vol. 15, no. 4 (1943).
- Wilson, Jose. American Cooking: The Eastern Heartland. New York: Time-Life Books, Inc., 1971.
- Yoder, Don. "Folk Cookery," and "Folk Medicine," in Richard M. Dorson, ed. Folklore and Folklife: An Introduction. Chicago: University of Chicago Press, 1972.
- \_\_\_\_\_. Pennsylvania Folklife, Vol. 12 (Fall, 1961), (Spring, 1961), Vol. 13 (Winter, 1962-1963), (Spring, 1970).



# Teresa Graedon

Department of Anthropology, Duke University

## COURSE STATEMENT

The course "Perspectives on Food and Hunger" is a project of the Duke University Committee on Hunger, and is designed as an introduction to issues involved in the creation, maintenance and alternatives for alleviation of malnutrition in the world. As such, it is a broad survey course which draws for lecturers upon a pool of individuals with expertise ranging from agricultural economics to ethics from the University itself and the wider community. So that the largest possible number of undergraduates may be exposed to this important subject, the course may be taken for either half credit (One weekly lecture and a brief paper) or full credit (the weekly lecture, a weekly discussion, and a more significant written assignment). It has been a popular course, with over 100 students enrolled in it each year.

Revision of the syllabus from 1978 to 1979 has placed a greater focus on hunger locally and in the United States. In addition, students in the full course have the opportunity of participating as supervised volunteers in selected local community action programs. If they elect to do so, that participation and supervision take the place of a weekly discussion section meeting for them.

## BIOGRAPHIES

The course syllabus was developed by Sheridan Johns (BA Amherst, Ph.D Harvard), a political scientist; Teresa Graedon (B.A. Bryn Mawr, Ph.D Michigan), an anthropologist; and Kathryn Oppenheim (BSN Duke), then an undergraduate nursing student, with the assistance of graduate and undergraduate students Richard Johnson and Nanette Sterman. Dr. Johns and Dr. Graedon taught the course in 1978 with Mr. Johnson and Dr. Creighton Lacy (Dean, Divinity School) assisting them in teaching the discussion section. In 1979 the course was coordinated by Dr. Bruce Bolnick (Economics) and Dr. Lacy, again with the able assistance of Mr. Johnson.

## PERSPECTIVES ON FOOD AND HUNGER

### INTRODUCTION

The major concern of both courses is to offer students the opportunity to become acquainted with issues of hunger and food from the perspectives of natural sciences, social sciences, and the humanities. At the same time students will be invited to consider food questions as matters for individual engagement, national action, and international concern. To that end lectures and readings will address not only the analysis of food and hunger problems within particular disciplines, but will also present them as matters relating to individual life styles, national policy issues, and global problems. Through exposure to a diversity of analytical approaches for sharply contrasting "solutions" to food and hunger questions, members of the courses should acquire essential analytical tools and further appreciation of issues in these areas which are likely to arise in the next decades.

Students of both courses will be expected to attend the weekly meetings of the class. The meetings will consist of presentations by members of the Duke faculty and outside speakers. There will be an opportunity for questions at the end of each session.

Students in the full course will also be expected to attend discussion sections to be organized for groups of approximately 15 students.

We encourage all students to complete required readings before lectures and discussion meetings in order to make the courses a worthwhile experience for all involved. Specific requirements for both the half course and the full course are to be found at the end of this syllabus.

### REQUIRED TEXTS:

- Berg, Alan. The Nutrition Factor. Washington: The Brookings Institution, 1973.
- Brown, Lester R., and Gail W. Finsterbusch. Man and His Environment: Food. New York: Harper and Row, 1972.
- Eckholm, Erik, and Frank Record. "The Two Faces of Malnutrition." Worldwatch Paper 9 (December 1976).
- "Food and Agriculture." Scientific American 235 (September 1976).
- Lappe, Frances Moore, and Joseph Collins. Food First. Boston: Houghton Mifflin Company, 1977.
- Lerza, Catherine, and Michael Jacobson, eds. Food for People, Not for Profit. New York: Ballantine Books, 1975.
- Simon, Arthur. Bread for the World. New York: Paulist Press, 1975.

Bibliography - Teresa Graedon

- Berg, Alan. "Fear of Trying," Journal of American Dietetic Association 68 (April, 1976).
- \_\_\_\_\_. The Nutrition Factor. Washington: The Brookings Institute, 1973.
- Brown, Lester. "The World Food Prospect," Long Range Planning, 10 (Feb., 1977).
- Brown, Lester R., and Gail W. Finsterbusch. Man and his Environment: Food. New York: Harper and Row, 1972.
- DeMarco, Susan, and Susan Sechler, "The Marketplace of Hunger," Ramparts (July, 1975).
- Elkholm, Erik, and Frank Record. "The Two Faces of Malnutrition," Worldwatch Paper 9 (Dec. 1976)
- "Food and Agriculture." Scientific American 235 (Sept. 1976).
- Hall, Charles. "Mobilizing the Multinational," Conference Board Record (July, 1975).
- Islam, Nasir. "New Ethics and Politics of World Food Scarcity," International Perspectives (Nov/Dec 1976)
- Knodel, John. "Breast Feeding and Population Growth," Science 198 (December, 1977).
- Lappe, Frances Moore, and Joseph Collins. Food First. Boston: Houghton Mifflin Company, 1977.
- Lerza, Catherine, and Micheal Jacobson, eds. Food for People, Not For Profit. New York: Ballentine Books, 1975.
- Lofchie, Michael F., "Political and Economic Origins of African Hunger," The Journal of Modern African Studies 13 (April, 1975).
- Pimental, David, et al., "Food Production and the Energy Crisis," Science 182 (Oct. 1973).
- Ross, Douglas. "Toward A Better-Nourished World -- Ours or Theirs," Conference Board Record (July, 1975).
- Rothschild, Emma. "Food Politics," Foreign Affairs 54 (Winter, 1976).
- Simon, Arthur. Bread for the World. New York: Paulist Press, 1975.
- U.S. Central Intelligence Agency, Office of Political Research. Potential Implications of Trends in World Population, Food Production and Climate, 1974

COURSE REQUIREMENTS FOR HALF COURSE:

1. Attendance at a minimum of eleven of the fourteen Tuesday lectures. Attendance will be taken each week.
2. One analytical essay of 5-8 typewritten pages upon a problem to be drawn from the lectures and readings. A list of possible topics will be presented before spring vacation. The paper will be due April 18.
3. There will be neither an hour exam nor a final exam.
4. Grades will be assigned upon a P/F basis only, depending upon class attendance and paper grade.

COURSE REQUIREMENTS FOR FULL COURSE:

1. Attendance at a minimum of eleven of the fourteen Tuesday lectures. Attendance will be taken each week.
2. Attendance requirements for each discussion group will be announced by the instructor.
3. Students must opt for one of the following:
  - (a) a research paper of 20-25 typewritten pages upon a topic to be agreed upon by the student and the instructor. The research may be conducted from written sources or may be based upon a community project related to issues of food and hunger.
  - (b) three shorter analytical essays of 5-8 typewritten pages to be chosen from a list of topics presented by the instructors of each discussion group.
4. There will be neither an hour exam nor a final exam.

## Perspectives on Food and Hunger

### Reading Assignments and Suggested Discussion Topics

#### January 17 What Is Food?

##### Readings:

"The Requirements of Human Nutrition" in Scientific American, pp. 50-64

"The Cycles of Plant and Animal Nutrition" in Scientific American, pp. 74-88

Man and His Environment, pp. 30-42

##### Suggested Discussion Topics

What implications does the position of the human population on its food chain have for human nutrition?

How would you evaluate your own diet for necessary nutrients?

#### January 24 Food in Other Cultures

##### Readings:

Diet for a Small Planet, pp. 3-26, 31-43, 61-76

Food First, pp. 75-90

Nutrition Factor, pp. 180-194

Weiss, Brian, "Selling a Subsistence System" (ON RESERVE)

##### Suggested Discussion Topics

Food habits are thought by some experts to be extremely difficult to change. Do your eating patterns resemble those of your grandparents? If not, in what ways do they differ and why do you think they have changed?

Are cultural factors less or more important than economic, political and nutritional factors in determining what people eat?

How do North American dietary patterns affect food consumption in other places?

#### January 31 Hunger in America?

##### Readings:

Food for People, pp. 88-93, 109-114, 122-129, 165-175, 289-319, 337-347

Bread for the World, pp. 82-89

"The Agriculture of the US" in Scientific American, pp. 107-127

##### Suggested Discussion Topics

Why is anyone hungry and malnourished in this affluent and agriculturally productive country?

What could be done to alleviate hunger in America?

February 7     Is There A World Food Crisis?

Readings:

- Brown, Lester, "The World Food Prospect," Long Range Planning 10 (February, 1977), pp. 23-34 (ON RESERVE)  
DeMarco, Susan, and Susan Sechler, "The Marketplace of Hunger," Ramparts (July, 1975), 35-37, 51-53 (ON RESERVE)  
"The Dimensions of Human Hunger" in Scientific American, pp. 40-49  
"Food and Agriculture" in Scientific American, pp. 31-39  
Bread for the World, pp. 3-26  
Food First, pp. 3-71, 93-178  
Food for People, pp. 259-270

Suggested Discussion Topics

- Do you believe that there is a world food crisis? If so, why?  
If not, why not?  
Is the "Green Revolution" the answer to the food problems of the Third World?

February 14     A Nutritionist's Perspective on Hunger

Readings:

- Berg, Alan, "Fear of Trying," Journal of the American Dietetic Association 68 (April, 1976), pp. 311-316 (ON RESERVE)  
Worldwatch Paper, pp. 7-27, 49-56  
Nutrition Factor, pp. 1-30, 50-106  
"Nutrition and Underdevelopment," pp. 2-13 (ON RESERVE)

Suggested Discussion Topics

- How does the nutritionist's view of malnutrition differ from the popular view of hunger?  
What seems to be the most promising remedies to reduce both malnutrition and undernutrition?

February 21     Demography and Food Resources

Readings:

- Bread for the World, pp. 27-36  
Nutrition Factor, pp. 31-39  
U. S. Central Intelligence Agency, Office of Political Research. Potential Implications of Trends in World Population, Food Production and Climate, 1974 (ON RESERVE)  
Knodel, John, "Breast Feeding and Population Growth," Science 198 (December 16, 1977), pp. 1111-1115 (ON RESERVE)

Suggested Discussion Topics

- What are the relationships between population and food supply?  
Will population control solve the problem of world hunger?

February 28     An Environmentalist Considers Hunger

Readings:

Man and His Environment, pp. 69-124, 151-182

Bread for the World, 47-57

Pimentel, David, et al., "Food Production and the Energy Crisis,"

Science 182 (October 5, 1973), pp. 443-449 (ON RESERVE)

Suggested Discussion Topics

What can the environmentalist contribute to the effort to eliminate world hunger?

What conflicts, if any, exist between the needs of world food production and the need for ecologically sound environmental management?

March 7     Spring Vacation

March 14     The Contribution of Agribusiness

Readings:

Food for People, pp. 248-259

Bread for the World, pp. 58-69, 102-109

Nutrition Factor, pp. 143-159

Food First, pp. 251-319

"Agricultural Systems" in Scientific American, pp. 99-105

"The Development of Agriculture in Developing Countries,"

in Scientific American, pp. 197-205

Ross, Douglas, "Toward A Better-Nourished World--Ours and Theirs,"

Conference Board Record (July, 1975), pp. 31-34

Hall, Charles, "Mobilizing the Multinational," Conference Board

Record (July, 1975), pp. 47-48.

Suggested Discussion Topics

What type of agricultural development would seem most appropriate to increase the supply of food available to the world's population?

What advantages or disadvantages do you see in private foreign investment as a means to promote agricultural production for the amelioration of hunger?

March 21     The Role of Government and Voluntary Organizations

Readings

Food First, pp. 323-370

Nutrition Factor, pp. 160-179, 195-210

Bread for the World, pp. 90-102, 110-121

Food for People, pp. 273-285, 351-372

Rothschild, Emma, "Food Politics," Foreign Affairs 54 (Winter,

1976), pp. 285-307 (ON RESERVE)



(March 21 continued)

Suggested Discussion Topics

What particular government agencies or programs seem most crucial in determining the government's international food policies?  
How could American food policies be made more effective?  
What can volunteer agencies do that government agencies cannot?

March 28

The Global Economy of Food

Readings:

Food First, pp. 182-209  
Bread for the World, pp. 39-46  
Nutrition Factor, pp. 40-49  
Man and His Environment, pp. 1-18  
Lofchie, Michael F., "Political and Economic Origins of African Hunger," The Journal of Modern African Studies 13 (April, 1975), pp. 551-567 (ON RESERVE)

Suggested Discussion Topics

Is there a global economy of food?  
How is further economic development in the world likely to affect hunger and nutrition, particularly in the currently neediest regions?

April 4

The Moral/Ethical Context

Readings:

Singer, Peter. "Famine, Affluence, and Morality," Philosophy and Public Affairs I (Spring, 1972), pp. 229-243 (ON RESERVE)  
Islam, Nasir, "New Ethics and Politics of World Food Scarcity," International Perspectives (Nov/Dec 1976), pp. 18-22 (ON RESERVE)

Suggested Discussion Topics

To what extent do you think that moral concerns are taken into account in decisions concerning food?  
Or do economic, political and other "realistic" approaches always win out?

April 11

Is the Answer a Change in Individual Life Style?

Readings:

Bread for the World, pp. 133-146  
Diet for a Small Planet, pp. 43-58  
Food First, pp. 401-412

April 18

CONCLUSION

## SUBSCRIPTION POLICY

Due to the increased cost of publication and in order to simplify record keeping, we are revising our subscription rates and policy. Subscriptions will cover one publication year.

Thus: \$3.00 entitles you to Volume I (1977-1978), issues 1, 2, 3  
\$5.00 entitles you to Volume II (1978-1979), issues 1, 2, 3  
Foreign subscriptions will cost an additional \$3.00 for postage or \$2.00 at printed meter rates.

Please renew your subscription at this time. All subscriptions begin with the first issue of each year. Back issues are available. Concurrently we hope you will keep us informed about your own work. If you have not filled out a questionnaire, please do so. Each year we will update the Directory to include new and more complete information on subscribers.

Bibliographic Supplement: The size and cost of printing the bibliographic supplement unfortunately precludes our offering it as part of the regular issue. However, it will be available to subscribers at a reduced cost of \$2.50 and to non-subscribers at a cost of \$4.00.

---

The Editors: Janet Theophano; Leslie Prosterman;

\*\*\*\*\*

All subscription requests, information, articles should be addressed to:

The Digest  
c/o Department of Folklore and Folklife  
Logan Hall 415 CN  
University of Pennsylvania  
Philadelphia, Pennsylvania 19104

---

The Digest is published under the auspices of the American Folklore Society. All views expressed are those of the authors.

---

Copyright © 1978 by the American Folklore Society