

UNIVERSITY OF NAIROBI
INSTITUTE OF ANTHROPOLOGY, GENDER AND AFRICAN STUDIES
BACHELOR OF ARTS IN ANTHROPOLOGY

COURSE OUTLINE

NUTRITIONAL ANTHROPOLOGY

LECTURER: Dr. S. Bukachi

Course description

This course is an introduction to the study of nutrition from an anthropological perspective. An anthropological perspective includes both the biological and cultural aspects of nutrition - how nutrition can affect human behavior and culture and conversely, how culture and human behavior can affect nutrition. Additionally, nutritional anthropology includes the study of cross-cultural variation in diet, nutritional status and subsistence systems as well as variation in these factors over the evolutionary course of human existence, from prehistoric and historic to modern times.

ASSESSMENT: Will comprise of CATs (Participation in tutorials and class attendance) (30%) and a final written examination (70%).

Course Content

1. Definition, subject matter and scope of nutritional anthropology
 - ❖ Concepts in nutritional anthropology
 - ❖ Theoretical concepts to nutritional anthropology
 - ❖ Food and food way
2. Social significance of food
 - ❖ Food and other aspects of culture
 - ❖ Food and identity
 - ❖ Food and body image and health
3. Nutrition in different cultural systems
 - ❖ Production, storage and processing
 - ❖ Food proscriptions and prescriptions
4. Nutrition and disease
 - ❖ Malnutrition
 - ❖ Chronic diseases and nutrition
5. Eating patterns/meal formats
 - ❖ Food and time/seasons
6. Food security, Food Aid and culture

Reading List (though not exhaustive)

Byrant, C.A. 1985. *The cultural feast*. New York: West Publishing Company.

Caplan, C. 1997. *Food health and identity*. London: Routledge.

Dalhberg, F. 1981. *Woman the gatherer*. London: New Haven.

- Feder K.L. and M.A. Park (1997). *Human antiquity: An introduction to physical anthropology and Archeology* (3rd Ed). California: Mayfield Publishing Company
- Fjellstrom C. (2004). Mealtime and meat patterns from a cultural perspective. *Scandinavian Journal of Nutrition*, 48(4):161-164
- Ingold, T. 1986. *The appropriation of nature: Essays on human ecology and social relations*. Manchester: Manchester University Press.
- Pelto, G.H. et al. (eds) 1989. *Research methods on nutritional anthropology*. Tokyo: United Nations University.
- Scrim Shaw, S.C.M. and E. Hurtado 1987. *Rapid assessment procedures for nutritional and primary health care*. Los Angeles: Latin American Centre Publications.
- Helman C. G. 1994 *Culture, Health and illness*. London: Arnold , 3rd edition
- Jurmain R. L. Kilogore, W. Trevathan, H. Nelson (2003). *Introduction to physical Anthropology* (9th Ed). Belmont, Wardsworth/Thomson Learning.
- Stein P, and B.M. Rowe (1993). *Physical Anthropology*(5th Ed) New York: McGraw-Hill.
- Weiss M.L. and A.E. Mann (1985). *Human Biology and behaviour: An Anthropological perspective*(4th Ed). Boston: Little, Brown and company.
- Messer E. (1984). Anthropological Perspectives on diet. *Annual Review of Anthropology*. 13:205-49
- Grivetti L.E. (1978). Culture, diet and nutrition: selected themes and topics. *Bioscience*,28(3):171-177
- Mintz S.W. & Du Bois C.M. (2002). The Anthropology of food and eating. *Annual Review of Anthropology*, 31:99-119
- Murcott A. (1981). The cultural significance of food and eating. *Symposium on food habits and culture in the UK*. Proceedings of the Nutrition Society held on 6th November, Aberdeen, UK
- Wilson C.S. (2002). Reasons for eating: personal experiences in nutrition and anthropology. *Appetite*, 38:63-67

Additional literature

Food and culture: a reader/ Ed. By C. Counihan & P. Van Esterik. – 2nd Ed. **Ias GT 2850 .F64 2008**

The Anthropology of food and the body: gender, meaning and power/C.M. Counihan **Ias GT 2850 .C68**

The Cultural politics of food and eating: a reader/ Ed. By J.L. Watson & M.L. Caldwell **Ias GT 2850 .C853**

Greene C.P. & Cramer JM. *Beyond sustenance: Food as communication /Communication as food*