

Emory University
HLTH 385/ANT 385 Special Topics: Human Health
Food, Health and Society
TTh 10:00-11:15 a.m. / Candler Library Rm. 114

Course Description:

Human health is intrinsically linked to dietary practices. Plants, in particular, may be used both as medicine and food, and it can often be difficult to draw a line between the two groups: food may be used as medicine and vice versa. The lens of ethnopharmacology can be used to gain an integrated biocultural perspective on foods, encompassing not only the substantive (or physical) qualities, but also the intangible (symbolic). In this course, we will explore the ways that human groups identify, collect, create, and transform foods, how they shape those into dietary behaviors, and how this influences human health. The pharmacological properties of foods will be examined and we will use case studies of dietary complexes, such as the Mediterranean diet, in order to better understand the food-medicine continuum as a determinant of health and well-being. Lastly, we will examine trends in the industrialization of food, and the resulting health impact of modern food practices.

Instructor: Cassandra L. Quave, Ph.D.

Required Texts:

1. Johns, T. 1996. *Chemical Ecology: The Origins of Human Diet and Medicine*. University of Arizona Press. ISBN-13: 978-0816516872
2. Etkin, N. 2006. *Edible Medicines: An Ethnopharmacology of Food*. University of Arizona Press. ISBN-13: 978-0816520930
3. Pieroni, A. and L. Price. (Eds.) 2006. *Eating and Healing: Traditional Food as Medicine*. CRC Press. ISBN-13: 978-1560229834
4. Moss, M. 2013. *Salt Sugar Fat: How the Food Giants Hooked Us*. Random House. ISBN-13: 978-1400069804

Course Requirements:

Attendance/Participation: As a student in this course, it is expected that you will actively participate in each class and complete assignments on time. Assignments are due no later than the assigned due date. Exceptions to this policy will require explicit permission of the instructor *in writing*.

Contact Information

Office: Center for the Study of Human Health, Candler Library, Rm. 107E
Office hours: 1-3 p.m. on Tuesdays or by appointment
E-mail: cquave@emory.edu

Other Resources: [TeachEthnobotany YouTube Channel](#) ; [Dr. Quave's website](#)

Course Requirements:

1. Assignments are due no later than the assigned due date. If you have technical or personal computer difficulties, you are expected to use the Emory computer work stations or seek Emory computer technology assistance. **Late assignments will NOT be accepted, and you will receive a zero for any missing or late work.** Exceptions to this policy will require explicit permission of the instructor *in writing*. If you are unable to submit your work through blackboard you must turn in a hard copy to Dr. Quave *before the assignment deadline*. Do not submit any work to Dr. Quave via email unless permission to do so is specifically granted *in writing*.

2. Submission of corrupt files for written assignments will be considered as a missing assignment, and students will receive a zero for that assignment. Check your files after upload into blackboard to ensure that they have properly loaded and can be opened.
3. Appropriate documentation for class absences or late assignments due to medical emergencies must be turned in to Dr. Quave within 48 hours of the absence or missed assignment.

Course Procedures:

Dropping a Course: Emory students may withdraw from one or more courses until the Friday at 4pm of the sixth full week of class of the semester after the drop-add period providing that the student continues to carry a load of 12 credit hours or is in his/her final semester of residence as a graduating senior. Please consult your advisor or the Office for Undergraduate Education

Disability: Emory University is committed to ensuring that all University goods, services, facilities, and programs are meaningfully accessible to eligible persons with a disability in accordance with the Americans with Disabilities Act of 1990, Section 504 of the Rehabilitation Act 1973, and other pertinent federal, state, and local laws. The Office of Disability Services (ODS) is the central clearinghouse that processes and facilitates all accommodation requests from qualified students who have completed the registration process in its entirety. Students are responsible for initiating the accommodation request process by self-disclosing their disability and/or chronic medical condition directly to ODS. More detailed information is available on the website at www.ods.emory.edu, or make requests directly to the Office of Disability Services, Emory University, 201 Dowman Drive, University Administration Building, Suite 110, Atlanta, GA 30322, 404.727.6016 (v) or 404.712.2049 (TDD).

Academic Honesty Policy: For more than half a century, academic integrity has been maintained at Emory through the student-initiated and student-regulated Honor Code. The responsibility for maintaining a standard of unimpeachable honor in all academic work falls upon every individual who is a part of Emory University. Every student who chooses to attend Emory College agrees, as a condition of attendance, to abide by all provisions of the Honor Code as long as he or she remains a student in the college. By continued attendance in Emory College, students reaffirm their pledge to adhere to and uphold the provisions of the Honor Code. The Honor Council, a body of at least ten annually appointed students, has responsibility for investigating and adjudicating all alleged violations of the Honor Code. Students found to have violated the Honor Code are subject to verbal reprimand, written reprimand, F in the course in question, suspension, dismissal, or a combination of these and other sanctions. Copies of the Honor Code are distributed and explained to new students and are available in the Emory College office, 218 White Hall, and online at http://www.college.emory.edu/current/standards/honor_code.html.

In this class, the Emory University honor code is in place and you are explicitly responsible for taking care to present work that you claim as your own: there is a *no tolerance policy* in effect for *plagiarism* from any source, inclusive of internet sites, and the written and spoken work of others. If you do not understand what plagiarism is, please read the honor code carefully and seek assistance from the instructor.

Course Expectations:

Students in this course are expected to be active learners and participants, requiring all students to take an active role in their own learning and to share the learning process with the class. Evidence of active learning includes:

- ◆ *Attending all class meetings*, which is critical to promoting a learning community within the class.
- ◆ *Reading all assigned materials* and making note of questions, areas of interest, and connections you find to other readings.
- ◆ *Active participation*, allowing each student to test his or her own assumptions as well as expand the worldview of others in the class.

Bonus Opportunities

Students will be given a variety of different opportunities to earn bonus points, with a maximum value of 15 points that can be earned. In addition to the posted bonus activities, students may suggest additional activities taking place in the Atlanta area for inclusion in the bonus opportunity list. Activities must be suggested to Dr. Quave at least a week before the event so that Dr. Quave can make the rest of the class aware of the opportunity. In all cases, students must e-mail Dr. Quave a 1 page reflection piece on their experience. See the Bonus Folder on the course blackboard site.

Course Grading Policy

Your grade is calculated as the sum of total points earned divided by the total points possible.

ASSIGNMENTS

	Grading Scale	
Attendance (1 point per class)	≥ 94% A	76-79% C+
Short Class & Homework Assignments (5 points each)	90-93% A-	73-75% C
Volunteer activity & reflection (10 points)	86-89% B+	70-72 C-
Food Paper (100 points)	83-85% B	60-69% D
YouTube Presentation (40 points)	80-82% B-	≤59% F
Midterm Exam (100 points)		
Final Exam (100 points)		

Blackboard and Graded Assignments

- You are responsible for checking the course blackboard site on a regular basis. All of your reading assignments, quizzes, discussion topics, lecture slides, and class assignments are available on the course BB site. Important information and announcements will also be posted in BB.
- With the exception of your exams, all assignments and assessments will be submitted through BB. Be sure to check the list of tasks and reading assignments for each module to assure that you have completed all assignments.
- All homework assignments (typically quiz or discussion post) are due by midnight on the Sunday following the class.
- All assigned reading should be completed before coming to class in order to participate in class discussions.

Syllabus: Course Schedule

Date	Topic
Introduction	
August 29th	The meaning of food: what determines what (or who) is edible?
Biocultural Evolution of the Human Diet	
September 3rd	The plants around us: The role of chemical ecology in our food choices
September 5th	<i>Guest Lecture by Amanda Mummert:</i> Health implications of the agricultural revolution
September 10th	Biological adaptations to dietary toxins
September 12th	Technological adaptations to dietary toxins
September 17th	Influence of chemical ecology on human agriculture
September 19th	Food behavior in relation to plant chemistry
September 24th	Allelochemicals, health and the human diet
Food as Medicine	
September 26th	Food in the history of biomedicine
October 1st	The pharmacology of spices
October 3rd	Dietary antioxidants: what are they and why do we need them?
October 8th	Food and lifespan implications
October 10th	The food-medicine continuum
October 15th	<i>No class – Fall Break</i>
October 17th	Health impact of noncultigens in the diet
October 22nd	Midterm Exam
October 24th	Functional foods and CAM
October 29th	Fermented foods and beverages
Dietary Complexes, Cuisines and Culture	
October 31st	<i>Guest Lecture by Dr. Cedric Baker:</i> Thai traditional foods and medicine
November 5th	Case studies of diet and culture I
November 7th	Case studies of diet and culture II
November 12th	Case studies of diet and culture III
November 14th	The industrialization of food
November 19th	Seeking bliss: Salt
November 21st	Seeking bliss: Fat
November 26th	Seeking bliss: Sugar
November 28th	<i>No class – Thanksgiving break</i>
December 3rd	Food and the life cycle – transitions marked with food
December 5th	<i>Guest Lecture by Bilal Sarwari:</i> The slow food movement
December 10th	Social plants in the diet
December 16th	Final Exam in Candler Library 114 from 3:00-5:30 p.m.

* Instructor reserves the right to change the order or topic of lectures described in this syllabus.

Office for Undergraduate Education – Information for Syllabus – Fall 2013

- The Office for Undergraduate Education (OUE) central office is located in White Hall 300
- Please visit or call 404.727.6069 with questions about academic affairs, concerns or policies.
- All Emory College of Arts and Sciences policies may be found in the College Catalog:
<http://college.emory.edu/home/academic/catalog/index.html>
- For a full list of Religious Holidays can be found here:
<http://www.religiouslife.emory.edu/pdf/Religious%20Holidays%202013-14.pdf>

Important Fall 2013 Dates

- August 28: First day of classes
- September 4: Add/Drop/Swap ends 11:59pm
- September 11: Last day to change S/U or Grading option
- October 14-15: Fall Break
- October 18: Last day for withdrawal without penalty (all students)
- November 15: Last day for withdrawal without penalty (1st year, Transfer, Oxford ONLY)
- November 28-29: Thanksgiving Holiday Break
- December 10: Last day of classes
- December 11: Reading Day(s)
- December 12-18: Final Exam Period

Academic Advising and Class Deans

If you have any academic concerns or questions about Emory College of Arts and Sciences policies, you should first meet with an OUE academic adviser. If an academic adviser is unavailable to meet with you, you may meet with an OUE dean during open hours.

- OUE Academic Adviser appointments: Visit White Hall 300 or call 404.727.6069
- Deans' Open Hours: <http://college.emory.edu/home/administration/office/undergraduate/hours.html>

Academic Support

There are a range of resources available to Emory undergraduates designed to enrich each student's educational experience.

- Visit <http://college.emory.edu/advising> for a list of support programs and appointment directions

Access and Disability Resources

Students with medical/health conditions that might impact academic success should visit Access, Disability Services and Resources (ADSR formerly the Office of Disability Services, ODS) to determine eligibility for appropriate accommodations. Students who receive accommodations must present the Accommodation Letter from ADSR to your professor at the beginning of the semester, or when the letter is received.

Attendance Policies (Absences and Absences from Examinations)

- Absences: Although students incur no administrative penalties for a reasonable number of absences from class or laboratory, they should understand that they are responsible for the academic consequences of absence and that instructors may set specific policies about absence for individual courses.
- Absences from Examinations: A student who fails to take any required midterm or final examination at the scheduled time may not make up the examination without written permission from a dean in the Office for Undergraduate Education. Permission will be granted only for illness or other compelling reasons, such as participation in scheduled events off-campus as an official representative of the University. A student who takes any part of a final examination ordinarily will not be allowed to defer or retake that final. Deferred examinations must be taken during the student's next semester of residence by the last date for deferred examinations in the academic calendar or within twelve months if the student does not re-enroll in the college. Failure to take a deferred examination by the appropriate deadline will result automatically in the grade IF or IU.

Honor Code

Upon every individual who is a part of Emory University falls the responsibility for maintaining in the life of Emory a standard of unimpeachable honor in all academic work. The Honor Code of Emory College is based on the fundamental assumption that every loyal person of the University not only will conduct his or her own life according to the dictates of the highest honor, but will also refuse to tolerate in others action which would sully the good name of the institution. Academic misconduct is an offense generally defined as any action or inaction which is offensive to the integrity and honesty of the members of the academic community.

- The Honor Code, a list of offenses and the Honor Council process may be found;
http://college.emory.edu/home/academic/policy/honor_code.html