From succotash to scrapple, collard greens to Coca-Cola, the United States has had a distinct and varied food culture throughout its history. This course will examine the evolution of American foodways, exploring themes including regional food, immigration, industrialization and agriculture, advertising, technology, and home cooking. We will trace changes in the U.S. diet and the cultural, political and social implications of what Americans ate.

The following books are available for purchase at the bookstore:

Judith Carney, *Black Rice: The African Origins of Rice Cultivation in the Americas*
Jane Ziegelman, *97 Orchard: An Edible History of Five Immigrant Families in One New York City Tenement*

There will be other articles assigned that will be available through the library or UMLearn.

**Evaluation for the course will include:**

- Article analysis 1 (750-1000 words, 3-4 pages) Due Monday June 11 15%
- Article analysis 2 (750-1000 words, 3-4 pages) Due Monday June 18 15%
- Historical Recipe analysis (1000-1500 words, 4-6 pages) Due Tuesday June 26 20%
- Class participation 20%
- Final exam: Friday June 29 9:00-12:00 30%
# Course Schedule

1) **Monday June 4**  
   **Introduction & Indigenous Foodways, European Encounters**
   
   Reading: Intro, Ch. 1 of Carney, *Black Rice* (pp. 1-30)  
   First assignment sheet handed out

2) **Tuesday June 5**  
   **Colonial Cooking and Slavery**
   
   Reading: Carney, *Black Rice*, Ch. 2 Carney (31-68)

3) **Wednesday June 6**  
   **The American Revolution**
   
   Reading: Carney, *Black Rice*, Ch. 3 (68-106)

4) **Thursday June 7**  
   **Vegetarianism, Gender and Labour**
   
   Reading: Carney, *Black Rice*, Ch. 4 (107-141)

5) **Friday June 8**  
   **Cooking Lab – meet in the Barbara Burns Cooking Lab, 410 Human Ecology Building**
   
   Reading: Carney, *Black Rice*, to end (142-177)

6) **Monday June 11**  
   **Nineteenth-Century Food Technology, Home Cooking**
   
   We will have a brief discussion of *Black Rice* today  
   First assignment due

7) **Tuesday June 12**  
   **The Restaurant and Alcohol**
   
   Reading: Ziegelman, *97 Orchard*, Ch. 1 (1-45)
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading Details</th>
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<tbody>
<tr>
<td>8) Wednesday June 13</td>
<td>Temperance; The Rise of Brand Names</td>
<td>Ziegelman, <em>97 Orchard</em>, Ch. 2 (47-82)</td>
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<td>9) Thursday June 14</td>
<td>Chinese Food: Modern Regulation</td>
<td>Ziegelman, <em>97 Orchard</em>, Ch. 3 (83-124)</td>
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<td>10) Friday June 15 – Cooking Lab – Meet in Barbara Burns Kitchen</td>
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<td>Ziegelman, <em>97 Orchard</em>, Ch. 5 (125-181)</td>
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<td>11) Monday June 18</td>
<td>The Great Depression and WWII</td>
<td>Ziegelman, <em>97 Orchard</em>, to end</td>
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<td></td>
<td>We will have a short discussion of Ziegelman today. Second assignment due. Recipe Assignment Sheet Handed Out</td>
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<tr>
<td>12) Tuesday June 19 – Cooking Lab</td>
<td></td>
<td>Adam Mack, “‘Speaking of Tomatoes’: Supermarkets, the Senses and Sexual Fantasy in Modern America,” <em>Journal of Social History</em> 43 (Summer 2010): 815-42.</td>
</tr>
<tr>
<td>15) Friday June 22 – Cooking Lab</td>
<td></td>
<td>No reading today – work on your recipe assignment</td>
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</tbody>
</table>
16) Monday June 25  Film: Food, Inc.

Reading: Amy Bentley, Martha’s Food: Whiteness of a Certain Kind,” (Part of Martha Stewart Roundtable), American Studies Vol. 42 no. 2 (Summer 2001): 89-100.

17) Tuesday June 26  Globalization and Exam Review

Recipe Assignment Due. Come to class ready to discuss the articles by Chatelaine, Bentley, and Michael Pollan. Last chance to help your participation grade!

http://michaelpollan.com/articles-archive/unhappy-meals/

FINAL EXAM June 29 9:00-12:00

Participation Grade
Please come to class having completed the assigned readings and ready to take part in class discussion. Your grade will be determined based on your active participation in class discussions, cooking labs, and in-class group work. Both the quantity and quality of contributions will be evaluated.

Academic Honesty
All written work submitted in this course must be original. The University’s regulations regarding plagiarism, cheating and impersonation are found in Section 8 of the General Academic Regulations in the online Academic Calendar and Catalog of the Faculty of Arts (available online: http://umanitoba.ca/faculties/arts/student_resources/student_responsibilities_integrity.html) which reads:

The common penalty in Arts for plagiarism on a written assignment is a grade of F on the paper and a final grade of F (DISC) (for Disciplinary Action) for the course. For the most serious acts of plagiarism, such as purchase of an essay and repeat violations, this penalty can also include suspension for a period of up to five (5) years from registration in courses taught in a particular department/program in Arts or from all courses taught in this Faculty. The Faculty also reserves the right to submit student work that is suspected of being plagiarized to Internet sites designed to detect plagiarism or to other experts for authentication.

The common penalty in Arts for academic dishonesty on a test or examination is F for the paper, F (DISC) for the course, and a one-year suspension from courses acceptable for credit in the Faculty. For more serious acts of academic dishonesty on a test or examination, such as repeat violations, this penalty can also include suspension for a period of up to five years from registration in courses taught in a particular department or program in Arts or from all courses taught in or accepted for credit by this Faculty.
The last date for voluntary withdrawal from this course is June 20, 2018. Evaluation and feedback will be provided to you before this date.

**Computers, Cellular Phones, Tablets, etc.**

Students will only be allowed to use computers or other electronic devices for taking notes with permission of instructor. Studies have shown that taking notes by hand encourages students to make sense of the material, and allows you to better retain what you are learning. All phones must be on silent/vibrate mode and stored in pockets, bags or purses for the duration of the class. Texting, checking social media, instant messaging, and surfing the web are not appropriate behaviours in class. Engaging with social media not only is distracting for other students, but studies have shown that it detracts from your learning experience. It is challenging, but make an effort to focus on the lecture – the course will be more enjoyable, and you will do better in it! Students who repeatedly text or otherwise do not pay attention in class will be asked to leave.

**Assignments and Late Policy**

All written assignments should be typed and double spaced. Further details about written assignments will be provided in class. Pay close attention to due dates. Extensions will only be granted in exceptional circumstances. Papers are due in class on the date indicated. Late papers will be penalized 2.5% per day. Students who wish to appeal a grade given for term work must do so within 10 working days after the grade for the term work have been made available to them. Uncollected term work will become the property of the Faculty of Arts and will be subject to confidential destruction.

**Grade Distribution**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Grade Code</th>
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<tbody>
<tr>
<td>Exemplary</td>
<td>90% &amp; above</td>
<td>A+</td>
</tr>
<tr>
<td>Superior</td>
<td>80-89%</td>
<td>A</td>
</tr>
<tr>
<td>Very Good</td>
<td>75-79%</td>
<td>B+</td>
</tr>
<tr>
<td>Good</td>
<td>70-74%</td>
<td>B</td>
</tr>
<tr>
<td>Slightly above avg.</td>
<td>65-69%</td>
<td>C+</td>
</tr>
<tr>
<td>Average</td>
<td>60-64%</td>
<td>C</td>
</tr>
<tr>
<td>Marginal</td>
<td>50-59%</td>
<td>D</td>
</tr>
<tr>
<td>Failure</td>
<td>below 50%</td>
<td>F</td>
</tr>
</tbody>
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**Student Resources**

**Academic Resources**

You have access to several important resources to help you navigate your classes and university life more generally. There are writing tutors available to help you with your essays through the Academic Learning Centre (ALC): [http://umanitoba.ca/student/academiclearing/](http://umanitoba.ca/student/academiclearing/) (tel: 204-480-1481). The ALC page also has resources to help you with study skills, organization, as well as assistance for students using English as an Additional Language (EAL).

Other issues, including accessibility services, workshops, and tips about academic integrity are addressed at the Student Advocacy Services webpage [http://umanitoba.ca/student/resource/student_advocacy/](http://umanitoba.ca/student/resource/student_advocacy/).
All of the above services can also be accessed under the heading of Student Resources on the Student Affairs website: http://umanitoba.ca/student/studentlife/index.html.

History students can also take advantage of the huge range of academic materials (including primary and secondary sources, as well as pages to help with writing and referencing) made available by the History subject librarian, tailored just for you! They are available on the Libraries page at this link: http://libguides.lib.umanitoba.ca/history. Students who need research assistance can also schedule an appointment with a librarian through the website.

**Student Counseling Centre**
Contact SCC if you are concerned about any aspect of your mental health, including anxiety, stress, or depression, or for help with relationships or other life concerns. SCC offers crisis services as well as counseling. http://umanitoba.ca/student/counselling/index.html

**Student Support Case Management**
Contact the Student Support Case Management team if you are concerned about yourself or another student and don’t know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team. http://umanitoba.ca/student/case-manager/index.html

**University Health Service**
Contact UHS for any medical concerns, including mental health problems. UHS offers a full range of medical services to students, including psychiatric consultation. http://umanitoba.ca/student/health/

**Student Advocacy**
Contact Student Advocacy if you want to know more about your rights and responsibilities as a student, have questions about policies and procedures, and/or want support in dealing with academic or discipline concerns. http://umanitoba.ca/student/advocacy