

HIST 3110 T12 – AMERICAN FOOD HISTORIES
Professor Sarah Elvins
Summer 2021



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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.

This class will be conducted remotely, with live lectures via Zoom. Each day, you will be assigned a short reading to complete. We will have regular discussions online as a class that will allow you to engage with the readings and to ask questions about the course materials. Regular attendance to online class meetings is a course requirement. It is expected that students will have access to the internet. Other class materials will be posted to UMLearn.

We will also cook together (remotely!). Four of our class sessions are designated as “cooking labs,” where we will tackle a historic recipe together and talk about kitchen technology, ingredients, and other aspects of food preparation. Please exercise proper caution when using potentially dangerous kitchen equipment like stoves and sharp utensils. If you do not have access to a kitchen, you will still be able to watch the cooking demonstration and participate in discussions during the lab.

The following books are available for purchase at the bookstore:

Judith Carney, *Black Rice: The African Origins of Rice Cultivation in the Americas*

Emily J. H. Contois, *Diners, Dudes & Diets: How Gender and Power Collide in Food Media and Culture*

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

Evaluation for the course will include:

| | | |
|---|---------------------|-----|
| Assignment 1 (500-750 words, 2-3 pages) | Due Thursday May 20 | 15% |
| Assignment 2 (500-750 words, 2-3 pages) | Due Tuesday June 1 | 15% |
| Historical Recipe analysis (750-100 words, 3-4 pages) | Due Monday June 14 | 25% |
| Class participation | | 15% |
| Take-home final exam | | 30% |

Course Schedule

1) Monday May 10 Introduction

First assignment sheet handed out

2) Tuesday May 11 Indigenous Foodways and European Contact

Reading: Intro, Ch. 1 of Carney, *Black Rice* (pp. 1-30)

3) Wednesday May 12 Colonial Foodways

Reading: Carney, *Black Rice*, Ch. 2 Carney (31-68)

4) Thursday May 13 Enslaved peoples and agriculture

Reading: Carney, *Black Rice*, Ch. 3 (68-106)

Cooking Lab 1 recipes handed out

5) Monday May 17 Cooking Lab 1 Cornbread and Biscuits

Reading: Carney, *Black Rice*, Ch. 4 (107-141)

6) Tuesday May 18 American Revolution

Reading: Carney, *Black Rice*, to end (142-177)

7) Wednesday May 19 Antebellum Eating
We will have a brief discussion of *Black Rice* today.
 No additional readings. Get Assignment 1 completed.

8) Thursday May 20 19th Century Cooking Technology
 Reading: Edward Giest, "When Ice Cream was Poisonous: Adulteration, Ptomaines, and Bacteriology in the United States, 1850-1910," *Bulletin of the History of Medicine*, Vol. 86 No.3 (Fall 2012): 333-360.

Assignment 1 due

Monday May 24 – Victoria Day – NO CLASS

9) Tuesday May 25 Home Cooking and the Restaurant
 Reading: Katherine Leonard Turner, "Buying, Not Cooking," *Food, Culture & Society* (Spring 2006) Vol. 9 no. 1: 13-39.

Assignment 2 instructions handed out

10) Wednesday May 26 – Cooking Lab 2 Apple Peelers & Egg Beaters
 Reading: Emily Zoe Veit, "How Recipe Cards and Cookbooks Fed a Mobile, Modernizing America," <https://www.zocalopublicsquare.org/2017/09/18/recipe-cards-cookbooks-fed-mobile-modernizing-america/chronicles/who-we-were/>

11) Thursday May 27 Alcohol, Masculinity and Temperance
 Reading: Emily A. Remus, "Tippling Ladies and the Making of Consumer Culture: Gender and Public Space in Fin-de-Siecle Chicago," *Journal of American History*, Vol. 101 No. 3(December 2014): 751-777.

12) Monday May 31 Brand Names and Food Marketing
No reading today – get Assignment 2 finished

13) Tuesday June 1 Chinese Food in America
 Reading: Erica J. Peters, "A Path to Acceptance: Promoting Chinese Restaurants in San Francisco, 1849-1919," *Southern California Quarterly*, Vol. 97 no. 1 (Spring 2015): 5-28.

Assignment 2 due
Historic Recipes Assignment sheet handed out

14) Wednesday June 2 Technology, Efficiency, Modernity

Reading: Ai Hisano, "The Rise of Synthetic Colors in the American Food Industry, 1870-1940," *Business History Review*, Vol. 90. No 3 (Autumn 2016): p. 483-504.

15) Thursday June 3 – Prohibition

Watch the Ken Burns documentary "A Nation of Scofflaws," available to stream through the UM Library.

16) Monday June 7 Food Lab 3 The Great Depression

Reading: Amy Bentley, "Islands of Serenity: Gender, Race, and Ordered Meals During World War II," *Food and Foodways*, Vol. 6 no. 2 (Jan 1996): 131-156. (available on UM Learn)

17) Tuesday June 8 Great Depression

Reading: Contois, *Diners, Dudes, & Diets*, Intro and Chapter 1 (1-36)

18) Wednesday June 9 WWII

Reading: Contois, *Diners, Dudes, & Diets*, Chapter 2 (37-63)

19) Thursday June 10 Fast Food

No reading today – finish your historic recipe assignment and be ready to talk about it on Monday

20) Monday June 14 – historic recipe assignment due – class discussion of your findings

Reading: Contois, *Diners, Dudes, & Diets*, Chapter 3 (64-88)

21) Tuesday June 15 Cooking Lab 4 Processed Food

Reading: Contois, *Diners, Dudes, and Diets*, Chapter 4 and conclusion (89-130)

22) Wednesday June 16 Food, Inc.

Watch the documentary "Food, Inc.," available to stream through the UM Library.

Reading: [Unhappy Meals | Michael Pollan](#)

<https://michaelpollan.com/articles-archive/unhappy-meals/>

23) Thursday, June 17 Review

Come to class ready to discuss Food, Inc. as well as Emily Contois's book and Michael Pollan's "Unhappy Meals". Last chance to help your participation grade!

FINAL EXAM Take Home Exam Due June 23 at noon.**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 at http://umanitoba.ca/faculties/arts/student/student_responsibilities.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 8, 2021. Evaluation and feedback will be provided to you before this date.

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.

The grade distribution will be as follows:

| | |
|-------------|-------------------|
| A+ = 88%+ | C+ = 66-69% |
| A = 80-87% | C = 60-65% |
| B+ = 76-79% | D = 50-59% |
| B = 70-75% | F = 49% and below |

Students who are unable to meet a course requirement due to medical circumstances are currently not required to submit medical notes. However, students are required to contact their instructor or academic advisor by email to inform of the missed work and to make arrangements for extensions, deferrals, or make-up assignments. Please follow these guidelines if you are unable to meet an academic requirement for your courses.

- Contact your instructor for term work such as a class, quiz, midterm/test, assignment, lab;
- Contact an advisor in your faculty/college/school of registration for a missed final exam (scheduled in the final examination period);
- Inform your instructor/advisor as soon as possible do not delay. Note for final exams, students must contact within 48 hours of the date of the final exam; and
- Email your instructor/advisor from a U of M email address, and include your full name, student number, course number, and academic work that was missed.

Student Resources

***Student supports and resources are available throughout the Summer term. Please consult the appropriate webpages for information on virtual appointments or other modes of contact during this period of limited in-person services.**

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/academiclearning/>. The History department will also make a writing tutor available exclusively to History students in the department on one day a week. More information about scheduling, etc., TBA.

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/).

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.

Indigenous Student Centre

ISC student advisors can help you achieve your academic goals by: answering your questions about

admission or registration, creating an academic plan, clarifying university policies, connecting you with important services, resources, programming and much more. Call (204) 474-8850 or send an email to isc@umanitoba.ca to make an appointment. <https://umanitoba.ca/indigenous/student-experience#student-support-at-migizii-agamik>

Student Counselling 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/>

Sexual Violence Resource Centre

The Sexual Violence Resource Centre provides support, resources, information and referral services for any student, faculty or staff member who has been affected by sexual violence. <http://umanitoba.ca/student-supports/sexual-violence-support-and-education>

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>

UM History Student Association (UMHiSA)

UMHiSA is a history undergraduate student run organization that seeks to establish a sense of community for students studying all facets of history, and provide support for them in their academic career. Students interested in fun times, spirited debate, new opportunities, a community of like-minded students, or all of the above, check out UMHiSA on our twitter account @UMH_Undergrad, our instagram account @UMHISA_Undergrad, or emailing umhisau@gmail.com.