ANTH 460/560
OVERVIEW AND HIGHLIGHTS
Study Guide #1

This outline presents the main organizing themes and terms presented in the class material for week 1 - 2. This outline includes material that will be covered on Quiz 1 but it is not exclusive.

1. Food System Definition
   a. Anthropological approach
   b. Biological approach
      ● Food as stressor
      ● Food as buffer

2. Biocultural approach: Food - nutrient focus
   a. Agency
   b. Historical Context
   c. Global - Regional - Local Linkage
   d. Social relationships/ power relationships
   e. Researcher – Participant relationship/stance

3. Subsistence technologies and population profiles

4. Five Characteristics of Human food systems

5. Adaptation
   a. Genetic:
   b. Physiological
   c. Sociocultural

6. 4-4-9 Rule

7. Theoretical Approaches: Mintz; Nestle; Pelto et al.
   a. Mintz - Conundrums

NUTRITION & DIGESTION
1. Food - supplies nutrients: carbohydrate, protein, vitamin, mineral, fat/oils
2. Food/nutrients important for: growth, development, reproduction etc
3. Food/nutrition plays a major role in human adaptation because:
   1. it is an independent stressor
   2. modifier of other stressors (disease)

Biological units - nutrients: Know – main functions, deficiencies & sources

Essential nutrient – nonessential nutrient

- protein:
  Complete protein
  Essential amino acids

- carbohydrate:

- lipids Fats & oils:
  Essential: linolenic acid and linoleic acid.

- vitamin:
  Fat soluble - A, D, E, K
Water soluble: B group, C
- mineral:
  Iron, iodine,
- Water:
  solvent medium for much of the living system

Deficiency Diseases:
the lack of an essential nutrient leads to deficiency disease.
  PCM: Protein: Kwashiorkor
    Protein + Calorie: Marasmus

Most common nutritional problems: WHO
  anemia  heart disease  xerophthalmia
  goiter  PCM/ PEM  cancer
  caries  diabetes

The digestive system:
- true digestive organs
  Mouth, stomach, intestines
- accessory digestive organs
  Salivary glands, liver, pancreas

Processes:
  digestion
  absorption
  metabolism
  anabolism
  catabolism

Questions from reading assignment: Week 1&2
1. What insights does Lee provide on doing nutritional research with people from different cultures?
2. What is the concept of a food system and why do the authors (preface) say it is integral to the development of theory in nutritional anthropology?
3. Would you characterize food studies as a discipline or a movement? Support/explain your choice.
4. What is Atwater’s 4-4-9 rule? After reading the article by John Grossman what do you think about the information you get about the nutritional composition of foods?
5. Define and compare: polyunsaturated fat, unsaturated fat, saturated fat, monosaturated fat, trans-fat and omega-3 fats. Explain the benefits and/or problems with consuming them in the human diet.
6. Briefly indicate the main deficiencies or health problems associated with Vitamins A, D, C, B₃, E, K and the minerals: Iron, Calcium, Iodine, and sodium. What is a good food source for each?
7. What does the term “refined foods” mean?
8. Briefly define the main dietary patterns found in Primates.
9. What are the main adaptations to diet found in the Primate Order
10. Briefly explain the specializations for diet adaptation in the Primate Order
11. Name the primary tastes. Explain why most researchers think taste is a synthetic sense.
12. There have been a number of recent developments in taste research. Explain the recent ideas about the location and distribution of taste receptors
13. What is the importance of the hot spot concept?
14. Trivedi concludes the article by suggesting an understanding of the function of taste reception may help disease research. What are the possibilities Trivedi is suggesting?
15. Explain the Allen’s suggestions about the value or function of crispy/crunchy food for humans