

The Archaeology of What We Eat

3 credits

Monday and Wednesday, 4:30-5:50 PM

[mode of instruction –lecture]

Instructor: Hylke de Jong, hd189@anthropology.rutgers.edu

office hours: by appointment

204 B

CATALOG DESCRIPTION

- Food in prehistory
- Evidence for historic cuisine
- A History of Food, from the archaeological evidence
- Archaeological basis for Regional and National differences
- Food and Culture
- Food and Biology
- Food and Economics
- What did we eat and why in prehistory

LEARNING GOALS

- **Archaeological Method and Theory [ea1]**
- **Evidence for Prehistoric Diets [ea2]**
- **Domestication**
- **Food, food-gathering, and food production in the past [ea1, 4, 5]**

DETAILED COURSE DESCRIPTION

What we eat, how, and why are all questions that have to do with our human past. This course will go through all the things people ate in history, from steak to insects, honey to salt, milk to mushrooms; focusing on the archaeological evidence. The role of food in defining culture, means that what was eaten in the past was crucial to the formation of the modern world. To begin to understand this present, and the our influence on the planet, our human past must be surveyed. The most comprehensive and fundamental way of doing this is through what we eat, and how we eat.

Recommended materials

Brothwell, D, and Brothwell, P. 1998: *Food in Antiquity: A Survey of the Diet of Early Peoples*; John Hopkins University Press, Baltimore etc.

Additional pdfs on Sakai

GRADING AND ASSESSMENT

Assignment of Grades

Grading will be based on participation in class (10%), a term paper (approx. 2000 words long, excluding references and captions) (30%) and two midterms (each 30%).

COURSE POLICIES

[These are examples of policies. Please put your course policies here.]

Academic Integrity

All students must strictly adhere to the Rutgers Academic Integrity Policy, which identifies and defines violations including cheating, fabrication, facilitating academic dishonesty, plagiarism, and denying others access to information or material. Full definitions of each of these violations, as well as the consequences of violating the Academic Integrity Policy, are available as part of the student handbook. For details see: <http://academicintegrity.rutgers.edu/academic-integrity-policy>. *You are responsible for knowing what constitutes plagiarism and academic dishonesty.*

Final Exam/Paper Date and Time

Lecture Schedule (see appropriate chapters in Brothwell and Brothwell (1998) *Food in Antiquity*.)

Week 1

Introduction, Population explosion, Hunger, Thirst, Cooking, Fire & Food, Evidence, Data, Archaeological Science, Cannibalism

Week 2

**Vertebrates: Mammals, Domestication, Dairy Produce
Vertebrates: Birds**

Week 3

**Vertebrates: Reptiles and Amphibians
Vertebrates: Fish**

Week 4

**Invertebrates: Molluscs
Invertebrates: Insects**

Week 5

**Sugars: Honey
Candy**

Week 6

**Fungi (Mushrooms)
Cereal Crops**

Week 7

**Vegetables: Pulses, Roots, Tubers;
Vegetables: Greens, salad plants, gourds, melons, squashes**

Week 8**Berries, Tree Fruits****Citrus Fruits, dates, figs, grapes****Nuts****Olives and cooking oils****Week 9****Herbs****Spices****Week 10****Salt****Condiments and Sauces****Week 12****Drinks****Alcohol and Spirits****Week 13****Famine, Hunger, Plant & Animal Diseases, Vitamin deficiencies****Skeletal evidence, Weaning, infant feeding,****Week 14****Poison and Food poisoning, Food Adulteration****Food production and the planet****Student-Wellness Services:****Just In Case Web App**<http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

Counseling, ADAP & Psychiatric Services (CAPS)**(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901 / www.rhscaps.rutgers.edu/**

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

Violence Prevention & Victim Assistance (VPVA)**(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / www.vpva.rutgers.edu/**

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

Disability Services

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

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