UWRP 3020: Food Glorious Food
Fall, 2005
Instructor: Juliet Wittman

Office hours: MWF 1 to 2 p.m. and by appointment, Environmental Design Building (ENVD) IB80
(lower level); (303) 735-4772
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Text:
The Paradox of Plenty: A Social History of Eating in Modern America, by Harvey Levenstein,
University of California Press

Fast Food Nation: The Dark Side of the All-American Meal, by Eric Schlosser

Articles and essays as assigned.

Student papers: Papers will be workshopped in class, and you will need to make copies of your
papers for distribution to your fellow students.

Recommended supplemental texts:

The Elements of Style, Strunk and White
On Writing Well, William Zinsser
A first-rate dictionary and a college handbook, such as The Everyday Writer, Andrea A.
Lunsford, Boston: Bedford/St. Martin’s.

Course description:

Food, Glorious Food examines the ways in which we think, talk and write about a topic that is
deeper personal, but that also defines cultures and sometimes drives world politics. We will
discuss such topics as the Slow Food movement, hunger, obesity in America, food issues in
international trade, the history and culture of cuisine or of specific foodstuffs, the role of food in
film and the use of food as both metaphor and subject matter in fiction.

In this class, you will learn to:
--Write clearly-thought-out analytic and argumentative pieces
--Hone research skills; learn to evaluate sources and read more critically
--Practice revision. Learn to critique both your own writing and that of others

Attendance and participation:
Since this is a workshop class, attendance is crucial; participation counts for 15 percent of your
final grade. More than three unexcused absences can result your final grade falling by one
fraction of a letter (from A to A-, etc.); six absences may earn you an F.

Writing Center: Individual tutoring is available for students at every writing level. You can make
an appointment at: http://www.colorado.edu/pwr/writingcenter.html

Week One (Aug. 22-26): Food and memory: personal narrative

Week Two (Aug. 29-Sept. 2): The form of the essay; what is American cuisine?

Week Three (Sept. 5-9): Labor day; small-group critique; Paradox of Plenty

Week Four (Sept. 12-16): Paradox of Plenty; how to do research
Week Five (Sept. 19-23): Paradox of Plenty; explore research topic

Week Six (Sept. 26-30): Paradox of Plenty; the interview as a research tool; the uses of description

Week Seven: (Oct. 3-7): Paradox of Plenty; form and function of a book review

Week Eight (Oct. 10-14): Fall break; how to use quotation

Week Nine (Oct. 17-21): Research continued; what is a literature review?

Week Ten (Oct. 24-28): Small-group critique of interviews; presentations

Week Eleven (Oct. 31-Nov. 4): Presentations

Week Twelve (Nov. 7-Nov. 11): Presentations

Week Thirteen (Nov. 14-18): Full-class and small-group critique

Week Fourteen: (Nov. 21-Nov. 25): The restaurant review; Thanksgiving

Week Fifteen (Nov. 28-Dec. 2): Guest speaker on restaurant reviews; analysis of reviews

Week Sixteen: Discussion of Fast Food Nation; wrap-up and celebration

Written Assignment Sequence:

Sept. 2: Personal essay (3-4 pages)

Sept. 9: Revised personal essay

Oct. 7: Book review, Paradox of Plenty (3-4 pages)

Oct. 21: Interview (3-4 pages)

Oct. 28: Revised interview

Nov. 4: Literature review (3-4 pages)

Nov. 11: Research paper (8-10 pages)

Nov. 18: Research paper rewrite

Nov. 30: Restaurant review

If you qualify for accommodations because of a disability please submit to me a letter from Disability Services in a timely manner so that your needs may be addressed. Disability Services determines accommodations based on documented disabilities (303-492-8671, Willard 322, www.colorado.edu/disabilityservices).

Campus policy regarding religious observances requires that faculty make every effort to reasonably and fairly deal with all students who, because of religious obligations, have conflicts with scheduled exams, assignments or required attendance. See full details at http://www.colorado.edu/policies/fac_relig.html

Students and faculty each have responsibility for maintaining an appropriate learning environment. Students who fail to adhere to such behavioral standards may be subject to discipline. Faculty have the professional
responsibility to treat all students with understanding, dignity and respect, to guide classroom discussion and
to set reasonable limits on the manner in which they and their students express opinions. Professional
courtesy and sensitivity are
especially important with respect to individuals and topics dealing with differences of race, culture, religion,
politics, sexual orientation, gender variance, and nationalities. Class rosters are provided to the instructor
with the student's legal name. I will gladly honor your request to address you by an alternate name or gender
pronoun. Please advise me of this preference early in the semester so that I can make appropriate changes
to my records. See policies at:
http://www.colorado.edu/policies/classbehavior.html and at:
http://www.colorado.edu/studentaffairs/judicialaffairs/code.html#student_code

All students of the University of Colorado at Boulder are responsible for knowing and adhering to the
academic integrity policy of this institution. Violations of this policy may include: cheating, plagiarism, aid of
academic dishonesty, fabrication, lying, bribery, and threatening behavior. All
incidents of academic misconduct shall be reported to the Honor Code Council (honor@colorado.edu; 303-
725-2273). Students who are found to be in violation of the academic integrity policy will be subject to both
academic sanctions from the faculty member and non-academic sanctions (including but not limited to
university probation, suspension, or expulsion). Other information on the Honor Code can be found at:
http://www.colorado.edu/policies/honor.html and at:
http://www.colorado.edu/academics/honorc ode/

The University of Colorado at Boulder policy on Discrimination and Harassment
(http://www.colorado.edu/policies/discrimination.html), the University of Colorado policy on Sexual
Harassment and the University of Colorado policy on Amorous Relationships applies to all students, staff
and faculty. Any student, staff or faculty member who believes s/he has been the subject of discrimination
or harassment based upon race, color, national origin, sex, age, disability, religion, sexual orientation, or
veteran status should contact the Office of Discrimination and Harassment (ODH) at 303-492-2127 or the
Office of Judicial Affairs at 303-492-5550. Information about the ODH and the campus resources available
to assist individuals regarding discrimination or harassment can be obtained at http://www.colorado.edu/odh
Food Glorious Food: suggestions for further reading

Reference books:

The Oxford Companion to Food, edited by Alan Davidson, Oxford


Essays:

South Wind Through the Kitchen, by Elizabeth David, North Point Press

The Art of Eating, by MFK Fisher, Macmillan

The Man Who Ate Everything, by Jeffrey Steingarten, Vintage

Roadfood, by Jane and Michael Stern, Random House

Feeding a Yen: Savoring Local Specialties from Kansas City to Cuzco, by Calvin Trillin, Random House

Inside the industry:

The Making of a Chef: Mastering Heat at the Culinary Institute, by Michael Ruhlman, Owl

The Soul of a Chef: The Journey Toward Perfection, by Michael Ruhlman, Viking

Eating in America:

The Taste of America, by John L. Hess and Karen Hess, University of Illinois Press

Consumed: Why Americans Love, Hate, and Fear Food, by Michelle Stacey, Touchstone

Memoirs:

Kitchen Confidential: Adventures in the Culinary Underbelly, by Anthony Bourdain, Ecco Press

Tender at the Bone: Growing up at the Table, by Ruth Reichl, Random House

Toast: The Story of a Boy’s Hunger, by Nigel Slater, Gotham Books

Stuffed: Adventures of a Restaurant Family, by Patricia Volk, Knopf

Food in literature and fiction:

Food: An Oxford Anthology, edited by Brigid Allen, Oxford

The Debt to Pleasure, by John Lanchester, Owl Books

My Year of Meats, by Ruth Ozeki, Penguin

Eating Crow, by Jay Rayner, Simon & Schuster

Danger to the food supply:
Deadly Feasts: The Prion Controversy and the Public's Health, by Richard Rhodes, Touchstone

Mad Cow U.S.A.: Could the Nightmare Happen Here? by Sheldon Rampton and John Stauber, Common Courage Press

Beyond Beef: The Rise and Fall of the Cattle Culture, by Jeremy Rifkin, Dutton

Eat Your Genes: How Genetically Modified Food Is Entering Our Diet, by Stephen Nottingham, Zed Books

Obesity and eating disorders:


The Fasting Girl: A True Victorian Medical Mystery, by Michelle Stacey, Tarcher/Putnam

Hunger:


Science of cooking:

On Food and Cooking: The Science and Lore of the Kitchen, by Harold McGee, Simon & Schuster

The Curious Cook: More Kitchen Science and Lore, by Harold McGee, John Wiley and Sons

Botany, nutritional ecology:

Why Some Like It Hot: Food, Genes and Cultural Diversity, by Gary Paul Nabhan, Island Press


History, mythology, anthropology:


From Hardtack to Home Fries: An Uncommon History of American Cooks and Meals, by Barbara Haber, Free Press

Paradox of Plenty: A Social History of Eating in Modern America, by Harvey Levenstein, University of California Press

Revolution at the Table: The Transformation of the American Diet, by Harvey Levenstein, University of California Press

Can She Bake a Cherry Pie? American Women and the Kitchen in the Twentieth Century, by Mary Drake McFeely, University of Massachusetts Press

The Invention of the Restaurant: Paris and Modern Gastronomic Culture, by Rebecca L. Spang, Harvard

Much Depends on Dinner: The Extraordinary History and Mythology, Allure and Obsessions, Perils and Taboos of an Ordinary Meal, by Margaret Visser, Grove