



## Ethnocuisine

Food is a universal aspect of the human experience with specific cultural, symbolic, economic, and historical corollaries. Explore the complex roles of food from an anthropological perspective in the comfort of your own kitchen through this on-line course with a unique hands-on component.

You will have the opportunity to survey food areas around the world: Native America, Latin America, Asia, Europe, and Africa. An introduction to the theoretical component covered will launch each of the eight segments covered. You then engage in a research component called "Cooking Praxis," where you analyze the history, culture, and economies of the assigned region along with cook a meal from the same locale. Through the online platform, discuss your experiences gathering ingredients, analyzing the foods selected, preparing, and consuming the meal along with your fellow participants who share the same interest.

Discover foodways and explore how they are used by all levels of society and learn to analyze choices based on a variety of anthropological theoretical frameworks. Review the ethics and implications of food and illustrate how the peasant food of Third World nations and hunter/gatherer cuisine is far superior to a fast-food diet. This academic learning is reinforced by preparing a variety of food in your own kitchen from produce you buy locally in your region.

**Schedule:** This on-line class allows the ultimate in flexibility. Complete weekly assignments at your own pace and meet the weekly deadline.

**Access:** A link and access to the Moodle platform will be sent to you in a separate email well in advance of the class start date.

**Required Text:** The Omnivore's Dilemma: A Natural History of Four Meals, Author: Michael Pollan, Penguin Press.

**Requirements:** Access to a kitchen for cooking and a market to purchase necessary produce. Approximately seven to eight hours of reading, studying, and cooking is anticipated a week.

### **Who participates?**

Those with an appetite to learn more about new, adventurous fare and the factor by which people choose what they eat not only by flavor or nutritional value but by cultural, religious, historic, social status, economic, and environmental influences.

**REGISTER today at [www.LyndonState.edu/Professional](http://www.LyndonState.edu/Professional)**