

FOOD STUDIES

Polly Adema, Director of Food Studies

Programs Offered

Master of Arts in Food Studies

University of the Pacific offers a Master of Arts Degree in Food Studies at its San Francisco campus and online. This multidisciplinary program is designed to train students to master skills necessary for success in food-related professions. Courses range across many disciplines including Anthropology, History, Sociology, and focus on developing mastery in research, writing and policy-making methodologies. The successful student will gain expertise in multiple food policy implementation strategies for use by producers, consumers and law makers. Students will develop exceptional proficiency in evaluating the social, economic, aesthetic and political impact of food choices made by individuals and groups. These skills will equip them for careers in business including marketing, advertising, research and development, for positions in government agencies, NGOs, non-profit and philanthropic organizations, for careers in food writing, social work, lobbying and for advanced work in academia.

Courses in the Food Studies program systematically examine the many complexities of the modern food system, the ethical, environmental and health impact of how we grow, process, distribute, and consume food.

They explore the historical dimensions of how various cultures have obtained and processed food and beverages, why serious inequalities in access to food still prevail around the world and the role food industries have in shaping the way we eat.

The program consists of 32 credits of course work. One of these must be FOOD 201 and three other courses from the foundational core courses numbered 202-208, plus four electives of the students' choice. Students can complete the degree in four semesters with a two course load each semester or they may complete it over a maximum of six years.

There is no minimum course load required to remain in the program, but registration and matriculation fees will apply every semester to maintain active status.

Grade Point Requirements

Candidates for a graduate degree must maintain a cumulative GPA of at least 3.0. No grade below a B- (2.7) will be counted towards the degree.

Thesis and Non Thesis Options

In the thesis option (Plan A), students should take the core FOOD 201 during the first year. A prerequisite for writing a thesis is to take FOOD 208. Students must successfully defend their thesis proposal before a committee of two faculty members prior to beginning their thesis research. They will then complete their thesis projects under the supervision of a faculty member in FOOD 299. That faculty member and one outside reader appointed by the program director will evaluate the written thesis.

In the non-thesis option (Plan B), students may instead opt to complete the degree requirements by examination, the scheduling and content of which are to be agreed upon by the student and the director. Each examination, including oral and written sections, will be comprehensive and specially tailored to reflect the courses taken by each individual student. A committee of two faculty will oversee the exams.

Admission Requirements

Applicants will have a Bachelor of Arts or Bachelor of Science degree with a GPA of at least 3.0. The program intentionally welcomes students from a broad range of undergraduate majors and backgrounds including business, health sciences, law, the social sciences, and humanities.

Entry is competitive and will be based on grade point average, a letter of intention, and three letters of recommendation from faculty members or employers familiar with the applicant's work. If the applicant's GPA is below 3.0, the director and program advisory board will give consideration to those with three years of related work experience. The director and board will evaluate applications and oversee programmatic rigor.

Master of Arts in Food Studies

Students must complete a minimum of 32 units with a Pacific cumulative grade point average of 3.0 in order to earn the master of arts degree in food studies.

FOOD 201	Introduction to Food Studies	4
Select three of the following:		12
FOOD 202	History of Food	
FOOD 203	Food Writing	
FOOD 204	Anthropology of Food	
FOOD 205	Food and the Environment	
FOOD 206	Sociology of Food	
FOOD 207	Food, Nutrition and Human Health	
FOOD 208	Research Methods in Food Studies	
FOOD Electives (4 additional courses)		16
Select one of the following options:		
Thesis Option Plan A		
FOOD 299	Thesis	
Non-Thesis Option Plan B		
Written comprehensive examination		
Oral comprehensive examination		

Food Studies Courses

FOOD 201. Introduction to Food Studies. 4 Units.

This course provides an overview of the state of the field from a multidisciplinary perspective. The course examines production, distribution, consumption patterns, ways that scholars address these topics, research methodologies, and considers the practical applications of food studies to the job market.

FOOD 202. History of Food. 4 Units.

This course makes a detailed examination of the importance of food as a catalyst in history. This course will focus on interpreting primary documents and making a critical assessment of secondary literature. It covers from the period from human evolution and the Neolithic Revolution to the present.

FOOD 203. Food Writing. 4 Units.

This is a practical course designed to hone student's writing skills, pitch food writing to a variety of markets and address important issues for many different audiences, academic and popular. This is an intensive writing workshop.

FOOD 204. Anthropology of Food. 4 Units.

This course examines the diversity of global food ways from biocultural and cross-cultural perspectives. It offers an analysis of the important role of food production, preparation, and eating in different cultures as well as the symbolic ritual importance of food.

FOOD 205. Food and the Environment. 4 Units.

This course examines the causes of contemporary agriculture-food-population-environmental problems, with emphasis on analyzing how human population growth and social and environmental change have dramatically changed decision contexts, not only for small scale tradition based agriculture but also for modern agriculture. The class applies insights from demography, anthropology, political ecology to propose alternative solutions that promote a balance between agriculture, food, population, and the environment.

FOOD 206. Sociology of Food. 4 Units.

This course offers an exploration of the production, distribution and consumption of food from a sociological perspective with emphases on political economy, culture, labor inequalities and movements for food system reform.

FOOD 207. Food, Nutrition and Human Health. 4 Units.

This course analyzes how approaches to health and nutrition have shifted over time and across different cultures. This course will also explore the roles of food and nutrition science is shaping dietary trends and patterns.

FOOD 208. Research Methods in Food Studies. 4 Units.

This course covers basic techniques for collecting, interpreting and analyzing qualitative data in the field of food studies. The class examines the theoretical approaches to various types of qualitative research as well as the practical techniques of data collection, such as working with primary documents, identifying key informants, selecting respondents, collecting field notes, analyzing data, writing and presenting findings to academic and non-academic audiences. Prerequisite: FOOD 201 with a "C-" or better.

FOOD 231. Food and Literature. 4 Units.

This course will provide an introduction to literary food studies and trace the development of key themes within food literature over the past two centuries, ranging from the role of meat in American society to the ways in which eating and cooking nourish the imagination. We'll begin by reading *Eating Words: A Norton Anthology of Food Writing* before moving onto such literary classics as Jean Anthelme Brillat-Savarin's *Physiology of Taste*, Upton Sinclair's *The Jungle*, M. F. K. Fisher's *The Gastronomical Me*, *The Alice B. Toklas Cook Book* and Ruth Ozeki's *My Year of Meats*. In addition, we'll explore the historical development of nonfiction food writing genres, including cookbooks, culinary memoir, and gastronomic essays. The course assignments will focus on improving writing skills, oral communication, and literary analyses.

FOOD 232. Local Food History: A Case Study of San Francisco. 4 Units.

In this course we will cover the history of food in the San Francisco Bay Area, tracing how succeeding waves of immigrants adapted their cuisines to a rich new environment. From the Spanish mission period through *Chez Panisse* and the California Cuisine movement, we will examine changing foodways as well as the marketing of particular dishes and restaurants to locals and to visitors from around the world. Students will visit culinary sites important to the history of the city, such as the Golden Gate Fortune Cookie Factory in Chinatown, the Cinderella Russian Bakery in Inner Richmond, and the Anchor Brewery on Potrero Hill. Readings include Jennifer Lee's *The Fortune Cookie Chronicles*, Matthew Booker's *Down By The Bay: San Francisco's History Between the Tides*, and Sally Fairfax's *California Cuisine and Just Food*. You will also get trained in oral history methods and in writing local food history. After reading Carol Kammen's *On Doing Local History*, weekly assignments will lead you, step by step, through the research and writing stages of a twelve-page research paper about a specific topic in San Francisco food history. Students will work with both primary and secondary materials relating to their topic, and are encouraged to incorporate oral history research where appropriate.

FOOD 287. Graduate Internship. 1-4 Units.**FOOD 287A. Graduate Internship. 1-4 Units.****FOOD 291. Independent Study. 1-4 Units.****FOOD 293. Special Topics. 1-4 Units.****FOOD 297. Graduate Research. 1-4 Units.****FOOD 299. Thesis. 4 Units.**