Course Title: The Archaeology of Human Diets: Ancient Origins, Modern Science  
Course Code: ARC 47 W  
Instructor: Maureece J. Levin, Ph.D.

Course Summary*:  
In this course, we will explore the archaeology of human diets in the past. Taking a global perspective, we will look at the diversity of what our human ancestors across environments and cultures ate in the past. We take a special look at how archaeologists know what they do about past human food procurement and diet, exploring methods such as zooarchaeology, stable isotope analysis, archaeobotany, the study of dental calculus, and chemical residue analysis. The emphasis of this course will be on the archaeological record, although we will draw on evidence from allied fields such as history, ecology, and genetics.

*Please see course page for full description and additional details.

Grade Options and Requirements*:  
- No Grade Requested (NGR)  
  o This is the default option. No work will be required; no credit shall be received, although you are welcome to submit work for evaluation. I look forward to your active participation in the course!
- Credit/No Credit (CR/NC)  
  o Participate in online discussions, Zoom sessions, and turn in a final paper. Credit will be awarded to students who earn 70% or better in the course.
- Letter Grade (A, B, C, D, No Pass)  
  o Participate in online discussions, Zoom sessions, and turn in a final paper. Grades are calculated as follows:
    90-100% = A  
    80-89% = B  
    70-79% = C  
    60-69% = D  
    Below 60% = F

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.
Final Paper:
If you are taking this course for credit, you are required to write a paper on a topic of your own choosing related to the archaeology of human diets. Please submit a proposed topic by the end of Week 4. I will review your proposed topics and approve or offer modifications. The final paper should be about 2000-3000 words long and will be due Friday, May 29, 2020.

Tentative Zoom Schedule*:
Weekly zoom lecture and discussion periods will be held Tuesdays at 6:00 PM Pacific Time. Zoom session attendance is optional. The sessions will be recorded and posted on the course website for review.

*Please note that the Zoom schedule is subject to change.

Tentative Weekly Outline:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Videos, Readings, and Zoom Sessions (Supplemental Readings by week listed after the schedule)</th>
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</thead>
<tbody>
<tr>
<td>0</td>
<td>You can learn a little about my work here</td>
<td>Video Welcome</td>
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<tr>
<td></td>
<td>Objectives and Methods in the Archaeology of Food</td>
<td>Required Readings Introduction to Archaeology from the Archaeological Institute of America</td>
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<td>● A brief introduction to what archaeology is (and isn’t)</td>
<td>Zoom Session Ethics in paleodiethy analysis</td>
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<td>● Major topics in the archaeology of food</td>
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<td>● The paleodiethy toolkit</td>
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<td>● Ethical issues</td>
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<td>1</td>
<td>Paleolithic Diets and Foraged Foods</td>
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Please contact the Stanford Continuing Studies office with any questions
365 Lasuen St., Stanford, CA 94305
continuingstudies@stanford.edu
650-725-2650
### 1. What did humans eat when there was no agriculture?

**Required Readings**
- The Importance of Hunting in Human Societies by Rômulo Romeu Nóbrega Alves et al.
- The Importance of Dietary Carbohydrate in Human Evolution by Karen Hardy et al.
- Harvesting and processing wild cereals in the Upper Palaeolithic Yellow River Valley, China by Li Liu et al.

**Zoom Session**
The plusses and minuses of relying on animals and on plants

### 3. What Is Agriculture?

- What exactly are “agriculture” and “domestication?”
- What does “domestication syndrome” look like in plants and animals?
- Case studies: Mexico, China, Southwest Asia

**Videos**
- Domestication syndrome
- Defining “agriculture”

**Required Readings**
- Documenting domestication: the intersection of genetics and archaeology by Melinda A. Zeder et al.
- The Origins of Agriculture: New Data, New Ideas by T. Douglas Price and Ofer Bar-Yosef

**Zoom Session**
Case Studies

### 4. Agriculture, Environment, and Society

- Theoretical debates on why agriculture started: population pressure, environmental change, feasting, etc.
- How agriculture is associated with larger population centers around the world
- How food production systems caused and responded to other

**Videos**
- Agriculture, sedentism, and population growth
- Agriculture and human-environment relationships: what can we learn?

**Required Readings**
- Agroecology of pre-contact Hawaiian dryland farming: the spatial extent, yield and social impact of Hawaiian
|  | changes in the physical environment  
  ● Case studies: Pacific Islands, eastern North America, the Sahara  | breadfruit groves in Kona, Hawai’i by Lincoln and Ladefoged  
The Cultural Context of Plant Domestication in Eastern North America by Bruce D. Smith  
Zoom Session  
Case Studies  |
|---|---|
| 5 | Colonialism, Global Exchanges, and Modern Diets  
  ● The historical patterns shaping modern distribution of food around the world  
  ● Indigenous sovereignty and agriculture  
  ● Case studies: Sugar, Coffee, gardens of enslaved Africans in the Americas  | Videos  
  1. The Columbian Exchange  
  2. Indigenous foods and colonialism  
Required Readings  
The Columbian Exchange by Rebecca Earle  
Rice Reveals African Slaves' Agriculture Heritage by Virginia Gewin  
Zoom Session  
Case Studies  |
| 6 | Thinking Critically about the Archaeology of Human Diets  
  ● The “paleodiet” fad and archaeology  
  ● Critically reading a news article on archaeological study  
  ● Applications of knowledge about the past to modern agriculture (e.g. reinventing extinct crops, etc.)  | Videos  
  1. What do archaeologists think of the “paleodiet” fad?  
Required Readings  
The Evolution of Diet, by Ann Gibbons  
From the Past…A More Sustainable Future? Prehistoric Plant Use in the Eastern Woodlands by Stephen B. Carmody et al. 2017 (pp. 10-16)  
Zoom Session  
How can I read a news report about an archaeological human diet study with a critical eye?  |