

1. OVERVIEW

Subject Area	Anthropology
Degree	Bachelor's Degree in Human Nutrition and Dietetics
School/Faculty	Biomedical and Health Sciences
Year	First
ECTS	6 ECTS
Type	Core
Language(s)	Spanish
Delivery Mode	On-campus and blended
Semester	Semester 1
Coordinating professor	Juan Carlos Pérez Jiménez

2. INTRODUCTION

Anthropology is a subject area in Module 1 (core training) of the Bachelor's Degree in Human Nutrition and Dietetics, worth 6 ECTS credits.

Taking into account the skills profile that students are expected to achieve by the end of the degree, this subject area prepares students to develop a comprehensive, humanistic outlook of the evolution of food in the history of mankind, as well as cultural, political, historical and geographical factors that have affected the human diet.

3. SKILLS AND LEARNING OUTCOMES

Key skills (CB, by the acronym in Spanish):

- CB2: Students can apply their knowledge to their work professionally and possess the necessary skills, usually demonstrated by forming and defending opinions, as well as resolving problems within their study area.
- CB3: Students have the ability to gather and interpret relevant data (usually within their study area) to form opinions which include reflecting on relevant social, scientific or ethical matters.
- CB4: Students can communicate information, ideas, problems and solutions to both specialist and non-specialist audiences.

Cross-curricular skills (CT, by the acronym in Spanish):

- CT1: Communication: ability to engage in active listening, ask questions and respond in a clear and concise way, as well as to effectively express ideas and concepts. This includes concise and clear written communication. CT2: Leadership: ability to offer ideas, approaches and interpretations through strategies which offer solutions to real-life problems.
- CT4: Adaptability: ability to detect, interpret and respond to a changing environment. Ability to equip themselves and work effectively in different situations and/or with different groups or individuals. This means adapting to change depending on circumstances or needs. It involves the confidence to take on crucial challenges on a personal or group level, maintaining good physical and mental health to allow effective work to be carried out.

- CT7: Decision making: ability to choose between different options or methods to effectively solve different problems or situations.

Specific skills (CE, by the acronym in Spanish):

- CE33: Be familiar with the basic concepts of social and cultural anthropology.
- CE34: Know how the human diet has evolved throughout history, and know about societal differences with regard to food.
- CE35: Be familiar with the sociocultural approach to food and its function.

Learning outcomes (RA, by the acronym in Spanish):

- RA1: Know how food has evolved throughout history, as well as its anthropological and sociological evolution.
- RA2: Know the foundations of cultural food habits, having learned basic principles of social anthropology to analyse food consumption, preparation and eating habits.
- RA3: Be familiar with the great variety of perspectives on food.
- RA4: Know how to apply basic concepts of anthropology to human nutrition and dietetics.

The following table shows how the skills developed in the subject area match up with the intended learning outcomes:

Skills	Learning outcomes
CB2, CB3, CT1, CT2, CE33, CE34	RA1: Know how food has evolved throughout history, as well as its anthropological and sociological evolution.
CB3, CB4, CT2, CT4, CT7, CE33, CE35	RA2: Know the foundations of cultural food habits, having learned basic principles of social anthropology to analyse food consumption, preparation and eating habits.
CB2, CB3, CB4, CT1, CE34	RA3: Be familiar with the great variety of perspectives on food.
CB3, CB4, CT2, CT7, CE33, CE35	RA4: Know how to apply basic concepts of anthropology to human nutrition and dietetics.

4. CONTENTS

The subject area is divided into the following topics:

- Learning Unit 1: Introduction to Anthropology
 - Topic 1. The human diet: a biocultural phenomenon
 - Topic 2. Physical anthropology
- Learning Unit 2: Food throughout history
 - Topic 3: Food in prehistory and ancient times
 - Topic 4: Food in the Middle Ages
 - Topic 5: Food in the early modern era: The Renaissance
 - Topic 6: Food in the contemporary age
- Learning Unit 3: Geographic and demographic factors of human nutrition:
 - Topic 7: Geography, climate and nutrition
 - Topic 8: Nutrition and major human migrations

- Topic 9: Pilgrimages and new directions in relation to food
- Learning Unit 4: Foods exchanged between America and Spain
 - Topic 10: Major sea voyages and food
 - Topic 11: Food in war and extreme circumstances
- Learning Unit 5: Art, fashion and food
 - Topic 12: Food in literature, art and cinema
 - Topic 13: Stereotypes. Obesity and slimness in beauty

5. TEACHING/LEARNING METHODS

The types of teaching/learning methods are as follows:

- Lecture
- Collaborative learning
- Simulated environments
- Spoken presentations by students

6. LEARNING ACTIVITIES

The types of learning activities, plus the amount of time spent on each activity, are as follows:

On campus:

Learning activity	Number of hours
Lecture	40
Independent working	50
Tutorials	10
Knowledge test	5
Debates and discussions	10
Spoken presentations	10
Critical analysis of texts	25
TOTAL	150

Blended learning

Learning activity	Number of hours
Reading of content	20
Online seminars	20
Independent working	50
Debates and discussions	10

Spoken presentations by students	10
Critical analysis of texts	25
Online tutorials	10
Knowledge test	5
TOTAL	150

7. ASSESSMENT

The assessment methods, together with their respective weighting towards the final grade for the subject, are as follows:

On campus:

Assessment method	Weighting
Knowledge test	50
Participation in debates	20
Spoken presentation	10
Submission of reports and essays	20

Blended:

Assessment method	Weighting
Knowledge test	50
Participation in debates	20
Spoken presentation	10
Submission of reports and essays	20

On the Virtual Campus, when you open the subject area, you can see all the details of your assessment activities, including the deadlines and assessment procedures for each activity.

8. BIBLIOGRAPHY

The reference work for following this subject area is:

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- Almodóvar M.A. (2003). El hambre en España: una historia de la alimentación. Madrid: Editorial Oberon.
- Andrés, M., et al. (2018). La alimentación en la historia. Salamanca: Unión de Editoriales Universitarias Españolas.
- Contreras J., Gracia Arnaiz, M. (2005). Alimentación y cultura: perspectivas antropológicas. Barcelona: Editorial Ariel.

- Gracia-Arnaiz, M. (1996). Paradojas de la alimentación contemporánea. Barcelona: Editorial Icaria.
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