**Reading Syllabus & Guiding Questions**

**OBJECTIVE:** To expand upon the one day study tour experience, preparation for the tour includes completion of **four** reading guides. These short, informational articles or resources are to further your understanding of food and cultural identities, food and the immigrant experience, and food and religion.

**REQUIREMENTS: *You may choose the four out of the following six reading guides*** that appeal to you most from the following list (though we recommend reading everything) to complete this summer. We will collect the four reading guides at the workshop on August 15, or they can be returned to [harver@email.unc.edu](mailto:harver@email.unc.edu) as you complete them. Completion of four reading guides is required for receiving all 10 PD Contact Hours.

Some of the readings will come from books or articles. The PDFs of these readings will be sent to the whole group via email; these readings are for the specific educational purposes of this group only - **please do not reproduce or distribute these readings further**.

**SYLLABUS**

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| **READING GUIDE #** | **TOPIC** | **READING(S) TO COMPLETE** |
| **1** | The author introduces the concept of food studies and explores the relationship of food to the human experience, as well as explores the relation of food to National Council of the Social Studies standards. | * Almerico, Gina M. (2014 June). Food and identity: Food studies, cultural, and personal identity. *Journal of International Business and Cultural Studies*. Vol 8. Retrieved from <http://www.aabri.com/manuscripts/141797.pdf>. |
| **2** | These two articles address food and its relation to politics, as well as Palestinian and Israeli identities. | * Guttman, Vered. (2013, April 23). ‘Gaza Kitchen,’ as a portal. *The Washington Post.* Retrieved from <https://www.washingtonpost.com/lifestyle/food/gaza-kitchen-as-a-portal/2013/04/22/640031f8-a7cc-11e2-8302-3c7e0ea97057_story.html?utm_term=.d5f1caf236f4>. * Kantor, Jodi. (2002, July 10). A history of the Mideast in the humble chickpea. *The New York Times.* <http://www.nytimes.com/2002/07/10/dining/a-history-of-the-mideast-in-the-humble-chickpea.html>. |
| **3** | These readings discuss the role of coffee and coffee houses in Ottoman society. | * Resources from the Turkish Cultural Foundation: * Turkish coffee, rich in flavor and tradition, <http://www.turkishculture.org/culinary-arts/turkish-coffee-52.htm>. * The tradition of coffee and coffeehouses among Turks, <http://www.turkishculture.org/lifestyles/lifestyle/coffeehouses-204.htm>. * Tuchscherer, Michel. (2012). Coffee and coffeehouses, Ottoman, in: Encyclopaedia of Islam, THREE, Edited by: Kate Fleet, Gudrun Krämer, Denis Matringe, John Nawas, Everett Rowson. Retrieved from <http://dx.doi.org/10.1163/1573-3912_ei3_COM_24410>. (see PDF attachment) |
| **4** | Excerpts from this book chapter provide a geographical and historical overview of food culture and agriculture in the Middle East and North Africa. | * Heine, Peter. (2004). *Food Culture in the Near East, Middle East, and North Africa.* London: Greenwood Press.   (read the timeline, “The Setting” pages 1-3, “Agriculture and food sources pages 13-16, “Livestock” pages 16-17, “Fire” pages 17-18) |
| **5** | These articles discuss food and the Syrian refugee crisis. | * Mortada, Dalia. (2016 Sept 9). The flavors that unite Syrians. *The New York Times.* Retrieved from <https://www.nytimes.com/2016/09/11/opinion/sunday/the-flavors-that-unite-syrians.html?_r=0>. * Kuruvilla, Carol. (2017 June 24). What it’s like to observe Ramadan as a refugee. *The Huffington Post.* Retrieved from <http://www.huffingtonpost.com/entry/observe-ramadan-islam-muslim-refugee_us_593edce6e4b0c5a35ca20faf>. |
| **6** | Food plays a role in people’s understandings of the sacred and the transcendent. These articles address food and religious practice in Judaism and Islam. | * Pluralism Project. (n.d.). Halal Food. *Harvard University.* Retrieved from <http://pluralism.org/religions/islam/the-muslim-experience/halal-food/>. * My Jewish Learning Staff. (n.d.) Kosher Food: What Makes Food Kosher or Not. *My Jewish Learning.* Retrieved from <http://www.myjewishlearning.com/article/kosher-food/> . * Jewish Holidays and Food. *Jewish Food Experience.* <http://jewishfoodexperience.com/celebrating-the-jewish-holidays/#top>. |

**READING GUIDE 1  
*Food and identity: Food studies, cultural, and personal identity, Gina M. Almerico***

1. What can food studies reveal about people?

2. Kittler, P.G., Sucher, K.P., & Nelms (2012) addressed the influence of food habits on an individual’s self-identity by stating, “Eating is a daily reaffirmation of [one’s] cultural identity.” Provide an example of how food and food habits contribute to the development and transmission of culture.

3. The author connects food studies to two strands in the National Council for the Social Studies standards. Do you currently use food as a way to teach about culture and identity? If so, how?

**READING GUIDE 2  
*‘Gaza Kitchen,’ as a portal, Vered Guttman  
A History of the Mideast In the Humble Chickpea, Jodi Kantor***

1. How have culinary traditions in Gaza been impacted by years of war and siege?

2. The Guttman article mentions a variety of foods. Research one of the foods that you are not familiar with and describe it in a few sentences.

3. What is the significance of falafel? What does the debate over falafel reveal about politics in the region?

**READING GUIDE 3  
*Turkish coffee readings***

1. According to the Tuchscherer article, why did coffee drinking generate controversy?

2. Describe the differences between how men and women interacted with coffee.

3. Describe the role of the coffeehouse in Ottoman society.  How is this similar to our contemporary coffeehouse culture?

4. What does this drink tell you about the Ottoman Empire?

**READING GUIDE 4  
*Food Culture in the Near East, Middle East, and North Africa, Peter Heine***

1. What is the largest problem facing agriculture in the Middle East and North Africa?

2. How is water connected to politics in the Middle East and North Africa, both on a local and international scale?

3. Describe the impact of colonialism and the international food market on agriculture in the Middle East.

**READING GUIDE 5  
*The Flavors that Unite Syrians, Dalia Mortada  
What it’s like to observe Ramadan as a refugee, Carol Kuruvilla***

1. Mortada states that cuisine as a way to chronicle history. What historical events have influenced Syrian cuisine?

2. What does studying Syrian food tell us about the conflict in Syria (i.e. hunger, food insecurity, diaspora, etc.)?

3. Look at the photos of refugees and displaced people around the world observing Ramadan in 2017 that accompany the Kuruvilla article. Which of these photos is most striking to you? Why?

**READING GUIDE 6  
*Food and religious practice: Judaism and Islam***

1. Using examples from these readings, describe two ways in which food and religion are connected.

2. What is the relationship between Halal and Kosher food?

3. Why do you think that food plays an important role in celebrating various religious holidays?

4. After reading the section on Halal food, please visit the website mentioned and explore the Halal offerings in the Triad under the “Browse North Carolina” section (<http://www.zabihah.com/reg/VwIFRx0axF>). Have you ever noticed any of these restaurants, grocery stores, etc. in your community? Explain.