Do we know where our food comes from? The daily food that sustains us does not come from the supermarket or the deli, let alone Doordash. Venture far enough from our comfort zone and we’d find that any food system is a co-production between the sun (or artificial light generated by fossil fuel), the earth, water, air, microbes, humans, and animals. Using the Chinese food system as a case study, this seminar has two aims: First, to retrieve the deep ecological connections—-the black box—-that the neat display on supermarket shelves obfuscate, and second, to examine the centrality of food in the politics, economics, and philosophy of Chinese peoples in a long historical time frame.

On a system level, feast (abundance) and famine (scarcity) are both anomalies; the reality in most years for most people in most regions falls somewhere in between. The provisioning of minimal nourishment to all has been the basis of legitimacy of both the imperial and modern states in China. On a social level, the twin axis of feast and famine compels us to explore the relationship between the political economy of food and social inequality. On a personal level, the specter of the two extremes invites the eater to approach the question “what’s for dinner?” as a question of food justice and moral choice. These are the salient themes of this course.

This seminar satisfies the following Barnard GER: Arts & Humanities, Social Science, Thinking through global inquiry, and Thinking with historical perspective.
Learning Objectives:
1. Students will learn the methods and analytic rubrics current in the interdisciplinary field of food studies; the latter include: food system, food chain, sustainability, food security, and environmental justice;
2. Students will learn the centrality of food provision, production, and consumption in Chinese history, politics, religion, and culture;
3. Students will hone their research, writing, and reading skills in the humanities and social sciences;
4. If all goes well, students will learn to eat well, derive more pleasures from eating, and enjoy improved health.

Prerequisites and Reference Tools:
There are no prerequisites; we welcome students from STEM, history, anthropology, environmental humanities, and other disciplines. Some assigned articles are intended for readers who command rudimentary knowledge of Chinese history, geography, and culture. If you have not taken a Chinese studies course before, you may want to read an excellent textbook (Robert Marks’ *China: Its Environment and History*) in its entirety. You may also want to familiarize yourself with these reference tools:

Timeline of Chinese History and Dynasties:
http://afe.easia.columbia.edu/timelines/china_timeline.htm

Historical Maps of China:

Pronouncing Chinese names in Pinyin:
https://www.youtube.com/watch?v=iXWjQ984zh4&ab_channel=UnderstandingChineseCharacters&fbclid=IwAR2S9ozvTvQo87MiuiQkR2Hho8YmLqM297HYm5a0EN7zk6SoyWSgbi2Mn4N4

Other useful references:
*The Berkshire Encyclopedia of Sustainability*, v. 1 (the Spirit of Sustainability); v. 2 (the Business of Sustainability):
https://clio.columbia.edu/catalog/11006011
https://clio.columbia.edu/catalog/11006012

Requirements and Grading:
Class Participation (weekly postings on Canvas and attendance): 30%
Short Paper (report of “cooking lab,” about 3-5 pages): 30%
Final Paper (a mini-research paper, about 10-12 pages): 40%

The “cooking lab” is a project in which students, divided into groups of three, would cook one dish from one of the historic recipe books assigned: (1) Hu Sihui’s *Yinshan zhengyao* 飲膳正要 (translated as *A Soup for the Qan* by Buell and Anderson), or (2) Yuan Mei’s *Sutuyuan shidan* 隨園食單 (translated as *The Way of Cooking* by Sean Chen). Each will report their findings and
insights in a short paper supplemented by a video and/or photographs/drawings. The report is due **Nov. 4 @ 12 noon**.

The mini-research paper, due on the day of our scheduled final exam (**Tues. Dec. 21 @ 12 noon**), involves additional reading, experiments, and/or fieldwork on a topic relevant to the seminar.

**Assigned Readings:**
The readings are culled from multiple fields: archaeology, anthropology, sociology, medicine, history, and gender studies, along with business reports and policy papers. Most are available online or on Canvas.

The following books can be purchased from Book Culture. They have also been put on reserve at the Barnard Library:
1. Valerie Imbruce, *From Farm to Canal Street: Chinatown’s Alternative Food Network in the Global Marketplace* (Cornell, 2015)

The following books are available online:

Angela Ki Che Leung and Melissa Caldwell, eds., *Moral Foods: The Construction of Nutrition and Health in Modern Asia* (Hawaii, 2019) [Canvas]

Roel Sterckx, Martina Siebert, and Dagmar Schafer, eds., *Animals through Chinese History: Earliest Times to 1911* (Cambridge, 2019) [Canvas]

**Course Schedule:**

**I. Introduction**

Sept. 9
WEEK 1: “WHAT’S FOR DINNER?” A film by Jian Yi 簡藝, 2014 (29 min.)

- First seminar meeting; no readings
- Introduction of some key themes by watching and discussing the film in class

Viewing Guide and Other Resources:
http://wfdinner.com/about

Sept. 16
WEEK 2: FOOD SYSTEMS: THE INDUSTRIAL FOOD CHAIN AND ITS ALTERNATIVES
• The Industrial food system prevalent in the U.S. today
• Three alternative food systems: Organic, Beyond Organic, and Ethnic/Immigrant

**Required Readings:**

**Option A:**
Michael Pollan, *Omnivore’s Dilemma*, pp. 1-262 (Industrial, Organic, and Beyond Organic)

**Option B:**
2. Valerie Imbruce, *From Farm to Canal Street*, pp. 1-72, 154-160 (Ethnic/Immigrant)

**Suggested Readings:**
1. Michael Pollan, *Omnivore’s Dilemma*, pp. 277-411 (on Foraging, Hunting, and a Perfect Meal)

Sept. 23
**WEEK 3: FOOD SYSTEMS: LONG-TERM HISTORICAL PERSPECTIVES**

- Factors of stability/sustainability of food systems through long periods of time
- Chinese concepts of “nature,” conservation, and environmental management

**Required Readings:**
5. E.N. Anderson, “The Development of China’s Sustainability during the Zhou and Han,” in *Food and Environment in Early and Medieval China*, pp. 91-114.

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**II. The Chinese Food System: A Deep History**

Sept. 30
**WEEK 4: CHINA: ITS ENVIRONMENT AND HISTORY**

- Overview of long-term environmental changes in China
- Basic geography and dynastic periods
- Overview of key themes: farming, deforestation, state, war, population, water control, climate change

**Required Reading:**
Robert Marks, *China: Its Environment and History*, chapter 1 (pp. 1-9); chapter 2 (pp. 10-53); chapter 6 (pp. 223-264); chapter 8 (pp. 331-346).
Suggested Reading:
The rest of the book 😊

Oct. 7
WEEK 5: DOMESTICATION OF PLANTS AND ANIMALS IN EARLY CHINA (Neolithic to Bronze Age)
- Foundations of the Chinese food system
- Ecology and environment
- Close connections between food and thought/philosophy/religion

Required Reading:

Suggested Readings:

Oct. 14
WEEK 6: MONGOL–CHINESE COOKING AND ETHNIC IDENTITIES IN THE FOURTEENTH CENTURY
- Reconstructing the “fusion” court cuisine of the Mongol empire
- Connection between food and the construction of ethnic identities

Required Reading:
2. HU Sihui, A Soup for the Qan, tr. Buell and Anderson, selections.

Suggested Reading:
Robert Marks, China: Its Environment and History, chapters 3-4.

Oct. 21
WEEK 7: YUAN MEI, AN EIGHTEENTH-CENTURY GOURMET
- Gendered knowledge of a gourmet
• Imported exotic ingredients and elite male identities
• Connection between eating and “nourishing life”

Required Reading:

[Chinese original texts and translation, along with the dishes cooked by Chen, are available on Chen’s blog.]
https://wayoftheeating.wordpress.com/about/

Suggested Reading:

Oct. 28
WEEK 8: FOOD AND HEALTH (18th to 20th Centuries)
• Food as medicine in traditional medical thinking
• Modern transformations with the introduction of Western concepts of hygiene and biomedicine in the 19th and 20th centuries

Required Reading:

Suggested Reading:

Nov. 4
WEEK 9: BREATHING SPACE (Readings TBA)

**Cooking Lab Report due @ 12 noon**
III. PRC (1949-present): Food Security; Food Justice

Nov. 11

- Brief history of the collectivization of agriculture (Cooperatives to Communes)
- Who/what is to blame for the Great Leap famine?

Required Reading:
1. [For the early history of the PRC, including the First Five-Year Plans, Land Reforms, Collectivization of agriculture, and the People’s Commune movement, view the propaganda posters and the succinct annotations on Chineseposters.net:]
   a. First Five-Year Plans, 1953-57 (parts 1-5):
      https://chineseposters.net/themes/first-five-year-plan
      https://chineseposters.net/themes/first-five-year-plan-2
      https://chineseposters.net/themes/first-five-year-plan-3
      https://chineseposters.net/themes/first-five-year-plan-4
      https://chineseposters.net/themes/first-five-year-plan-5

   b. Land Reform and Collectivization, 1950-53:
      https://chineseposters.net/themes/land-reform
   c. Great Leap Forward, 1958-61:
      https://chineseposters.net/themes/great-leap-forward
   d. Mao’s “Eight-Point Charter of Agriculture”:
      https://chineseposters.net/themes/eight-point-charter-agriculture


Suggested Reading:

Nov. 18
WEEK 11: MARKET REFORMS AND THE URBAN-RURAL GAP (1980s-1990s)

- A new food system under Deng Xiaoping’s Market reforms and implications on people’s health and diet
- Industrial food system in China--how does it compare with that in the U.S. (cf. Week 2)?

Required Reading:
1. [For the history of “Four Modernizations” or “Reform-and-Opening-Up,” view:] https://chineseposters.net/themes/special-economic-zones


Suggested Reading:

Dec. 2
WEEK 12: FOOD SAFETY AND ALTERNATIVE FOOD SYSTEMS IN POST-SOCIALIST CHINA (1990s-2021)
- Key concepts of food safety: social risk, transparency, and trust
- Alternative food systems in China--how do they compare with those in the U.S. (cf. Week 2)?

Required Reading:

Suggested Reading:
A. On nostalgia for a rural utopia:
2. The blogs of Li Ziqi, holder of Guinness World Record with 14.1 million YouTube subscribers:
   [https://www.youtube.com/channel/UCoC47do520os_4DBMEFGg4A](https://www.youtube.com/channel/UCoC47do520os_4DBMEFGg4A)

B. On debates over GMO crops in France:

Dec. 9
WEEK 13: PRESENTATION OF FINAL PROJECTS

**Dec. 21 @ 12 noon: Final Paper due**

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**The Barnard Honor Code:**

*We, the students of Barnard College, resolve to uphold the honor of the College by engaging with integrity in all of our academic pursuits. We affirm that academic integrity is the honorable creation and presentation of our own work. We acknowledge that it is our responsibility to seek clarification of proper forms of collaboration and use of academic resources in all assignments or exams. We consider academic integrity to include the proper use and care for all print, electronic, or other academic resources. We will respect the rights of others to engage in pursuit of learning in order to uphold our commitment to honor. We pledge to do all that is in our power to create a spirit of honesty and honor for its own sake.*