

# NFS 050D2, CHEESE AND CULTURE (3 credits)

## Fall semester, 2019 *Syllabus*

**Class meeting time and place:** MWF 12:00 -12:50; Jeffords 127

**Instructor:** Paul Kindstedt (Dr. K)

354 Carrigan Wing (off Marsh Life Sciences, across from Davis Center,)

Tel: 656-2935

Email: [paul.kindstedt@uvm.edu](mailto:paul.kindstedt@uvm.edu).

**Office hours:** By appointment; appointments always welcome! When an appointment is requested, Dr. K will endeavor to confirm a mutually agreeable meeting time within 24 h of the request.

**Prerequisites:** none

**General Education Requirement:** NFS 050 satisfies a D2 course requirement

**Course Description:**

This course examines: the 10,000 year history of cheese; the environmental, economic and cultural forces that influenced the spread of cheesemaking across continents; the evolution of diverse cheese varieties; and the intersection of cheese history with the institution of slavery in America.

**Course Learning Objectives:**

After completing this course the student will be able to:

- explain key differences in the characteristics and manufacture of the 3 basic families of cheese.
- describe the current understanding of the Neolithic origin of cheese and the evidence used to reconstruct that origin.
- describe the early migration of cheesemaking technology from the place of origin to widely dispersed locations across 3 continents, and key environmental factors (e.g., rapid climate change events) that influenced migration.
- describe cultural, economic and environmental factors that shaped the evolution of different cheeses, and the evidential basis that helps to explain why diverse cheeses originated in different times and places in Europe and Asia.
- Explain the historical development of cheese making in America and the striking lack of cheese diversity that occurred there during the early centuries.

- Explain the intersection of U.S. cheese history with the institution of slavery in American history from colonial times to the Civil War.
- Describe the differing cultural legacies of cheese (and food more generally) in Europe versus the United States
- Describe and explain differences in attitudes and policies in the EU and US towards food and agriculture, and points of conflict, through the lens cheese history

### Required Course Materials:

- *Cheese and Culture. A History of Cheese and its Place in Western Civilization*, by P.S. Kindstedt (2012, Chelsea Green Publishing); ISBN 9781603584111
- Powerpoint lecture outlines (available on-line to registered students at the Blackboard (<http://bb.uvm.edu>) site for NFS 050 D2 Cheese and Culture
- Readings: The following readings will be available on-line or through the UVM Libraries web site.
  - Kindstedt, P.S. 2013. The Making of Great Cheeses. *Microbe* 8(9):361-7  
<http://www.asmscience.org/docserver/fulltext/microbe/8/9/znw00913000361.pdf>
  - Kindstedt, P.S. 2013. Making Great Cheeses, Part 2. *Microbe* 8(10):401-7  
<http://www.asmscience.org/docserver/fulltext/microbe/8/10/znw01013000401.pdf>
  - Kindstedt, P.S. and T. Ser-Od. 2019. Survival in a climate of change: The origin and evolution of nomadic dairying in Mongolia. *Gastronomica* 19(3): (in press)
  - McC. Netting, R. 1972. Of men and meadows. *Strategies of alpine land use. Anthropological Quarterly* 45(3):132-144
  - Rapp, A. 1955. The Father of Western Gastronomy. *The Classical Journal* 51(1):43-48
  - Barham, E. 2003. Translating Terroir: the global challenge of French AOC labeling. *J. Rural Stud.* 19:127-38

- Echols, M.A. 1998. Food safety regulations in the European Union and the United States: different cultures, different laws. *Columbia J. European Law*, 4:525-43
- Bailey, R. 1990. The Slave(ry) Trade and the Development of Capitalism in the United States: The Textile Industry in New England. *Social Science History* 14(3):373-414
- One or two additional readings, to be determined, may be added to the required reading list

### **Blackboard:**

A series of powerpoint lecture outlines will be provided on Blackboard to assist students in notetaking during class lectures. These outlines coincide with the slides that are presented in class and will help you to follow along and take notes in class, but they are not complete. You must be in class to get the full material presented in class. Students' grades during the semester will not be posted on Blackboard. Students can calculate their current grade as described under the section on **Grading Criteria/Policies**

### **Attendance Policy and Classroom Environment Expectations:**

Students are expected to attend all regularly scheduled classes and to arrive on time (i.e., by 12:00, the start of the class). Attendance will be taken at the start of regularly scheduled classes by having all students sign in on a class roster. It is never acceptable for one student to sign in (i.e., forge the signature) for another student. Students will not be penalized for missing class; specifically, points will not be deducted from a student's course grade for classes missed. However, if a student misses a class, it is the responsibility of the student to contact Dr. K to obtain any missed assignments that were handed out in class, and to hand in the assignments on time, unless an extension is approved by Dr. K by the process described below in the section on **Assessments (Graded Work)**. Students who miss lectures are responsible for finding out what they missed from a fellow student. Dr. K does not provide class notes except the powerpoint lecture outlines on Blackboard.

Cell phones must be turned off or placed on vibrate mode during class time and responded to only in the event of emergency, so as not to disturb the class. Computers and related electronic devices may only be used during class for note taking purposes directly related to the class; all other uses are prohibited. Students who find that they are being distracted by other student's computers should contact Dr. K.

Student interactions with the Instructor and fellow students in the classroom should be courteous and professional at all times, in keeping with an academic environment of serious learning and mutual respect. Likewise, all communications outside of the classroom related to the class (for example, by email, phone or in person) are to be conducted in a courteous and professional manner. All students are required to be familiar with and adhere to the “Code of Academic Integrity” delineated in the following website: <http://www.uvm.edu/policies/student/acadintegrity.pdf>

Students are welcome to contact Dr. K by email. Email correspondence should be courteous and professional, in keeping with an academic environment of serious learning and mutual respect. Dr. K will normally respond to email messages within 24 hours. If Dr. K does not respond within 24 h, the student should assume that Dr. K did not receive the message and resend the message or contact Dr. K by phone or in person to confirm that the message was received. Homework assignments are to be handed in, in-person, at the start of the assigned classes. They are not to be sent by email unless the student obtains permission from Dr. K to do so.

From time to time, cheese samples for tasting will be made available in class to illustrate style of cheese that is being discussed. Tasting is encouraged but optional. Students who have concerns about possible allergic reactions as a result of exposure to cheese in classroom should contact Dr. K.

### **Grading Criteria/Policies:**

A student’s course grade will be calculated on a 100 point basis as follows:

- There will be 2 exams during the normal class period. Each exam worth a total of 20 points; i.e., 20% of the course grade. (40 points total; 40% of course grade)
- There will be a final exam on **December 10<sup>th</sup> at 1:30 pm to 4:15 pm** in Jeffords 127. The final exam will be worth 30 points (30% of the course grade).
- There will be five reading/writing assignments, each assignment worth a total of 3 points; i.e., 3% of the course grade. (15 points total; 15% of the course grade)
- There will be one reading/writing assignment that incorporates a reading chosen to augment the classroom discussion of cheese and slavery, which will be worth a total of 5 points (5% of the course grade).
- There will be 10 time-management homework exercises, each worth 1 point; i.e., 1% of the course grade. (10 points total; 10% of the course grade)

Students' grades during the semester will not be posted on Blackboard. Students who wish to know their current grade-to-date during the course of the semester are encouraged to keep a record of the points that they receive on their assignments and exams, from which they can calculate their grade-to-date at any time by a very simple calculation:

(Total number of points received on exams and assignments to date ÷ total number of points possible to date) x 100% = current grade to date

***Students who speak English as a second language and who have concerns about the course requirements and grading are encouraged to meet with Dr. K to discuss their concerns.***

### **Assessments (Graded Work):**

- The 5 reading/writing assignments will each be 1– 2 pages in length. A total of 1.5 points will be awarded for completing the assignment correctly, and 1.5 points for acceptable grammar, spelling, and overall quality of the writing. The assignments will be based on the required textbook and readings.
- The Slavery reading/writing assignment will be 2-3 pages in length. A total of 2.5 points will be awarded for completing the assignment correctly, and 2.5 points for acceptable grammar, spelling, and overall quality of the writing. The assignment will focus on the intersection of cheese history and the institution of slavery in the Caribbean and America.
- To complete the 10 time-management homework exercises, students will keep a daily log of the amount of time spent on NFS 050 for 10 consecutive weeks. Students must hand in their completed time log on time each week to receive credit.

Instructions for the writing assignments and time management exercises will be handed out in class. If a student is absent from class when instructions for an assignment are handed out it, is the responsibility of the student to obtain the assignment instructions from Dr. K. and hand in the assignment on time. Students must hand in all homework assignments on time except in cases of illness, a family tragedy, or similar extenuating circumstances beyond the reasonable control of the student. ***If this applies to you, please inform the Office for Student Services of your College concerning your circumstances and have the Office for Student Services contact Dr. K to discuss the matter.*** Dr. K, in consultation with the Office for Student Services, will determine whether the request for an extension is approved.

Assignments that are handed in late without an approved extension will be accepted if they are received by Dr. K by the next class period after the assignment is due; however, the grading for the late assignment will include a 50% late penalty (i.e., deduction of half of the total points possible). Late assignments that are handed in after the next class period will not be accepted and receive a score of zero.

Assignments are to be handed in, in-person, in printed form ***at the start of the class on the day on which the assignment is due.*** They are not to be sent by email unless the student has extenuating circumstances and obtains prior permission from Dr. K to submit by email. Please note that accidental loss of electronic files, last minute computer crashes, printer failures, etc. will not be accepted as legitimate excuses for late homework. Please back up your homework files and do not wait until the last minute to complete and print out your assignments. Give yourself enough time to deal with possible IT glitches should they occur.

- Exams will cover all material presented in class and in the assigned readings from the required text *Cheese and Culture. A History of Cheese and its Place in Western Civilization*. A series of powerpoint lecture outlines will be provided to assist students in notetaking during class lectures. These outlines will help you to follow along and take notes in class but are not complete. You must be in class to get the full material.

#### **Exams and Exam Schedule:**

Exam 1: Monday, September 23, 12:00-12:50

Exam 2: Wednesday, October 23, 12:00-12:50

Final Exam: Monday, December 10, 1:30pm -4:15pm

The first 2 exams must be taken at the scheduled times except in cases of illness, a family tragedy, or similar extenuating circumstances beyond the reasonable control of the student. ***If this applies to you, please inform the Office for Student Services of your College concerning your circumstances and have the Office for Student Services contact Dr. K to discuss the matter.*** Dr. K, in consultation with the Office for Student Services, will determine whether the request to reschedule the exam is approved. If a student fails to take the exam on the designated date and fails to obtain approval to reschedule the exam, the student will receive a grade of zero on the exam.

***The final exam will occur on the date and time assigned by the Registrar. No exceptions will be made except for circumstances beyond the reasonable control of the student (e.g., illness, family tragedy) that are verified by the Office for Student Services of your College.***

In the event that a student has 4 or more proctored in class final assessments scheduled within a 36-hour period and requests that they be allowed to take the NFS

050 exam at a different time, the Registrar's policy will be followed to determine the specific course of action, described at:

<http://catalogue.uvm.edu/undergraduate/academicinfo/examsandgrading/>. *Please check the final exam schedule for fall 2018 at*

[https://giraffe.uvm.edu/~rgweb/batch/final\\_exams\\_fall.html](https://giraffe.uvm.edu/~rgweb/batch/final_exams_fall.html) *as soon as possible to determine if the above conflict applies to your schedule.*

Exams will be handed out to students face down at the start of the class period. Exams must not be turned over until all students have received their copy, at which time the Instructor will inform the class that they may begin the exam. Exams will be collected at the end of the class period. Students must stop writing on their exam when the Instructor announces that the exam is over. Failure to do so will result in a deduction of 1 point from the total points that the student receives on the exam. In the interest of fairness, this procedure is designed to insure that all students are given the same amount of time to complete the exam. Students who need to use the restroom facilities should plan ahead and do so before the start of class. Students will not be allowed to leave the classroom during the exam until they have handed in their exam except in an emergency. **Food and beverage are not allowed during the exams.**

Cell phones, computers and other electronic devices ***must be turned off and put away*** during exams. After the 2 in-class exams have been graded, they will be handed back to the students during class. Students may review the graded final exam but it will not be handed back to the student.

Course grade will be determined by the total earned out of 100 points possible. Point totals will be calculated to 1 decimal place. Example: B- = 80.0 to 83.2; B = 83.3 to 86.6; B+ = 86.7 to 89.9. Midterm warnings will be sent out to any student whose cumulative grade near the middle of the term is C- or lower. If a student wishes to contest their course grade, they may do so by following the University policy, described at: <http://www.uvm.edu/policies/student/gradeappeals.pdf>

### **Extra Credit Assignments:**

Extra credit assignments to improve course grades are **not** offered, either during the semester or after the final course grade has been determined.

### **Course Evaluation:**

All students are expected to complete an evaluation of the course at its conclusion. Evaluations will be anonymous and confidential. The information gained, including constructive criticisms, will be used to improve the course.

## Course Outline

### 1. The Major Families of Cheese

- Acid Coagulated Cheeses
- Acid-Heat Coagulated Cheeses
- Rennet Coagulated Cheeses
- The Basic Steps in Cheesemaking

### 2. The early origins of cheesemaking

- The origin of agriculture: cultivation, domestication, dairying and cheesemaking
- Mesopotamia – the place of cheese in the “cradle of civilization”
- Hittite Anatolia and the emergence of rennet-coagulated cheese making
- The Celts and early cheesemaking north of the Alps
- The rise of Greece, Mediterranean trade in cheese
- The rise of Rome and spread of Roman cheese technology to Celtic Europe

### 3. The European origins of cheese diversity (examples of the environmental forces (cultural, economic geographical, climatic, etc.) that shaped the development of cheese varieties in Europe)

- The fall of Rome, the ascendancy of the manor and the monastery, and the Middle Ages
- Peasant and Demesne cheese making
- The washed rind (monastery) cheeses
- The bloomy rind cheeses
- The mountain cheeses

### 4. English hard pressed cheeses (The bridge to cheesemaking in America)

- The transformation of English agriculture and society
- The ascendancy of Yeoman dairying and cheesemaking in East Anglia
- The rise and evolution of Cheshire cheese
- The genesis of Cheddar cheese

### 5. History of cheesemaking in the United States (analysis of the environmental forces (cultural, economic geographical, climatic, etc.) that shaped the development hard English (Cheddar-style) cheesemaking in America)

- The Puritan migration and rise of New England cheesemaking
- Puritan expansion and the native peoples
- West Indies trade; cheese traders, slave traders, and slave cheesemakers
- Slavery and the Plantation system of the south
- Cheesemaking moves north to Vermont
- Cheesemaking moves west



- The Civil war and the birth of the cheese factory
- The demise of farmhouse cheesemaking and the dislocation of the woman cheesemaker
- The progressive alienation of the American public from cheesemaking (and agriculture and food in general)
- The 60's counterculture and the rebirth of artisan cheesemaking in America

#### 6. The cultural legacy of European cheesemaking

- Terroir and Geographical Indications
- Attitudes towards new technologies versus traditional technologies
- Food safety regulations: Raw milk cheeses

#### 7. Examples of present points of conflict in US/EU attitudes towards agriculture and food in international trade

- Intellectual property rights: Case study of PDO and trade negotiations
- Food safety regulations: case study of Raw milk cheeses

#### Student Learning Accommodations:

In keeping with University policy, any student with a documented disability interested in utilizing accommodations should contact SAS, the office of Disability Services on campus. SAS works with students and faculty in an interactive process to explore reasonable and appropriate accommodations, which are communicated to faculty in an accommodation letter. All students are strongly encouraged to meet with their faculty to discuss the accommodations they plan to use in each course. A student's accommodation letter lists those accommodations that will not be implemented until the student meets with their faculty to create a plan.

Contact SAS:

A170 Living/Learning Center;

802-656-7753;

[access@uvm.edu](mailto:access@uvm.edu)

[www.uvm.edu/access](http://www.uvm.edu/access)

#### Religious Holidays:

Students have the right to practice the religion of their choice. If you need to miss class to observe a religious holiday, please submit the dates of your absence to me in writing by the end of the second full week of classes. You will be permitted to make up work within a mutually agreed-upon time.

<https://www.uvm.edu/registrar/religious-holidays>

#### Academic Integrity:

The policy addresses plagiarism, fabrication, collusion, and cheating.

<https://www.uvm.edu/policies/student/acadintegrity.pdf>

**Grade Appeals:**

If you would like to contest a grade, please follow the procedures outlined in this policy: <https://www.uvm.edu/policies/student/gradeappeals.pdf>

**Grading:**

For information on grading and GPA calculation, go to

<https://www.uvm.edu/registrar/grades>

**Code of Student Rights and Responsibilities:**

<http://catalogue.uvm.edu/undergraduate/academicinfo/rightsandresponsibilities/>

**FERPA Rights Disclosure:**

The purpose of this policy is to communicate the rights of students regarding access to, and privacy of their student educational records as provided for in the Family Educational Rights and Privacy Act (FERPA) of 1974.

<http://catalogue.uvm.edu/undergraduate/academicinfo/ferparightsdisclosure/>

**Promoting Health & Safety:**

The University of Vermont's number one priority is to support a healthy and safe community:

**Center for Health and Wellbeing:**

<https://www.uvm.edu/health>

**Counseling & Psychiatry Services (CAPS)**

Phone: (802) 656-3340

**C.A.R.E.**

If you are concerned about a UVM community member or are concerned about a specific event, we encourage you to contact the Dean of Students Office (802-656-3380). If you would like to remain anonymous, you can report your concerns online by visiting the Dean of Students website at <https://www.uvm.edu/studentaffairs>

**Final Exam Policy:**

The University final exam policy outlines expectations during final exams and explains timing and process of examination period. <https://www.uvm.edu/registrar/final-exams>

**Alcohol and Cannabis Statement:**

The Division of Student Affairs has offered the following statement on alcohol and cannabis use that faculty may choose to include, or modify for inclusion, in their syllabus or Blackboard site:

### **Statement on Alcohol and Cannabis in the Academic Environment**

As a faculty member, I want you to get the most you can out of this course. You play a crucial role in your education and in your readiness to learn and fully engage with the course material. It is important to note that alcohol and cannabis have no place in an academic environment. They can seriously impair your ability to learn and retain information not only in the moment you may be using, but up to 48 hours or more afterwards. In addition, alcohol and cannabis can:

- Cause issues with attention, memory and concentration
- Negatively impact the quality of how information is processed and ultimately stored
- Affect sleep patterns, which interferes with long-term memory formation

It is my expectation that you will do everything you can to optimize your learning and to fully participate in this course.

## APPENDIX 1

### NFS 050 Strategies for Success

#### Set Two Goals for Yourself:

1. Develop a command of the information (details) presented in class
2. Develop a grasp of the larger concepts that bind the details into the “bigger picture story”

#### Learning Strategies:

1. Keep a log of time spent on NFS 050 outside of class. Make sure that you invest at least 6 hours per week. Complete your writing assignments expeditiously so that you maximize the time available for studying for exams.
2. Read the book chapter and review the powerpoint lecture notes in advance so that you have some knowledge of what will be presented in class.
3. Take comprehensive notes in class (this is key to achieving both goals).
4. Review your class notes and powerpoint lecture notes immediately after class (i.e., on the same day that the class is held). Also, review the section of the book that covers the material presented in class that day.
  - Make a list of specific questions or sources of confusion from today’s class
  - Seek clarification for specific questions/confusion during the next class or meet with Dr. K to seek clarification.
5. Each day, briefly review all powerpoint lecture notes and class notes that have been covered since the last exam. Focus on committing to memory the details and larger concepts that have been presented so far.
  - Allocate less time for review immediately after your last exam, but progressively allocate more time for review as the exam date approaches.
  - If you still have specific unresolved questions meet with Dr. K to address them.

## Homework Assignments

Homework assignments are cumulatively worth 30% of the course grade, i.e., equivalent to the final exam. Thus, they have a major impact on your course grade. Follow the assignment instructions meticulously, complete the assignments in a thorough and professional manner, and hand in the assignments on time to insure that you receive full credit.