Modality, Meeting Pattern: This course will be taught in person. Class lectures will occur on MWF from 9:40-10:30am in 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.

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.

Technical support for students:

Students, please read this technology check list to make sure you are ready for classes.  [https://www.uvm.edu/it/kb/student-technology-resources/](https://www.uvm.edu/it/kb/student-technology-resources/)

NFS 050 is an in-person course, therefore technology requirements primarily pertain to the use of Blackboard. Students should contact the Helpline (802-656-2604) for support with technical issues.

Prerequisites: none

General education requirements: This course does not satisfy any GenEd requirements

Course Description

This course examines the 10,000 year history of cheese, it's place in western civilization and beyond, and the environmental and cultural forces that shaped the development of diverse cheeses. The course outline is as follows:

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
   - The dispersal of cheesemaking: Europe, Asia, Africa
   - Mesopotamia – the place of cheese in the “cradle of civilization”
   - Hittite Anatolia and the emergence of rennet-coagulated cheese making
   - 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 disconnection of the American public from cheesemaking (and agriculture and food in general)

6. **The cultural legacy of European cheesemaking - points of conflict in US/EU attitudes towards agriculture and food in international trade**
   - Terroir and Geographical Indications
Intellectual property rights: Case study of PDO and trade negotiations
Food safety: Attitudes towards new technologies versus traditional technologies
Food safety regulations: case study of Raw milk cheeses

Course Learning Objectives:

After completing this course, the student will be able to:

1. Describe the 3 basic families of cheese and their manufacture.
2. Explain the proposed Neolithic origin of cheese and the evidential base that supports the proposed theory.
3. Describe the early migration of cheesemaking technology from the place of origin to widely dispersed locations across 3 continents.
4. Describe the historical 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 Southwest Asia.
5. Describe the historical development of cheese making in America and the striking lack of cheese diversity that occurred there during the early centuries.
6. Explain the intersections of cheese history with the institution of slavery in American from colonial times to the Civil War.
7. Describe the differing cultural legacies of cheese (and food more generally) in Europe versus the United States.
8. Describe attitudes and policies in the EU and US towards food and agriculture, and points of conflict, through the lens cheese history.

Modality description:

The course will be taught in-person in lecture format on MWF from 9:40-10:30am in Jeffords 127. Announcements and updates concerning the course will be communicated through Blackboard using the Blackboard Announcement tool on the NFS 050 course home page. Text lectures and powerpoint slides for each class will be available through the NFS 050 Blackboard home page under the Course Materials tab.

Required Course Materials:

- Powerpoint lecture slides of each class (available on-line to registered students at the Blackboard [http://bb.uvm.edu] site for NFS 050 Cheese and Culture)
- Written text lectures of each class that coincide with the powerpoint lecture slides (available on-line to registered students at the Blackboard [http://bb.uvm.edu] site for NFS 050 Cheese and Culture)


Optional (not required) Further Reading:

The following readings are available on-line or through the UVM Libraries web site.


Required platforms and software:

This course will use Blackboard extensively. Announcements and updates concerning the course will be communicated through Blackboard using the Blackboard Announcement tool on the NFS 050 course home page. Text lectures and powerpoint slides for each class will be available through the NFS 050 Blackboard home page under the Course Materials tab.

Attendance Policy: Students are expected to attend all regularly scheduled class lectures and enter the classroom on time (i.e., by 9:40am, the start of the class). Written text lectures and Powerpoint slides for each class will be available through the NFS 050 Blackboard site. The slides and text lectures will cover all material presented in class that will be included in the essays that will determine your course grade. If you need to miss multiple classes because of illness, please contact Dr. K by email as soon
as you are able and also connect with the Student Services Office of your College. Dr. K will then consult with the Student Services Office of your College to develop an appropriate plan to move forward. Further details about the UVM attendance policy can be found at:

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

**Grading Criteria/Policies:**

A student’s course grade will be calculated on an 80-point basis as follows:

There will be 8 open book take-home essays assignments during the semester. Each essay will be worth 10 points towards the final course total of 80 points that will determine the course grade. Therefore, each essay will contribute equally to the course grade. Each essay will cover material included in the Powerpoint lecture notes and the class text lectures for the Unit or Units that are being evaluated. The essays will not be explicitly cumulative; they will cover the material for the particular Unit(s) being evaluated. However, material presented in later Units may build upon information presented in earlier Units, therefore, there may be some overlap of information from a previous Unit that is relevant to the essay response for a later Unit.

Course grade will be determined by the total points earned out of a total of 80 points possible. Point totals will be calculated to 1 decimal place according to the following equation: (Total number of points received on the 8 essays ÷ 80 (i.e., total number of points possible) x 100% = numerical course grade. Numerical course grade calculated to one decimal place will be converted to Letter course grade as follows:

**Examples:**

A- = 90.0 to 93.2; A = 93.3 to 96.6; A+ = 96.7 to 100
B- = 80.0 to 83.2; B = 83.3 to 86.6; B+ = 86.7 to 89.9
C- = 70.0 to 73.2; C = 73.3 to 76.6; C+ = 76.7 to 79.9
D- = 60.0 to 63.2; D = 63.3 to 66.6; D+ = 66.7 to 69.9
F = less than 60.0

There will be no final exam. The sole basis for the course grade will be the 8 essays as described above. The final essay assignment will be due at the start of the NFS 050 final exam period assigned by the Registrar.

Students who wish to know their current grade-to-date during the semester are encouraged to keep a record of the points that they receive on their essays, from
which they can calculate their grade-to-date at any time by a very simple calculation:

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

Students will also be able to access their grade-to-date at any time through the Blackboard Grade Center.

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 course is divided into 10 Units. An open book take home essay will be scheduled upon completion of each Unit or combination of Units. Students will have 1 week to complete each essay. Students must hand in their completed essay by the stated due date, 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 and consider an appropriate accommodation. Failure to hand in an essay on time will result in a late penalty applied to the essay grade of 1 point (out of 10 points possible; 10%) for each day (24 h from the time the essay is due) late.

The eighth (last) essay will be due by the date and start time of the final exam 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.

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. The evaluations will be anonymous and confidential, and that the information gained, including constructive criticisms, will be used to improve the course.

COVID 19 Policy:

The University of Vermont reserves the right to make changes in the course offerings, mode of delivery, degree requirements, charges, regulations, and procedures contained herein as educational, financial, and health, safety, and welfare considerations require, or as necessary to be compliant with governmental, accreditation, or public health directives. Additional information on UVM policy is available in the University Catalogue:

http://catalogue.uvm.edu/

Intellectual Property Statement/Prohibition on Sharing Academic Materials:

Students are prohibited from publicly sharing or selling academic materials that they did not author (for example: class syllabus, outlines or class presentations authored by the professor, practice questions, text from the textbook or other copyrighted class materials, etc.); and students are prohibited from sharing assessments(for example homework or a take-home examination). Violations will be handled under UVM’s Intellectual Property policy and Code of Academic Integrity.

Tips for Success:

Resources for students on remote/online learning:

- Checklist for success in [https://learn.uvm.edu/about/support-for-students/checklist-online-credit-courses/](https://learn.uvm.edu/about/support-for-students/checklist-online-credit-courses/)
- Academic support for online courses: [https://www.uvm.edu/academicsuccess/online-learning-student-resources-remote-instruction](https://www.uvm.edu/academicsuccess/online-learning-student-resources-remote-instruction)
- 30-minute webinar on online learning success (Mar 2020): [https://www.youtube.com/watch?v=Xp_MYsqQyvE](https://www.youtube.com/watch?v=Xp_MYsqQyvE)

Other Helpful resources:
- Undergraduate/Graduate Writing Center,
- Supplemental Instruction, Learning Co-op tutors
Student Learning Accommodations:

In keeping with University policy, any student with a documented disability interested in utilizing ADA accommodations should contact Student Accessibility Services (SAS), the office of Disability Services on campus for students. 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 recommended to discuss with their faculty the accommodations they plan to use in each course. Faculty who receive Letters of Accommodation with Disability Related Flexible accommodations will need to fill out the Disability Related Flexibility Agreement. Any questions from faculty or students on the agreement should be directed to the SAS specialist who is indicated on the letter.

Contact SAS:
A170 Living/Learning Center;
802-656-7753
access@uvm.edu
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
Code of Student Conduct:

http://www.uvm.edu/policies/student/studentcode.pdf

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:

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

**Email Guidelines:**

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 (656-2935) to confirm that the message was received.