

ASB 462: Medical Anthropology

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Module 3 Assignment: Human History Meal Plan (60 points)

Download, fill in, and turn in this form. Read through the instructions to the end before you get started. Be sure to **use complete sentences where indicated**, and maintain this document's 1-inch margins, single-spacing, and 11-12pt font.

Name:

<p>(1) For each period below, create a one-day meal plan consisting of three meals containing ingredients from different human history periods, as detailed below.</p>	
<p>(1) Stone Age Meal Plan (10 points) First, come up with an idea for three meals that contain only ingredients that would have been available to humans during the Stone Age or before the Agricultural Revolution. Describe your meals here. Each meal should contain <u>at least 3 ingredients</u>.</p>	<p>Stone Age Meal #1: Breakfast with wild berries, nuts, and a portion of smoked fish.</p> <p>Stone Age Meal #2: Breakfast with wild berries, nuts, and a portion of smoked fish.</p> <p>Stone Age Meal #3: Breakfast with wild berries, nuts, and a portion of smoked fish.</p>
<p>(2) Neolithic Meal Plan (10 points) Next, I devised an idea for three meals that contained only ingredients available to humans thanks to the Agricultural (Neolithic) Revolution. Describe your meals here. Each meal should contain <u>at least 3 ingredients</u>.</p>	<p>Neolithic Meal #1: Breakfast with porridge made from domesticated grains, honey, and milk.</p> <p>Neolithic Meal #2: Lunch with a barley and lentil stew, flatbread, and fresh vegetables.</p> <p>Neolithic Meal #3: Dinner with baked fish, wheat bread, and farmed vegetables.</p>
<p>(3) Industrial Revolution Meal Plan (10 points) Now, come up with an idea for three meals that contain only ingredients that became available to humans due to the Industrial Revolution, when goods began to be produced in mass quantities in factories using machinery instead of in homes or small businesses. Describe your meals here. Each meal should contain <u>at least 3 ingredients</u>.</p> <ul style="list-style-type: none"> • Note that your ingredients can be anything produced with 	<p>Industrial Revolution Meal #1: Breakfast with factory-produced cereal, milk, and canned fruit.</p> <p>Industrial Revolution Meal #2: Lunch with a sandwich made from processed bread, factory-made cheese, and sliced meats.</p> <p>Industrial Revolution Meal #3: Dinner with canned soup, mass-produced pasta, and factory-farmed chicken.</p>

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<p>machines (e.g., chicken nuggets); they do not need to be consumed during the Industrial Revolution.</p>	
<p>(2) Analysis and Reflection (20 points)</p> <p>Reflecting on the differences in the types of ingredients in your three meal plans above and citing 2-3 of the readings, lectures, or videos presented in Module 3, describe in your own words how large-scale transitions in the human diet throughout human history have brought about both improvements and challenges for human health.</p> <ul style="list-style-type: none">• Please write 8-10 complete sentences.• Cite at least <u>two</u> Module 3 resources in your text.• A bibliography is not required.	
<p>Reflecting on the ingredients across the three meal plans highlights significant dietary transitions and their health impacts. The Stone Age diet, rich in natural, unprocessed foods, provided essential nutrients and promoted robust health (Ellen, 2010). The Neolithic Revolution introduced domesticated grains and dairy, leading to more stable food supplies and new health challenges like increased carbohydrate intake. The Industrial Revolution brought mass-produced and processed foods, improving food availability and convenience but introducing health issues such as obesity and chronic diseases due to high sugar and fat content (Barrett, 1984). These transitions underscore the complex relationship between dietary practices and human health, as discussed in Module 3 resources.</p>	

Formatting: (5 points) Maintain the document's formatting: single-spacing and 11pt font throughout the assignment.

Spelling/Grammar: (5 points) 0-1 errors = 5 points, 2-3 errors = 4 points, 4-5 errors = 3 points, 6-7 errors = 2 points, 8-9 errors = 1 point, 10+ errors = 0