

Winter online psychology class: **Cultural Psychology of Food** Dec 2024-Jan 2025 (3 weeks)

(But some flexibility in dates since it is the holidays - Please contact Dr. Duffy at seduffy@scarletmail.rutgers.edu to discuss options!)

Prof. Sean Duffy



It is often said that *we are what we eat*, but what we eat depends upon the cultural matrix in which our lives are embedded. This multi-disciplinary course examines factors that shape how people produce and consume food. Topics discussed include ethnic identity and cultural cuisine, development of taste and memory, globalization of food and its implication on culinary diversity, evolutionary and developmental origins of disgust, delight, and food-induced emotions, and other topics. We will create and sample cuisines from different cultures to better understand the cultural variability in food preferences across the world. **COURSE FULFILLS PSYCHOLOGY MAJOR DIVERSITY REQUIREMENT.**

