

# “Research in Action” Podcast Instructor Guide

Use the following episode description, learning objectives, guiding questions and activity suggestions to more easily include “Research in Action” podcast episodes as a supplemental resource for your course.

# Dr. Emily Contois on Food Studies [00:00-34:47]

Research in Action - Episode 174

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## Podcast and Episode Information

“Research in Action” is a weekly podcast about topics and issues related to research in higher education featuring experts across a range of disciplines.

On this episode, Katie is joined by Dr. Emily Contois, an Assistant Professor of Media Studies at The University of Tulsa. Her book, *Diners, Dudes, and Diets: Gender and Power in U.S. Food Culture and Media*, will be published with The University of North Carolina Press in 2020. It explores how the food, advertising, and media industries used the dude as a gender discourse to create male consumers for products socially perceived as feminine, such as cookbooks, diet sodas, and dieting programs. She is also co-editing a volume on food and Instagram with Dr. Zenia Kish. Dr. Contois completed her PhD in American Studies at Brown University with a Doctoral Certificate in Gender and Sexuality Studies. She also holds three master's degrees: an MA in American Studies from Brown, an MLA in Gastronomy from Boston University and an MPH focused in Public Health Nutrition from UC Berkeley. She is the author of more than twenty-five peer-reviewed articles, chapters, reference entries, and reviews. She is the Book Reviews Editor for *Food, Culture, and Society* and serves on the boards of the Association for the Study of Food and Society and H-Nutrition. She also writes for *Nursing Clio*, blogs at [emilycontois.com](http://emilycontois.com), and is active on social media at [@emilycontois](https://twitter.com/emilycontois).

*Segment One* [00:00-13:27] - In this segment, Emily talks about her research in food studies.

*Segment Two* [13:28-24:38] - In this segment, Emily discusses her work as a public scholar.

*Segment Three* [24:39-34:47]: In this segment, Emily shares about some of her unique classroom projects.

Show notes and a transcript for this episode can be found at:

<http://ecampus.oregonstate.edu/research/podcast/e174/>

## Learning Outcomes

By listening to this episode, students will be able to:

- Describe food studies as a field
- Discuss examples of public scholarship
- Provide examples of some of the benefits and challenges of engaging in public scholarship.

## Guiding Questions for Listening

- What led Emily Contois to study food?
- How does Emily Contois describe food studies in relationship to media studies?
- Emily Contois is writing a new book – what is it about?
- What are some examples of areas that may be researched within the field of food studies?
- What is “dude culture” according to Emily Contois?
- What are some of the ways Emily Contois practices public scholarship in her work?
- According to Emily Contois, what are some of the benefits associated with public scholarship?
- According to Emily Contois, what are some of the challenges associated with public scholarship?
- What are some examples of the classroom projects Emily Contois uses in her teaching?

## Possible Activities

- Ask students to visit the show notes for this episode (<http://ecampus.oregonstate.edu/research/podcast/e174/>) and look at an additional resource that is linked in connection with this episode. Students can write a short review of that resource to share with their peers.
- Ask students to visit the show notes for this episode (<http://ecampus.oregonstate.edu/research/podcast/e174/>) and post an additional resource connected to the content of the episode in the comments section.
- Have students share questions that are raised for them based on the content of this episode. What would they ask Emiy Contois if they could?

## Suggested Citation (APA, 6th edition)

Linder, K. (Producer/host). (2019, October 7). *Dr. Emily Contois on Food Studies* [Audio podcast]. Retrieved from <http://ecampus.oregonstate.edu/research/podcast/e174/>

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## Notes

## About the Research in Action Podcast

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“Research in Action” (RIA) is a podcast about topics and issues related to research in higher education featuring experts across a range of disciplines. Episodes are posted weekly and include guest interviews and occasional solo episodes. Guests are from a range of higher education institutions and share their expertise on qualitative, quantitative and mixed methods as well as their personal experiences as researchers, research and writing practices, organizational and productivity strategies, and much more. Some weeks, bonus content will also be posted.

“Research in Action” is hosted by [Dr. Katie Linder](#), research director for Oregon State University Ecampus.

Visit the podcast website to view [show notes and transcripts for each episode](#), explore our [episode guide](#), learn more about how to [contact us](#), or [suggest a future guest or topic](#).

You may subscribe to the [“Research in Action” RSS feed](#) or access the podcast via [iTunes](#), [Soundcloud](#) or [Stitcher](#).

“Research in Action” is also listed on [MERLOT](#).

The “Research in Action” podcast is a resource funded by Oregon State University Ecampus, the university’s top-ranked online education provider.

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