Just Eating: Sustainable Food Practices

2012 May Experience MXP-140-01

May 9-May 30 2012; M-F 10am-3pm

Language House, North Village A

Instructor: Libby Young

Office: Library Research Suite, 133B

Campus Phone: 2195; Cell: 864 905-0903

This course will explore three food practices that seek to optimize personal and environmental health: organic agriculture and eating; vegetarian or low meat diets; and local agriculture and diets. Our purpose is to discover if these are really beneficial to the environment, the individual and society. Further, after trying to answer the first question, the second purpose of the class is to develop individual food ethos, with each person deciding his/her level of commitment to eating in a sustainable manner.

The class will conduct a rigorous examination through reading and written responses, movies, speakers, visiting local farms and markets and hands-on shopping and preparing meals.

Course Objectives:

1) To begin to sort through and evaluate the vast amount of information on food practices, using adroit research skills.

2) To foster a community of learners who combine the knowledge we all bring to the class, the facts we discover in class, and the hands-on experiences we have during the four weeks, to draw conclusions and make commitments.

3) To have fun learning about the state of food in the Upstate and apply what is learned to other places we may live and eat!

Guidelines:

1) Time will be built into the day for reading and writing assignments. There should not be a need to do homework at night or over the weekends. We may not take the whole time every day, however, because we will be having 10 meals together, will often be taking field trips, and have the built-in reading and writing times, please consider 10 to 3 the regular schedule. Shorter days will be a gift! If you have to be absent, please let me know in advance so we can work something out. There will be as much variety and moving about as possible. You won’t be sitting in a classroom all day.

2) Teams will be formed the first day. Teams will have shopping and food preparation assignments as posted on Moodle. Teams will shop for food the day before the meal your team is responsible for preparing. Each meal will focus on a particular category—local, organic or vegetarian. Teams will shop within the parameters of the category and within a budget. Food storage, meal prep, and eating will be done in the Language House in North Village A. Meals will be evaluated by the class using a rubric created by the class.

3) Furman University’s policy on academic integrity is clear, and I feel strongly about it as I have been on the Discipline Committee for three years, and never want any of you to have to appear before this committee. Give credit to other people for their ideas, especially in written communication. This places you within the scholarly conversation. Use your friends and class peers for bouncing ideas around, but don’t use their work. If in doubt, ask.
4) Students with disabilities who need academic accommodations should contact the Office of Disability Services as early as possible.

Texts:


Other articles and chapters, see Moodle.

Assignments & Grading:

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<tr>
<th>Assignment</th>
<th>Due Date</th>
<th>Assignment Type</th>
<th>Points</th>
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<tr>
<td>Assignment 1</td>
<td>5/9</td>
<td>Personal Response Paper</td>
<td>15</td>
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<td>Assignment 2</td>
<td>5/17</td>
<td>Pro &amp; Con Bibliography</td>
<td>15</td>
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<td>Assignment 3</td>
<td>5/24, 25, 26</td>
<td>Presentations</td>
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<td>Assignment 4</td>
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<td>Personal Ethos of Eating</td>
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**Total Possible Points**: 100 points

Late assignments will lose a point for each day they are late.