

Health Sciences 4615F: HISTORY & ETHICS OF FOOD

Dr. Ken Kirkwood

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Class times:

Office Hours: TBD by class vote

Antirequisite(s): Health Sciences 4092F section 001, if taken in 2018/19 or 2019/20.

Course Description

Food is everywhere, and it is mundane – and this makes it important to examine further. Some are driven to not eat, some will only eat certain things, others monitor their intake of macronutrients. Many overeat to their own demise without knowing why. This course examines these questions and more.

Evaluations

Major Project Outline = 15%

Presentation = 35%

Influencer Review = 10%

Major Essay = 39%

Heritage Cookbook = 1%

The outline, presentation, and essay are on a topic of your choice that takes a historical, social, or ethical look at food and/or diet.

The Influencer Review is a brief (max 7 minutes) review of dietary advice or commentary from one of the big social media platforms. You will be expected to select a claim and examine its evidence base as well as its presentation (how influential is it?).

Heritage Cookbook is a recipe submitted by each student of a dish that is meaningful to them. I will collect them all and publish the collection on our OWL site for all to have.

Course Materials

Readings and Links Provided on OWL

Course Topics

Week 1: Introductions, syllabus review, Q&A

Week 2: Brief History of Diet in North America, part 1

Week 3: Brief History of Diet in North America, part 2

Week 4: Hunger & Social Determinants of Diet

Week 5: Can we regulate good food? Trans-Fats, Junk Foods, etc.

Week 6: The History and Ethics of Vegetarianism/Veganism in North America

Week 7: Cultural Attachments to Food: "This is the food that people from _____ eat!"

Week 8: Food production and the environment

Week 9: Reading Week.

Week 10: Are we being tricked into obesity? Food Marketing.

Week 11: Is food addictive?

Week 12: Is nutritional research biased by industry money? Research Ethics.

*The lecture timetable and topics are subject to change, as needed, throughout the course

#Itotallymissedthedeadline

This class operates with a relaxed deadline policy. You can manage your time at this point, and the evaluations (outline, presentation, essay, and cookbook entry) can be handed in anytime in the course up to and including the last day of classes. I highly recommend not waiting until the last day for all your assignments.