



Syllabus and Schedule

This course met intensively during Orientation Week and then twice a week for 2 hours each session for the semester.

Beloit College
First Year Initiative Seminar: Slow food
Professor Marion Fass
Department of Biology

Beloit College
Office: 233 Chamberlin
fassm@beloit.edu, x 2784

We are what we eat, and what we eat shapes the environment around us. In this class we will explore our connections to food and culture, to food and sustainability, to food as it relates to social justice. We will move from feasts to famine and examine the impact that our eating habits have on our health and on the global food supply. We will draw from film and literature, from the culinary arts and cultural studies and environmental activism. We'll visit Farmer's Markets, talk with farmers and chefs and families, and contrast the tastes of fast foods and our local products.

Our theme will draw from the Slow Food movement, a group founded to preserve the pleasures of diverse local foods and culinary traditions. We will assess the impact of the homogenization of the fast food culture in the US and in other countries and study the pressures that our quests for coffee and chocolates and sugar put on the suppliers of the world. We will ask about sustainable agriculture and explore the promise and perils of biotech solutions to food shortages around the world.

Objectives: Students will be able to:

- ◆ To analyze why we eat what we eat in terms of the contributions of
 - Cost
 - Taste
 - Convenience
 - Culture, comfort
 - Corporations

- ◆ To analyze the path of selected foods from producers to tables
- ◆ To evaluate changes in the diet of Americans (in the last 100, 50, 20 years) and their impact on nutrition and the economy
- ◆ To critique how the American diet impacts global economies and how the American economy affects global diets
- ◆ To analyze the links between food and the local economy-
 - Who benefits from agriculture?
 - How does our food availability compare to other cities, other nations?
 - Can people in Beloit afford to eat well?
- ◆ To evaluate the contributions of NGOs to alleviating hunger and creating a sustainable foodshed and make informed decisions about their value

Books or parts:

Gladwell, Malcolm, 2002. *The Tipping Point: How Little Things Can Make a Big Difference*.
 Halweil, Brian, 2004. *Eat Here*.
 Counihan, Carole, ed. 2002. *Food in the USA*.
 Steingarten, Jeffrey, 2006. *The man who ate everything*.

Films:

- Supersize Me
- Chocolat
- The Real Dirt on Farmer John

FYI 2005 assignments

Orientation week assignments	5%
Your Moodle personality	
THE TIPPING POINT-1	
THE TIPPING POINT- 2	
Farmer’s market survey and poster presentation	20%
Short paper: Innovators and entrepreneurs	10%
Library search: What should we eat?	10%
Slow foods connections	20%
Supporting good food: The philanthropy challenge	20%
Oral presentations, Class participation and other stuff	15%

Notices:

Academic honesty: What you learn in this class derives from your efforts to understand the readings and to integrate and communicate your ideas. There are many writing assignments directed to this purpose. It’s important as you prepare papers that you attempt as much as possible to put concepts into your own words. Where it is necessary to use the words of others to succinctly express a concept, or to demonstrate that your ideas are derived from an established tradition of research and thinking, make sure to quote appropriately and to reference correctly. I am less concerned about the format of the citation than with its accuracy. When citing documents on the Internet, please reference the exact page your information comes from and the date you have visited that site. Remember that anyone can post pages on the Internet, so please try to verify their accuracy before you use them. The reference should be in the form of a

journal reference with the web address added. You should similarly reference any tables or diagrams or photographs that you use in your work.

Oral presentations should also be clearly and appropriately referenced.

Papers in which sections are copied from books or from web articles are unacceptable and leave this instructor insulted and outraged. This practice should be avoided at all costs. For more information on the Beloit College Academic Honesty policy see (<http://www.beloit.edu/~stuaff/acadplcy.html#acts>)

Students with Disabilities:

Students: If you have a disability and would like to speak to someone about possible accommodations, please visit the LSSC (Learning Support Services Center) located on the first floor of 635 College St. You will need to provide appropriate documentation of your disability to Diane Arnzen, Director of the LSSC. If you wish to receive accommodations in my class please provide me the LSSC Accommodation Verification Letter dated for this semester as soon as possible so your learning needs may be appropriately met.

The Writing Center: The Writing Center is a great place for you to get help with your assignments. Their job is not to rewrite papers for you, but to guide you in writing and rewriting them yourself. If you go to the Writing Center, always take your assignment with you.

Using Moodle: Our syllabus will be constantly updated on Moodle. If you don't check in you will miss important events and assignments. All assignments submitted on Moodle should be saved as a Microsoft Word and titled Yourlastname.assignmentdescription.doc (Jones.osmosislab.doc).

Slow Food: FYI Week One Schedule

Saturday night: Read Gladwell, Introduction and Chapter 1 so that you can write about it on Sunday.

Sunday August 22

9:- 9:30 Introduction Eaton Chapel

9:30 – 12 Seminar

Talk about seminar and food

Talk about The Tipping Point and how these ideas fit with real life

1-2 Writing

2:00 Advising- What to expect in your first semester, how to read the course listing,

3 to 4: Seminar Writing about research

Gladwell's style, Perhaps Gladwell's review and discussion

Assignment: Moodle: Find your moodle personality

7-8 Read Gladwell, Chapter 2 and articles on Moodle on Slow Food

Think about what Gladwell says- "The success of any kind of social epidemic is heavily dependent on the involvement of people with a particular and rare set of social gifts."

Monday August 23

9-12 seminar

9-10 Review The law of the few

10-11 Movie- either Supersize Me or Chocolat

11-12 SLOW FOOD vs FAST FOOD: our fascination with flavor and magic of food

1:30-2:30 Advising

2:30 to 4:30 Advising appointments for 8 people

3-4 Reading time- Start Halweil, Slow food if you have it

4-5 Preprofessional sessions

Monday 7-9 Assignment Read Gladwell Chapter 3 and 4

Think about how these concepts relate to Fast food and to Slow food.

Make a list, draw a concept map, work in groups of 2 to 4 (no more) using computer, markers, collage, or just writing.

Tuesday 8:30 to 10_30

Stickiness and context

Donuts/ Natural ovens: Walmart White/ Banana bread

Broken windows and social capital and cohesiveness and eating behavior

Does the power of the soundbite triumph over taste?

10:30 Maura Cullen on diversity

12 Eat lunch as a group

1:30 to 3

Discuss diversity (Carrick on campus norms)

What led you to know that Beloit was a place that accepted diversity?

How is this similar/ how is this different than your school?

Is this a tipping point phenomenon too?

3 to 5:30

Advising

3 to 4 Read Power of context 2 Chapter 5

Read one of Gladwell's sources Leventhal 1965, Valente, PHR, Friedman 1980

How does he get from the article to his conclusions?

7-8 Read Tipping Point 5,6, 7 optional, 8 Take notes on one chapter and develop discussion points for each chapter

Wednesday

9-12 Seminar

9-9:30 Reflect

9:30 to 10:30 Responsibility

10:30 to 12 Explain source/study/conclusions and how they relate to how Gladwell uses them

1:30 to 3 Being critical of Gladwell- How do we use this book

What are its strengths, its weaknesses?

What is role of popular sociology, popular science?

Complexity and syntheses
Follow up advising appointments

7-8 Read and write—Food fad and how it tipped.

Thursday: Art museum and farm

Friday: Beloit's Farmer's market
Who comes, who doesn't?
What would you want to know?
Develop questions and go and watch- Take photos and bring them back
Look at demographics, how the crowd changes during the day.

What can we gather that will be of use to city planners? Does market serve a wide population?

20 August - 26 August Week One: Slow Food meets the Tipping Point

Resource Week one schedule
Journal Your moodle personality
Read the articles below about Slow Food. What are the important aspects of "slowness?"

Talking about Slow Food	This 2004 interview with Patrick Martins, head of Slow Food USA, further explains the nature of the "movement." http://www.thenation.com/doc/20040614/tuhusdubrow
Slow Food: an article from The Nation by Alexander Stille, 2001	This article provides good background on the Slow Food Movement. It is also liked on the web pages of the Organic Consumer Movement http://www.thenation.com/doc/20010820/stille
Slow Food guiding principles	http://www.slowfoodusa.org/about/principles.html
Slow Food Nation By Alice Waters, 2006	http://www.thenation.com/doc/20060911/waters

27 August - 2 September What is our foodshed?

Tuesday Sept 1 Read Eat Here Chapters 2 and 3
Read Peterson article about foodshed and article linked below on foodshed.

Thursday Read Eat Here Chapters 4 and 5 and the article on Consumers, Vendors and Farmer's Markets.

Where have all the farmers gone? Discuss economies of small scale farming. Is it possible to bring about change? What is the power of corporations? Do local Farmer's Markets make a difference? Work on our farmer's Market survey.

What is a foodshed?	The foodshed project, http://www.foodshedproject.ca/ , and Wisconsin
-------------------------------------	-------------------------------------------------------------------------------------------------------------------

	Foodshed Research Project at http://www.cias.wisc.edu/foodshed/
Oldways: The Food Issues Think Tank	This is an excellent website. Look for corporate sponsorship! Use this to see new strategies for weight control, food pyramids that represent varied approaches to nutrition. http://www.oldwayspt.org/
Eat Well Guide	Find out about local foods. http://www.eatwellguide.org/
Kindall and Pimentel (1994) Constraints on the Expansion of the Global Food Supply	http://dieoff.org/page36.htm Originally published in Ambio Vol. 23 No. 3, May 1994 The Royal Swedish Academy of Sciences
Consumers, Vendors and the Economic Importance of Iowa Farmer's Markets	Consumers, Vendors and the Economic Importance of Iowa Farmer's Markets: An Economic Impact Survey Analysis, Otto, Daniel and Varner, Theresa, March 2005, Iowa State University... http://www.extension.iastate.edu/hunger/reports/frmrs_mkt_report_C1.pdf
Consumers Opinions of Ohio Farmer's Markets	11 year old article that asks interesting questions. http://www.hcs.ohio-state.edu/hcs/EM/rfmarket/rfmarket.html

3 September - 9 September Can we eat locally and sustainably?

Tuesday, Meet as group with John Greenler, discuss sustainable lifestyle. At 10 we will discuss article below "Two Restaurants, Two Americas."

Thursday, Eat Here, Chapters 6,7,8. How would you design a "tipping point?"
Read also Growing Food, Growing Community by Wells in Counihan, p 401-408.

Don't Get Fresh: A critique	This critique of the elitism of the fresh food movement appeared in the New York Times on July 22, 2005.
USDA Center for Nutrition Policy	The US government's list of statistics and reports on food availability and nutritional adequacy. www.cnpp.usda.gov/
Worldwatch on MEAT	http://www.worldwatch.org/pubs/goodstuff/meat
Two Restaurants, Two Americas	By Rebecca Skloot, New York Times Magazine, October 17, 2004 Does everyone want to eat "slow?"
Madison Area Community Supported Agriculture website	Look here for more links to Troy Gardens, Empty Bowls event, etc. http://www.macsac.org/

10 September - 16 September American cuisine

Tuesday, Global cuisine. Read Eating American by Mintz and What do we eat, by Gabaccia, both in Counihan. For fun, read the interview with Mintz below.

Thursday. Finish Halweil, also read Hunger in the US, by Nestle in Counihan.
 Slow foods and the politics of eating.
 In class we will work on analyzing the results of our class survey of the Farmer's Market in Beloit.

Assignment Slow food assignment

Sid Mintz on Why America doesn't have a national cuisine	This article is from the Johns Hopkins Alumni Magazine. It's not academic, but is about one of the great food anthropologists in the US. http://www.jhu.edu/~jhumag/1198web/taste.html
Union of Concerned Scientists, Sustainable Agriculture	These linked web pages from the Union or Concerned Scientists look at food and the environment, antibiotics in our food, and biotechnology. http://www.ucsusa.org/food_and_environment/sustainable_agriculture/page.cfm?pageID=1757

17 September - 23 September

Corporate foods- Genetically Modified Foods and Fun foods, and new technologies

Tuesday: Read Monsanto brochure linked below, view video on GMOs
 Are the corporations all bad? Also read, New Agricultural Biotechnologies by Middendorg et al, p 373- 383 in Counihan. Read also Consumer Culture and participatory democracy by Weiner, p 123-141 in Counihan

Thursday Read about Coffee and Big Macs in Counihan- , Yuppie Coffees by Roseberry, p 149-168, and China's big mac attack by Watson, p 347-357. Read also, Who Deserves a Break Today, by Kane, p 315-324.

Food Security from Monsanto	This company document explores the contributions that Monsanto's biotech strategies make to global food security. http://www.monsanto.com/monsanto/layout/our_pledge/facing_challenges/poverty.asp
---------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

24 September - 30 September Healthy foods

Tuesday What should we eat? The development of nutritional understanding
 Library visit

Thursday How safe is the food we eat? Mad cows, salmonella salad and more
 Presentations and discussion

Mediterranean Diet and Mortality	"Mediterranean Diet and Mortality," Hu, Frank, <u>New England Journal of Medicine</u> , 348(26): 2595, 200. Since the 1950s some scientists have lauded the diet of Greece and Italy as being the healthiest in the world. What do you think of the evidence?
NYTimes reviews diet and cancer	On Tuesday, September 27, 2005 the New York Times took on our assignment. Read their conclusions.

“Which of these foods will stop cancer” by Gina Kolata. NYT, 9/27/2005.

On Friday, go see the movie, The Real Dirt about Farmer John about Beloit College graduate, John Peterson. He will discuss the film on Friday night.
Resource The movie

1 October - 7 October Bread

No class on Tuesday- Rosh Ha Shanah

Wednesday- go to talk about Bringing about Nutritional Change by Paul Stitt in Moore Lounge, 7:30

Thursday- Read article on Bread from Steingarten, The Man Who Ate Everything and also . . . Discuss Innovators and Entrepreneurs assignment.

Bread links from the Exploratorium	Read about history of bread, nutrition, and recipes. http://www.exploratorium.edu/cooking/bread/index.html
Dangerous Ingredients	The Seven Most Dangerous Ingredients from Organic Consumers, Inc http://www.organicconsumers.org/articles/article_705.cfm
NIH on Vitamin D	Here's an informative website on Vitamin D from the NIH http://dietary-supplements.info.nih.gov/factsheets/vitamind.asp

8 October - 14 October Poster presentation week

class meets informally on Tuesday to work on posters

Thursday- Meet in Java Joint with Mystery Meats and Crops/Cuisines for posters

15 October - 21 October BREAK

22 October - 28 October American traditions

Tuesday: Read The Invention of Thanksgiving by Siskind in Counihan, p 41-58

Thursday, Read The American Response to Italian Food, p 75-90, and The Origins of Soul Food, p 91-108 in Counihan

McDonalds to include nutrition info on packaging	http://www.mcdonalds.com/usa/eat/nutrition_info.html
------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------

29 October - 4 November More American Traditions

Student choices from Food in the USA, Students in groups present articles of their choices.

5 November - 11 November Obesity in the USA

Junk Food Nation	Junk Food Nation: Who's to Blame for Childhood Obesity? By Gary Ruskin and Juliet Schor, The Nation, August 27, 2005, http://www.thenation.com/doc/20050829/ruskin
Hunger in America	By Trudy Lieberman from The Nation, August 18, 2003 http://www.thenation.com/doc/20030818/lieberman

12 November - 18 November

Food security, poverty and the challenge of hunger

Tuesday Read article from Amateur Gourmet below and Steingarten on the Food Stamp diet. Begin Poverty and Obesity article

Thursday- discuss poverty and obesity article and the challenge of reading technical articles

Poverty and Obesity by Drewnowski and Spector	An excellent technical report on the interrelationships of poverty, food security and obesity. Adam Drewnowski and SE Spector Poverty and obesity: the role of energy density and energy costs Am. J. Clinical Nutrition, Jan 2004; 79: 6 - 16 http://www.ajcn.org
Amber Waves Magazine: Obesity Policy and Unintended Consequences	Amber Waves is the magazine of the USDA. This article focuses on policy to control obesity. http://www.ers.usda.gov/AmberWaves/June05/Features/ObesityPolicy.htm
Choices Magazine, special issue of Economics of Obesity	This is the magazine of the American Agricultural Economics Association http://www.choicesmagazine.org/2004-3/index.htm

19 November - 25 November

Thanksgiving dinner First world hunger

Read Popeniek in First World Hunger, on reserve.
Enjoy Thanksgiving break.

26 November - 2 December

Responding to Hunger: Policy change in the US

Resource Hunger in America

America's Second Harvest	This group serves millions of Americans, www.secondharvest.org
Children's Defense Fund on Children and Food Insecurity	Food insecurity is one way to talk about hunger in developed nations. Food insecurity is characterized by periods where there isn't enough food and the need to use emergency food pantries. The impact can be both physiological and psychological. http://www.childrensdefense.org/site/News2?page=NewsArticle&id=6642 and link to full report.

3 December - 9 December

Pulling it all together: Hunger, sustainability and the promise of Slow Food

Work on presentations

Famine, Affluence and Morality by Peter Singer	This classic paper (1972) outlines the moral responsibility to assure the good of others. It is from Philosophy and Public Affairs, Vol 1 No 1. http://www.utilitarian.net/singer/by/1972----.htm
Amartya Sen and Vandana Shiva: The real causes of famine	Nobel prize winning economist Sen and activist Shiva face off on issues of famine and globalization in a New Zealand newspaper (2002). http://www.nu.ac.za/ccs/default.asp?3,28,10,376
Oxfam International	http://www.oxfam.org
UNICEF	www.unicef.org United Nations Children's Emergency Fund

10 December - 16 December

Final presentations about grant choices

Discussion of activism and change

Assignments:

Farmer's Market survey and poster presentation 20% Due Sept 29, Poster presentation, October 13

As a group we will develop a questionnaire to understand the use of the Beloit Farmer's Market. Our survey will be based upon ideas from the readings we have done.

Each student will be responsible for being present at the Farmer's Market on the date specified for 2 hours to do interviews.

Each student will be responsible for entering data from surveys into the computer data base.

We will use class time to learn how to make graphs from our data and to interpret them.

For your assignment, you should choose a set of questions from the surveys to analyze. Develop a hypothesis and test it with your data.

Your report should be written as a laboratory report. You will need an introduction, a description of methods and the population surveyed, a presentation of data and interpretation.

The poster should display your findings in a clear and concise manner so that others will understand what you have done and what you have found.

Short paper: Innovators and entrepreneurs **10% Based on presentations by Paul Stitt and Farmer John, Due October 11**

FYI: Slow Food
Nutrition Assignment: Why we know what we know **10%**

This is a Library nutrition scavenger hunt.

Go to library. We will meet with Chris Johnson, the Reference Librarian, for guidance. Your task is to find 3 articles from peer reviewed medical journals on good nutrition or the benefits of nutrition in disease prevention.

One of your articles can be a review article.

One should be written before 1995.

At least one should report the results from a large epidemiological study with at least 1000 participants.

Your task is to summarize the articles you have read, and to be able to present the findings to the class. We will use these articles to discuss and to establish some of the guidelines for healthy eating.

Here are some examples of acceptable articles.

Eaton S. B., Konner M., Paleolithic nutrition. A consideration of its nature and current implications. *N Engl J Med* 1985; 312:283-289, Jan 31, 1985. Review Articles

FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION:
Safer and Healthier Foods—1900-1999. *JAMA*, Nov 1999; 282: 1909 - 1912.

Lichtenstein, AH, Russell, RM, Essential Nutrients: Food or Supplements?: Where Should the Emphasis Be? *JAMA*, Jul 2005; 294: 351 - 358.

Nestle, Marion 1995 Mediterranean diets: historical and research overview, *American Journal of Clinical Nutrition*, Vol 61, 1313S-1320S, 1995

Willett, Walter, Diet and Health: what Should We Eat? *Science* 1994; 264(532-537). April 22, 1994.

Slow foods connections **20% due October 27**

Choose one of the Guiding Principles of Slow Food USA. Use at least 3 examples from our readings and/or other research that you do to illustrate the principle you've chosen. For each example, describe the situation and its implications. Provide a summary conclusion that integrates your examples to justify the importance of this principle.

Here are the steps that I will evaluate:

1. Identify the principle and describe it in your own words using a personal or local example. (1/2 to 1 page long.)

2. Identify 3 relevant readings and explain why they relate to this theme. You can discuss each reading separately, or, better yet, integrate them in your discussion. This section of the paper should be at least 3 pages long.
3. Make a concept map that links together the ideas you have discussed
4. Write your summary and conclusion. (This should be one page long.)

Symposium reflections- 5% Go to 3 presentations at the International Symposium on Wednesday November 9. Turn in summaries of the presentations, including the name of the presenter and where he/she is presenting about on Thursday, November 10.

**FYI: Slow food
Exploring global hunger.**

We have talked about the problems of food insecurity in the city of Beloit and the larger phenomenon of first world hunger. We have seen how cheap food is calorie dense food and how there can be the strange relationship between poverty and obesity.

We will spend the last part of the semester exploring the nature of hunger both in the US and in other parts of the world, and exploring how individuals and groups respond to hunger.

On Tuesday, Michael Banda from UNICEF will speak with us about the impact of hunger in sub-Saharan Africa. To prepare for his visit, please explore the nature of hunger in a different country. You can choose a country in Africa, or Asia or Central America. The Food and Agriculture Organization publishes nutritional profiles of many countries around the world. You can access them at http://www.fao.org/es/ESN/index_en.stm

Please develop a one to two page profile of the nature of hunger and food security in the country that you have chosen. You do not need to write paragraphs: bullet points will do. Try to put them in your own words if possible. Cite where your facts come from by page numbers from the reports. Write a one paragraph summary outlining the major challenges facing the country you chose.

Although the FAO isn't really promoting Slow Food, they do share some perspectives with our discussions of the beginning of the year. There is a section in which they promote gardens as one way of assuring that people have quality food. They discuss participatory nutrition as one way that people become empowered in their communities. They are interested in promoting a varied diet so that children avoid micronutrient deficiencies. I assume that they are also concerned about "cocacolonization."

As you move from this activity to the final paper you may want to look at some organizations that address food security. They include:

FRAC
Campaign to end childhood hunger
Heifer Inc
UNICEF
Doctors without borders
Organizations that promote sustainable agriculture
Slow foods
American's Second Harvest
Caritas in Beloit
ECHO in Janesville
Somewhere in your home town
Salvation Army
A faith based organization that provides emergency food
Children's Defense Fund
OXFAM
Worldwatch

**Supporting good food: The philanthropy challenge 20% First draft due
November 29, final paper due on the last day of class**

You have recently been asked by a small foundation that knows about your interests in food, environmental sustainability, and prevention of hunger to prepare a list of organizations that they can support in order to help the environment and to improve access to good food. They have become confused about the role of local foods, affordable foods, and food for the world. They would like your advice on a focus to develop; they will be giving annual donations of \$5000 for a 5 year period and would like to make a difference.

Your task is to find 3 organizations that they could support, and to justify your choices.

Develop a framework that identifies one area for intervention. You can choose projects that support local farmers, sustainable agriculture, the education of taste, programs like Caritas in Beloit or Second Harvest that fight hunger, or international organizations like Heifer International or Oxfam that aim to reduce hunger and build self-sufficiency.

For the projects that you have selected, identify their mission and goals and why you think these are important to support. Use science and social science research, government documents and journalistic reports to develop your arguments.

Philanthropy project assessment

Your presentation will be evaluated a "board" of 4 reviewers who will decide which groups of projects will receive the allocated funds. The reviewers are: CD, student who has done research on hunger in the US, RW, student activist who is working with BC to plan a hunger awareness week at Beloit College for Spring 2006, GB, Head of Academic Advising and committed volunteer who has worked in community development projects in the United States and in Latin America and Africa, and Marion Fass, Biology Professor with an interest in doing good.

The presentations will give your group the opportunity to convince the "board" of the value of the organization(s) you recommend in terms of its contribution to the problem of hunger. The "board" has not yet decided whether they will donate money locally or

globally- part of your challenge is to make the case for the approach that you have taken.

The “board” recognizes that many different approaches are valid in combating hunger.

The “board” is also interested in the effectiveness of the group you suggest- does it use a range of appropriate strategies, does it coordinate with local governments, etc.

Reflection on community service throughout the semester 5%

Oral presentations, Class participation and other stuff 10%