



FOOD AND FAITH



HEALTH AND HAPPINESS AROUND THE MANY
TABLES OF OUR LIVES

OVERARCHING GOAL FOR THIS GENERAL EDUCATION CLASS: TO DEVELOP GLOBAL/LOCAL COMPETENCIES ON TOPICS RELATED TO IDENTITY, EMPATHY, LOCAL/GLOBAL CITIZENSHIP, PERSPECTIVE TAKING, CRITICAL REFLECTION, INTERCULTURAL UNDERSTANDING, AND HOSPITALITY

CORE THEMES

- FOOD AS THE GREAT CONNECTOR (FOOD LITERACY)
- INTERCONNECTEDNESS OF EVERYTHING: FOOD/EATING IS NEVER A NEUTRAL AND SOLITARY ACT
- TRANSFORMATION FROM SUSTENANCE TO BANQUET
- TABLE FELLOWSHIP: RITUAL AND MEMORY
- JUSTICE AS HOSPITALITY
- LAND AND FOOD AS INTEGRAL TO IDENTITY
- INTERSECTIONALITY -- FOOD AS SPIRITUAL AND FAITH AS EMBODIED

STUDENT LEARNING OUTCOMES (SLO'S)

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- SLO #1 RECOGNIZE HOW BOTH FOOD AND FAITH HAVE CULTURAL, POLITICAL, ECOLOGICAL, AND ECONOMIC SIGNIFICANCE (REMEMBERING)
 - SLO #2 PLAN, SHOP AND CREATE/COOK MEALS THAT ARE LOW COST AND NUTRIENT RICH (UNDERSTANDING)
 - SLO #3 ENGAGE IN CONSTRUCTIVE CONVERSATIONS AROUND DIFFERENCE THROUGH THE LENS OF TABLE FELLOWSHIP & FOOD JUSTICE ISSUES (APPLYING)
 - SLO #4 EVALUATE SCHOLARSHIP AND REFLECT ON ITS CONNECTION TO REAL LIFE (ANALYZING)
 - SLO #5 CREATE CONNECTIONS BETWEEN INDIVIDUAL FOOD CHOICES AND SYSTEMS (SELF-REFLECTION / EVALUATING)
 - SLO #6 PARTICIPATE IN COMMUNITY ENGAGED EXPERIENTIAL LEARNING (CREATING)
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MODULE 1: PERSONAL (PALATES & PLATES)

THIS FIRST MODULE IS PERSONAL, ALLOWING STUDENTS TO REFLECT ON AND SHARE THEIR EXPERIENCES WITH FOOD. THEY CRITICALLY EXAMINE WHAT FOODS ARE ON THEIR PLATES, HOW THEIR PALATES VALUE (OR DEVALUE) FOOD/CREATURES, AND WHAT FOOD RITUALS THEY ARE A PART OF (CONSCIOUSLY OR UNCONSCIOUSLY). TOGETHER, WE WILL EXPOSE COMPLEX WEBS OF CULTURAL, SOCIAL, POLITICAL, ECONOMIC, HISTORICAL INFLUENCES ON OUR RELATIONSHIP WITH FOOD.

CORE TOPICS:

- FOOD, FAITH AND FEASTS IN CONVERSATION WITH RACE, FAITH & JUSTICE
- FOOD, PLACE AND RE-MEMBERING
- PERSONHOOD AND PLEASURE
- EMBODIMENT, HEALTH, HIERARCHIES, STIGMAS AND LIBERATION
- THE ROLE FOOD AND DRINK HAS HAD ON SHAPING HUMAN HISTORY
- THE ROLE FAITH TRADITIONS HAVE IN TRANSFORMING OR VILIFYING OUR RELATIONSHIPS WITH FOOD

THE KEY ASSESSMENT TOOLS FOR THIS MODULE INCLUDE:

- CANVAS DISCUSSION BOARDS CALLED "BREAD CRUMBS" (SLO #1, 3 & 5)
- PARTICIPATION IN COOKING SESSIONS (SLO #2 AND #3)
- GARDEN REFLECTION JOURNAL (SLO #5)
- MULTIPLE CHOICE QUESTIONS ON READINGS (SLO #4)
- A LETTER TO YOUR 10 YEAR OLD SELF (SLO #4 & 5).

RESOURCES / BIBLIOGRAPHY (MORE UPON REQUEST)

- TED TALK "THERE'S SOMETHING ABOUT FOOD" (2020) V. ELEBIYO-OKOJIE
- *FOOD, FEASTS AND FAITH* (2017) P. FIELDHOUSE ([LINK](#))
- *THE SPIRIT OF SOUL FOOD: RACE, FAITH & FOOD JUSTICE* (2021) C. CARTER ([LINK](#))
- "DRAMAS OF LOVE AND DIRT" (2014) N. WIRZBA. ([LINK](#))
- LAND ACKNOWLEDGEMENT-- NATIVE-LAND.CA -- GREEN FAITH ([LINK](#))
- "PERSONALITIES ON OUR PLATE" (2017) B. KING ([LINK](#))
- "THE MILLENNIAL VERNACULAR OF GETTING SWOLE" E. CONTOIS ([LINK](#))
- A HISTORY OF THE WORLD IN 6 GLASSES (2009) T. STANDAGE ([LINK](#))
- "FOOD PORN: SOCIAL MEDIA AND FOOD" (2021) S. MORFORD ([LINK](#))
- PODCAST - DISABILITY AND DIET CULTURE R. TAUSSIG ([LINK](#))
- PODCAST "DUDE FOOD" E. KEIMAN ([LINK](#))
- "THE SHAPE HE CAN'T FORGET: THE BITTERSWEET HISTORY OF DIET SODA FOR WOMEN," (2020) E. CONTOIS ([LINK](#))





MODULE 2: LOCAL TABLES

AFTER BOTH INWARD AND OUTWARD ENGAGEMENT, STUDENTS ARE READY TO LOOK AT THE MANY LOCAL TABLES AND RITUALS ILLUMINATING OUR COMPLEX RELATIONSHIP BETWEEN FOOD AND FAITH. WE ALSO ADD AN ELEMENT OF CHOICE INTO THIS MODULE, NOT UNLIKE A MENU. AS A CLASS, THEY VOTE ON WHAT RELIGIONS THEY WANT TO DO A DEEP DIVE INTO AND CHOOSE THE RELIGIOUS FESTIVALS AND FEASTS TO EXPLORE.

CORE TOPICS:


- INTERCONNECTEDNESS OF LIFE
- TABLE FELLOWSHIP AS AN EXPRESSION OF FAITH
- FASTING AND VEGANISM AS AN EXPRESSION OF FAITH
- EXPLORING FOOD AS PART OF A FAITH BASED MISSION (PANEL)
- FOOD AND RELIGIOUS ALTARS, TABLES AND RITUALS
- DEEP DIVES AND INTERSECTIONALITY (CHRISTIANITY, JUDAISM, AND ISLAM)
- FAITH, FEASTS AND FESTIVALS

ASSESSMENT FOR THIS MODULE INCLUDES THE FOLLOWING:

- CONTENT QUIZZES (SLO #4)
- GROUP PRESENTATIONS (SLO #1, 3, 4)
- MEANINGFUL PARTICIPATION (SLO #2 AND #3)
- REFLECTION ON THE COMMUNITY PARTNER PANEL (SLO #5)
- A COMMUNITY ENGAGEMENT PORTFOLIO (SLO#6).
- PERSONAL REFLECTION ON THE PRESENTATIONS (SLO #5),



RESOURCES / BIBLIOGRAPHY (MORE UPON REQUEST)

- BRAIDING SWEETGRASS (SELECTED 2013) R. WALL KIMMERER ([LINK](#))
 - FOREST RELATIONSHIPS OF INTERCONNECTIVITY ([LINK](#))
 - THICH NHAT HANH STATEMENT PUBLISHED PRIOR TO PARIS CLIMATE SUMMIT (2017) ([LINK](#))
 - "GROUND OF HOSPITALITY" (2019) N. WIRZBA ([LINK](#))
 - RAFI - FARM AND FAITH PARTNERSHIP PROJECT ([LINK](#))
 - PODCAST: RAMADAN FASTING AND SPORTS PERFORMANCE WITH M. JONES ([LINK](#))
 - THE ROUTLEDGE HANDBOOK OF VEGAN STUDIES ([LINK](#))
 - VIDEO: EUCHARIST MEANS NO ONE GOES HUNGRY ([LINK](#))
 - PODCAST: CREATING COMMUNITY AT THE DINNER TABLE ([LINK](#))
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MODULE 3: GLOBAL FOOD SYSTEMS

IN THIS FINAL MODULE STUDENTS WILL EXPLORE THE INTERSECTION OF FOOD, FAITH, POWER, POLITICS, AND ECONOMICS THAT EXTENDS FROM THE LOCAL TO GLOBAL ARENA. STUDENTS WILL HARVEST WHAT THEY GREW TO CONTRIBUTE TO THE FOOD RELATED MISSION OF THESE PARTNERS. STUDENTS WILL HAVE THE OPPORTUNITY TO CHOOSE WHERE THEIR FOOD WILL BE GIFTED AND HAVE TIME TO REFLECT ON THEIR COMMUNITY ENGAGEMENT. THIS IS CLOSING OF THE CIRCLE OF RECIPROCITY.

WE HOPE TO SEE THE IMPACT OF THIS IN OUR RESEARCH SURVEYS THAT ASSESS CIVIC ENGAGEMENT, CIVIC SKILLS, CIVIC EFFICACY, 21ST CENTURY SKILLS TO HELP THEM NAVIGATE THE WORLD SUCCESSFULLY, AND OTHER MARKERS OF HIGH IMPACT COMMUNITY ENGAGED COURSES.

CORE TOPICS:

- FOOD INSECURITY -- A JUSTICE ISSUE
- FOOD AS POWER AND GIFT
- FOOD SOVEREIGNTY & DECOLONIZATION
- COMMUNITY FOOD JUSTICE & FOOD APATHEID
- RESPONSES TO FOOD INJUSTICE -- BUILDING RESILIENCE BY EATING FAITHFULLY



ASSESSMENT FOR THIS MODULE INCLUDES THE FOLLOWING:

- CONTENT QUIZZES (SLO #4)
- HARVESTING AND DELIVERY (SLO # 1, 3, 4)
- COOKING AND TABLE FELLOWSHIP (SLO #2),
- A FILM REFLECTION (SLO #1)
- EXPERIENTIAL LEARNING REFLECTION (SLO #4)
- HOPE AND RESILIENCY PRESENTATION (SLO #3, 4, 5 & 6),
- A VIDEO TO YOUR 30 YEAR OLD SELF (SLO #5)

RESOURCES / BIBLIOGRAPHY (MORE UPON REQUEST)

- COLLEGE FOOD PANTRIES REINVENTING WAYS TO FEED STUDENTS ([LINK](#))
 - FOOD IS POWER: FOOD EMPOWERMENT PROJECT ([LINK](#))
 - DECOLONIZE YOUR DIET (2021) C. SERRATO ([LINK](#))
 - FREEDOM FARMERS (2019) M. WHITE ([LINK](#)),
 - VIDEO: FOOD APARTHEID (2020) M. YAKINI ([LINK](#))
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