Course Profile

Course # and Title  SF 404: Spirituality of Food and Drink
Instructor:  Prof. Gordon Straw  Semester/Year:  J-Term 2019

Course Rationale and Description
(Why do we offer this course? Which of LSTC’s degree program learning outcomes does it address?):
Food and drink are ubiquitous and necessary for life, but their importance in humans’ lives and in culture
go beyond mere sustenance. They are part of the web of life that is both mysterious and practical. This
course will explore the myriad ways in which food and drink, hospitality, land, culture and community
intersect in the act and traditions of eating and drinking, with a particular emphasis on spirituality. These
topics will be explored through scripture, history, cultural and global realities, spiritual practice, theology
and philosophy, visual media, and the culinary arts. This course will directly address the LSTC degree
learning outcomes #1- Personal and Spiritual Formation and #5- Cultural Contexts.

Course Learning Outcomes (Learners will be able to):
(What difference will this course make to students’ knowledge, skills, attitudes, and practices?)
The learnings from this course will impact the learners in several ways: increase their knowledge of
current issues and debates around food security and access, develop skills in spiritual practices related to
food and eating, give them knowledge and resources for spiritual, physical and emotional wellness,
broaden their cultural competencies around food cultures of the world, and provide knowledge and skills
to critique the commodification of the American diet, eating disorders, and its distancing people from the
sources of our food. This course also will focus on ways to teach and live by example for a more
sustainable life and world.

Strategies for Learning):
(How shall we go about achieving these outcomes?)
This course will achieve these outcomes by: 1) engaging in spiritual practices in class; 2) engaging with
practitioners and educators around the various topics in the course; 3) maintaining a food diary; 4)
thinking about one’s own history and relationship with food and land in an introductory essay; 5) a 3-page
review of a resource, chosen from a bibliography in the syllabus, and 6) doing a creative project which
incorporates the learnings from the course, and 5) sharing the project in a meal together.

Assessment :
(How shall we know if we—students and instructors—have been successful in achieving the outcomes?)
Due to the experiential nature of this course, with an emphasis on personal and spiritual development, this course will be graded pass/fail. Factors in the assessment will be attendance and participation with others in the course, completion of written and visual media assignments, completion of reading assignments, awareness of personal and spiritual growth and an understanding of philosophical or theological issues encountered in the course.

**Bibliography:**

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<thead>
<tr>
<th>Text Title</th>
<th>Author</th>
<th>ISBN# (Required)</th>
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<tbody>
<tr>
<td>Food &amp; Faith: A Theology of Eating</td>
<td>Norman Wirzba</td>
<td>978-0-521-14624-1</td>
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<tr>
<td>The Spirit of Food</td>
<td>Leslie Leyland Fields, ed.</td>
<td>978-1-608-99592-9</td>
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Additional information: