

<p>Course Name: KNPE 338/3.0</p> <p>Field Course in Kinesiology and Health Studies</p> <p>Topic ID: Food as Fuel, Health and Revolution</p>	<p>Course Instructor: Dr. Courtney Szto</p>	<p>Contact Hours: 1 x 3 hrs/wk / 12 weeks</p>								
		<p>Prerequisite: Level 3 or above.</p> <p>Registration in: a HLTH Major or Joint Honours, or KINE Plan.</p>								
		<p>Exclusion:</p>								
<p>Course Description:</p> <p>Food nourishes us but not in equal measure. If we know what to look for, we can find our past, present, and future in the soil, grocery aisles, and our bowls. Food is a significant cultural text and medicine that has lost a lot of its power through the process of commodification. This course seeks to reclaim some of the power of food by critically engaging students around issues of health, food justice, intersectionality, anti-colonialism, and global issues through the mediums of food, gardening, and cooking. Students will learn about food systems, the politics of health and nutrition, food histories and geographies, and cooking skills through experiential learning opportunities.</p>		<p>Textbook:</p> <p>Maharaj, J. (2020). Take back the tray: Revolutionizing food in hospitals, schools, and other institutions. ECW Press.</p> <ul style="list-style-type: none"> • Additional readings will be provided via the Course Reserves site. 								
<p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Gain a deeper understanding for the politics and histories “baked” into our food. • Learn about and with various community organizations working towards food security. • Gain practical skills and confidence in the kitchen. • Learn how to think more deeply about power (or lack thereof) is exercised through our food systems. 		<p>Course Evaluation:</p> <table> <tr> <td>Attendance and Participation</td> <td>25%</td> </tr> <tr> <td>Assignment</td> <td>10%</td> </tr> <tr> <td>Reflection and Journal</td> <td>40%</td> </tr> <tr> <td>Group Project</td> <td>25%</td> </tr> </table>	Attendance and Participation	25%	Assignment	10%	Reflection and Journal	40%	Group Project	25%
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<p>Outline</p>										
<p>Introduction – Planting the seeds</p>		<p>Veganism</p>								

Land + Indigenous Approaches	Sweet Histories – Sugar
Food as a Human Right:	What's in a dumpling?
Institutional Food.	What is protein?
The Politics of Beer and Wine	Cook final projects
Food Allergies	