

<p><b>Course Name:</b></p> <p><b>HLTH 235/3.0</b> Food Systems</p>	<p><b>Course Instructor:</b></p> <p>Meshack Achore</p>	<p><b>Contact Hours:</b></p> <p>Lectures: 2 x 1.5 hrs/wk</p>																
		<p><b>Prerequisite:</b></p> <p>HLTH 101/3.0, or SOCY 122/6.0 or GNDS 120/3.0 or GPHY 101/3.0</p> <p>HLTH, KINE or PHED Plans (Level 2 or above)</p>																
		<p><b>Exclusion:</b></p>																
<p><b>Course Description:</b></p> <p>This course introduces you to the practice of food systems. Transforming the global and local food systems is crucial for delivering healthy, nutritious, and safe foods sustainably and equitably. The overarching goal of this course is to introduce students to the dominant industrialized food system and its impacts on the human and non-human animals who are part of it and the environment. We will also consider alternatives to the dominant food system. We will be looking for how food production, distribution and consumption are socially patterned to find who has power and control and the risks and benefits that accrue to different actors in the food system. We will examine the symbolic and material aspects of food; how experiences of food are both individual and social; and how food systems reflect and produce social inequalities.</p>		<p><b>Course Texts (Required):</b></p> <p><i>Twenty Lessons in the Sociology of Food and Agriculture</i> (2019). Edited Jason Konefal and Maki Hatanaka. Available at the Campus Bookstore.</p> <p>Plus additional readings available online.</p>																
<p><b>Intended Student Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>Define the concepts of food systems, food security, sustainability, and resilience.</li> <li>Describe the dominant industrial food system, Indigenous understandings of their traditional food system, and alternative food systems.</li> <li>Describe how food systems produce social patterning through food production, distribution, and consumption.</li> <li>Apply sociological concepts, including intersectionality, structure &amp; agency; social</li> </ul>		<p><b>Course Evaluation:</b></p> <table> <tr> <td>Participation</td> <td>5%</td> </tr> <tr> <td>Test (x2)</td> <td>20%</td> </tr> <tr> <td>Critical Reflection</td> <td>4%</td> </tr> <tr> <td>Food Policy Memo</td> <td>6%</td> </tr> <tr> <td>Bibliography</td> <td>5%</td> </tr> <tr> <td>Essay Outline</td> <td>10%</td> </tr> <tr> <td>Final Essay</td> <td>20%</td> </tr> <tr> <td>Final Exam</td> <td>30%</td> </tr> </table>	Participation	5%	Test (x2)	20%	Critical Reflection	4%	Food Policy Memo	6%	Bibliography	5%	Essay Outline	10%	Final Essay	20%	Final Exam	30%
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<p>inequality; globalization; and colonialism to understand how food systems change.</p> <ul style="list-style-type: none"> <li>• Describe how diet, food production, the environment, equity, population, and resources inter-relate to impact each</li> <li>• Identify opportunities and challenges to encourage dietary behaviour change, support sustainable agriculture, improve food security</li> </ul>	
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**Course Outline**

Introduction to the course and to food consumption	Basics of a food system: Soils and seeds
Food production	Indigenous perspectives
Workers in the food system	Food insecurity
Globalization and trade	A post humanist perspective on the food system
Another way of growing food is possible	Creating change
Food and the environment	