

**(Honors) UnCommon Read- Food: Medicine, Culture, and
Controversy**

*IDH 2930, Course #28698
University of Florida, Honors Program*

Meeting Time: Mondays, 3:00-3:55 (Period 8)

Meeting Location: Little Hall 0117

Course Credits: 1 semester hour

***Please note that the contents of this syllabus are subject to change per
instructors' discretion.**

Course Contact Information:

Peer Instructor: Harleen Kahlon, harleenkahlon@ufl.edu, (386)-281-7423

Faculty Instructor: Meredith Beaupre, mbeaupre@honors.ufl.edu

Office Hours:

Harleen Kahlon- Zoom: Mondays 1:00-2:00 PM or by appointment

Meredith Beaupre- By appointment

Course Goals:

In current time, our diets are under constant scrutiny. There are a countless number of contradictory studies in the field of Nutrition, and a countless number of arguments to be made for or against any given diet. In the midst of this confusion, it is easy to forget what food truly means to us as a society. In truth, our diets are incredibly personal. In this course, students will explore the various roles food plays in our life; from its role in our health to its importance in human connection. At the end of the course, students should gain a better understanding of the aspects of food that make it so important to us as individuals and as a collective. By understanding the power of food, students will be better equipped to hold educated conversations with future patients, colleagues, and friends about dietary choices.

After this course:

- Students will learn about the various factors that influence our dietary choices.

- Students will learn about the importance of food beyond nutrition alone.
- Students will understand how to use food as a tool for both mindfulness and health.

Weekly Schedule (Subject to change):

<u>Week</u>	<u>Discussion Topic</u> (Come to class having read the topic listed in this column. For example, please read <i>In Defense of Food</i> - Part 1: Chapter Three & Four before class on 9/18)
Week 1: 8/28	Course Intro
9/4: No class meeting, Labor Day	
Week 2: 9/11	<i>How to Eat</i> by Thich Nhat Hanh
Week 3: 9/18	<i>In Defense of Food</i> - Part 1: Chapter One & Two
Week 4: 9/25	<i>In Defense of Food</i> - Part 1: Chapter Three & Four
Week 5: 10/2	<i>In Defense of Food</i> - Part 1: Chapter Five & Six
Week 6: 10/9	<i>In Defense of Food</i> - Part 1: Chapter Seven & Eight
Week 7: 10/16	<i>In Defense of Food</i> - Part 1: Chapter Nine & Ten
Week 8: 10/23	<i>In Defense of Food</i> - Part 2: Chapter One & Two
Week 9: 10/30	<i>In Defense of Food</i> - Part 2: Chapter Three
Week 10: 11/6	<i>In Defense of Food</i> - Part 3: Chapter One & Two
Week 11: 11/13	<i>In Defense of Food</i> - Part 3: Chapter Three
Week 12: 11/20	<i>In Defense of Food</i> - Chapter Four Discussion Post Due
Week 13: 11/27	Watch Michael Pollan Interview Discussion Replies Due
Week 14: 12/4	Final Notes Video Presentation Due

Grade Breakdown:

Participation and Attendance: 80%

Discussion Board: 5% for initial post, 5% for replies
Final Project (Video Presentation): 10%

Class Attendance Policies:

Students are expected to attend all class meetings. Attendance will be taken at every class meeting; students are not penalized for up to one personal absence. Any absences exceeding one must be excused according to UF policy.

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies. [Click here](#) to read the university attendance policies.

Students with Disabilities:

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center. [Click here](#) to get started with the Disability Resource Center. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

Required Text:

[In Defense of Food: An Eater's Manifesto](#) by Michael Pollan
[How to Eat](#) by Thich Nhat Hanh

UF Grading Policies:

[Click here](#) for information on current UF grading policies for assigning grade points.

A minimum grade of B is required to earn Academic points towards your Honors Completion Requirements. Once you have earned your final grade in this course, please upload the course information and final grade from your Unofficial Transcript into your Honors Canvas Cohort: Honors Completion module to earn Honors Completion credit.

Course Evaluation:

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via

GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

Expectations:

- Students are expected to attend all class meetings, unless extenuating circumstances occur and are communicated to instructors (IE: illness).
- Students are expected to respect the opinions and statements of others and pay full attention to whoever is speaking.
- Students are expected to reach out to instructors for help or guidance when necessary, and to communicate any concerns with ample time for the instructors to assess them.
- Students are expected to abide by UF's honor code and demonstrate academic integrity and responsibility.

UF's Policy on Academic Integrity:

UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Conduct Code specifies a number of behaviors that are in violation of this code and the possible sanctions.

[Click here](#) to read the Conduct Code. If you have any questions or concerns, please consult with the instructor or TAs in this class.

Policy on In-Class Recording:

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal

or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or guest lecturer during a class session.

Publication without permission of the instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

Campus Resources:

Health and Wellness

U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.

Counseling and Wellness Center: [Visit the Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as noncrisis services.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or [visit the Student Health Care Center website](#).

University Police Department: [Visit UF Police Department website](#) or call 352392-1111 (or 9-1-1 for emergencies).

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [Visit the UF Health Emergency Room and Trauma Center website](#).

GatorWell Health Promotion Services: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

Academic Resources

E-learning technical support: Contact the [UF Computing Help Desk](#) at 352-3924357 or via e-mail at helpdesk@ufl.edu.

[Career Connections Center](#): Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

[Library Support](#): Various ways to receive assistance with respect to using the libraries or finding resources.

[Teaching Center](#): Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.

[Writing Studio](#): 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

Student Complaints On-Campus: [Visit the Student Honor Code and Student Conduct Code webpage for more information](#).

Honors Program

201 Walker Hall, 352-392-1519

Quick questions for an Honors advisor? Email advisor@honors.ufl.edu

Need an Honors advising appointment? Schedule via Microsoft Bookings: <https://bit.ly/ufhonorsadvising>