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| Number | IDST 119-001 |
| Title | Food: People, Politics and Policies |
| Credit hours | 3.0 |
| Course Description | Taught by a nutritional biochemist, an organizational communication scholar, and an expert in food-related policies, this course provides a multi-disciplinary introduction to current issues in global food systems. Students will learn about how our eating has changed over time, how what we eat affects our body, how food communicates, why food is political, and why there are controversies around what we should or shouldn’t eat. Students will learn how we can make changes through policies and practices, with a focus on highlighting the challenges for policy makers in the US and across the globe. Throughout the semester we will engage issues related to social justice and globalization, as well as how data science is used to inform and understand decisions about food, from the individual to society. |
| Prereqs | None |
| Target Audience | First Year Students |
| Instructors | **Melinda Beck, PhD**  Schools of Public Health and Medicine  Office: 2303 Michael Hooker Research Center  Phone: 919-966-6809  Email: [melinda\_beck@email.unc.edu](mailto:melinda_beck@email.unc.edu)  **Sarah E. Dempsey, PhD**  Communication Department  College of Arts and Sciences  Office: 136 Bynum Hall  Email: sedempse@email.unc.edu  **Lindsey Smith Taillie, PhD**  Department of Nutrition  Gillings School of Public Health  Carolina Population Center  Office: 2107 Carolina Population Center  Phone: 919-445-8313  Email: [taillie@unc.edu](mailto:taillie@unc.edu) |
| Teaching Assistants | **Khari Chanel Johnson**  Email: [khari@email.unc.edu](mailto:khari@email.unc.edu)  Office Hours: Mondays, 11:15-12:15 pm  Zoom: Meeting ID: 940 0093 1483 / Passcode: triplei  **Taylor Jackson**  Email: [taylorjackson@unc.edu](mailto:taylorjackson@unc.edu)  Office Hours: Wednesdays- 2:30-3:30p & by appointment – **always via zoom**!  Office Hours Meeting ID: 996 1744 6318  Office Hours Passcode: happyfall  **Haley Williams**  Email: [hewilliams@unc.edu](mailto:justinem@live.unc.edu)  Office Hours: Wednesday 12-1pm  Zoom Meeting: <https://unc.zoom.us/j/95722839187>  **Jami Zimmerman**  Email: [jzimm@ad.unc.edu](mailto:jzimm@ad.unc.edu)  Office Hours: Wednesdays noon-1 pm  Zoom meeting: <https://us05web.zoom.us/j/7947878108?pwd=SGNodUJRbHUvbWgrQUpBMFM3QnEzUT09>  Meeting ID:794 787 8108  Passcode: 87xB2b |
| Course Website | <http://sakai.unc.edu/> |
| Class Days, Times, Location | Tuesdays and Thursdays, 2:00-3:15 pm Tu/Th  Genome Sciences Building Rm G100 |
| Office Hours | We encourage you to make use of the recurring weekly drop-in office hours held by the Teaching Assistants (see above for set days and times).  Students may also request a virtual meeting appointment by email. |
| Course Texts | This course does not have a required textbook. There will be required readings posted on Sakai. |
| Course Format | This course will meet in person twice a week. Students are expected to complete any readings or watch any videos before class and come to each class prepared to actively participate.  Sakai will be used heavily in the class, so please be sure you keep up with the readings, videos, assignments, etc, all of which will be posted on Sakai.  Format Help:  Sakai Student FAQs: <https://sakaitutorials.unc.edu/?FAQ:_Frequently_Asked_Questions||Student_FAQ>  Sakai Student Orientation:  <https://courses.sph.unc.edu/sakai_orientation/>  Technical Support:  <https://help.unc.edu/sp>  You can also reach out to your TA if you are having trouble navigating Sakai. |

# **Course Goals and Learning Objectives**

**Students will study/interact with 3 main themes:**

A. PEOPLE: How has our eating changed over time? What are the health consequences related to our food choices? How do nutrition scientists use data science to determine healthy eating patterns?

B. POLITICS: How does food communicate, and why does that matter? What is political about food? How does food create and convey meaning related to identity, community, and place? Why is hunger and food access a social justice issue?

C. POLICIES: How do food policies improve human health and reduce health disparities? Are there ethical concerns? How are policies created and how do we know if they work?

Within each of these 3 themes, students will engage with themes of social justice and globalization related to food.

**Specific learning objectives:**

1. Understand how eating has changed over time and the nutritional implications

2. Understand how food communicates and conveys meaning

3. Provide an understanding of the relationships between food and power

4. Learn how food and food access is related to issues of social justice

5. Develop a greater understanding of hunger and inequities in the global food system

6. Highlight innovative local community organizing around food

7. Understand how the food system contributes to disparities in the nutritional quality of what people buy and eat, in the US and globally

8. Understand how policies are created around food and how they affect pre-existing disparities in diet and health

9. Learn how to communicate complex ideas via simple but powerful visual displays

# **Course Assignments and Assessments**

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| **Assignments** | **Percentages** |
| 1 “pre-assignment” paper that you must complete in preparation for:  3 paper assignments (20% each) | Ungraded, but required  60% |
| Infographic Project: Midterm check in and reflection: 5%; Infographic and voicethread: 20%; voicethread comments: 5% | 30% |
| Class Participation: Attendance: check-in app/poll everywhere: 5%); sakai quizzes, forum posts, pre-assignment: 5% | 10% |

## Grading Scale

*Converting your final average to a letter grade:*

94 or above: A

90 to 93: A-

87 to 89: B+

83 to 86: B

80 to 82: B-

77 to 79: C+

73 to 76: C

70 to 72: C-

67 to 69: D+

60 to 67: D

Below 60: F

As an alternative to earning a letter grade, undergraduate students have the option to declare any undergraduate course (numbered below 700) pass/fail. <https://registrar.unc.edu/academic-services/grades/pass-fail-option-policy/>

## Assignment Descriptions

**Pod Assignments:** Although this is a large class, you will also have the opportunity to engage in community-building and collaboration within a smaller group setting – what we are calling “Pods.” At the start of the semester, you will be placed in a Pod with about 10 other fellow classmates. Each Pod will be assigned a designated Teaching Assistant who will answer questions, help you with class assignments, and provide support and coaching to your Pods throughout the semester. You will work with your assigned Pod throughout the semester to build community, offer support, discuss class material, and provide feedback and review. During portions of the lecture, you will be allowed time to work with your Pod within class on any assignments. Working in Pods, you will develop and present a final Infographic Assignment to share with the broader class. This infographic assignment comprises 25% of your grade.

**Class Participation:** Our expectation is that you will attend the lectures on Tuesdays and Thursdays and be an active participant. We will use PollEverywhere and Check-In for this course. Participation is worth 10% of your grade.

**UNC Check-In:** [**https://edtech.unc.edu/service/unc-check-in/**](https://edtech.unc.edu/service/unc-check-in/)Please follow the instructions for downloading the app and using it in class.

**Poll Everywhere: Instructions for Students:** In this class you will be using a polling system to answer questions that we pose during class. You can submit your responses using a mobile phone, laptop, or other mobile device with a WiFi connection, such as an iPodTouch or an IPad. Before you participate, you will need to create an account:

**All students**, including those who have registered previously for Poll Everywhere, should go to [poll.unc.edu](https://poll.unc.edu/), click Student Account Registration and log in with SSO. Students who for any reason need to respond to polls via text messages can register their cell phones at any time. After registering, students may log in at either [polleverywhere.com](https://www.polleverywhere.com/) or using the Poll Everywhere mobile app. With either method, they will enter their official UNC-CH email address, select the Single-Sign-On link and enter their Onyen and Password. At polleverywhere.com you will find the revised instructions, login information, and answers to frequently asked questions (FAQs). If you encounter technical issues, you can contact ITS Help or refer to the Help options at the bottom of the [poll.unc.edu](https://poll.unc.edu/) page.

**Written Assignments:** There will be one “pre-assignment” and 3 written assignments in this course. The “pre-assignment” will not be graded, but you must complete it before you can proceed with any of the written assignments. A specific grading rubric for each written assignment is provided. Each written assignment is worth 20% of your grade, for a total of 60%.

**Infographic Assignment and Final Exam:** Together in your Pods, you will work on a semester-long Infographic Assignment project that will incorporate the information that you learned in this class and apply it to solving a problem. (**see INFOGRAPHIC ASSIGNMENT**). Your Pod will present an infographic to the class describing the problem and your solution-which will be done through VoiceThread. Throughout the semester, you will be given guidance and feedback as you work through your project. This final project is worth 25% of your grade.

# **Course Policies and Resources**

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| **Accessibility Resources** | UNC-Chapel Hill facilitates the implementation of reasonable accommodations for students with learning disabilities, physical disabilities, mental health struggles, chronic medical conditions, temporary disability, or pregnancy complications, all of which can impair student success. See the ARS website for contact and registration information: <https://ars.unc.edu/about-ars/contact-us> |
| **Attendance Policy and Missed Assignments** | We know that we are still in the midst of a global pandemic. Your first priority is to take care of yourself. If you are struggling to keep up with the course material, please reach out to your Teaching Assistant or Instructors.  To get the most out of this class, we hope you will be able to attend each of the class meetings on Tuesdays and Thursdays. However, please do not come to class if you are sick.  You can miss two class meetings, with no questions asked.  Absences beyond two class meetings may negatively impact your participation grade.  For any university excused absences beyond two class meetings, please be in contact with your Teaching Assistant. |
| **University Testing Center** | The College of Arts and Sciences provides a secure, proctored environment in which exams can be taken. The center works with instructors to proctor exams for their undergraduate students who are not registered with ARS and who do not need testing accommodations as provided by ARS. In other words, the Center provides a proctored testing environment for students who are unable to take an exam at the normally scheduled time (with pre-arrangement by your instructor). For more information, visit <http://testingcenter.web.unc.edu/>. |
| **Counseling and Psychological Services** | CAPS is strongly committed to addressing the mental health needs of a diverse student body through timely access to consultation and connection to clinically appropriate services, whether for short or long-term needs. Go to their website: <https://caps.unc.edu/> or visit their facilities on the third floor of the Campus Health Services building for a walk-in evaluation to learn more. |
| **Honor Code Statement** | Students are bound by the [Honor Code](https://catalog.unc.edu/policies-procedures/honor-code/#:~:text=The%20Honor%20Code%20embodies%20the,student%20conducts%20at%20the%20University.) in taking exams and in written work. The Honor Code of the University is in effect at all times, and the submission of work signifies understanding and acceptance of those requirements. Plagiarism will not be tolerated. Please consult with the professors if you have any questions about the Honor Code. |
| **Inclusive Excellence:** | The faculty and students instructing this course are committed to nurturing an environment of inclusion and equity. We actively value diversity of perspectives and backgrounds, support the success of all members of our community, and affirm that we are strongest when we celebrate diversity in all its forms. It is only through this commitment that we achieve our mission – to improve and protect the public’s health through teaching, research, and practices that foster optimal nutrition for all around the globe. |

**University Resources:**

**Basic Needs:**

If you are navigating financial, health, or housing challenges that may have an impact on your ability to thrive in the course, please contact the Dean of Students, which also oversees the Dean’s Emergency Fund: <https://odos.unc.edu/student-support/student-emergency-fund>

If you are struggling with food insecurity, contact Carolina Cupboard, an on-campus food pantry: <http://carolinacupboard.web.unc.edu/>

# Course at a Glance

The professors reserve the right to make changes to the syllabus, including project due dates and test dates. These changes will be announced as early as possible.

\*\*Always check Sakai for the readings, videos and other materials that are assigned for each class meeting.

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| **Topic** | **Class Session** | |
| **#** | **Date** |
| **Week 1: COURSE INTRODUCTION** | | |
| Topic: Introductions: Each Faculty member will discuss their area of expertise and how if fits into the course  Read: Syllabus | 1 | Tuesday 8/16 |
| Topic: How We Want to Work Together  Read: Sample Case Reading/Application | 2 | Thursday 8/18 |
| **PEOPLE: HOW HAS OUR EATING CHANGED OVER TIME AND WHY DOES IT MATTER?** | | |
| **Week 2: The history of food** | | |
| Topic: How did our Paleolithic Ancestors eat? | 3 | Tuesday 8/23 |
| Topic: Domestication and Farming | 4 | Thursday 8/25 |
| **Week 3: How we fuel our bodies** | | |
| Topic: Macronutrients | 5 | Tuesday 8/30 |
| Topic: Micronutrients  **PRE-ASSIGNMENT MUST BE COMPLETED BY THIS DATE** | 6 | Thursday 9/1 |
| **Week 4: Can humans evolve along with our diet?** | | |
| **WELLNESS DAY: NO CLASS** | 7 | Tuesday 9/6 |
| Topic: Dietary changes and human evolution **GROUP TIME TO WORK ON INFOGRAPHIC** | 8 | Thursday 9/8 |
| **Week 5: How do we know what to eat?** | | |
| Topic: Genetically modified, organic, and ultra-processed foods and human health  **DUE: Infographic topic selected and project assignments** | 9 | Tuesday 9/13 |
| Topic: What are the Dietary Guidelines for Americans and how are they decided? | 10 | Thursday 9/15 |
| **POLITICS: WHAT IS POLITICAL ABOUT FOOD?** | | |
| Topic: Communication and Power: On Cereal Boxes, Corporate Colonization, and Discursive Closure | 11 | Tuesday 9/20 |
| Topic: Communication and Power Applications  **DUE: PAPER ASSIGNMENT 1** | 12 | Thursday 9/22 |
| Topic: The Global Food Chain  **MID-TERM COURSE EVALUATION** | 13 | Tuesday 9/27 |
| Topic: Ethical Food  **DUE: Individual mid-term assessment of pod groupwork** | 14 | Thursday 9/29 |
| Topic: Food Chain Workers: Focus on Agricultural Labor | 15 | Tuesday 10/4 |
| Topic: Food Chain Workers: Focus on Meatpacking Workers | 16 | Thursday 10/6 |
| Topic: Infographic Work Session | 17 | Tuesday 10/11 |
| Topic: Organizing and Communication for Food Justice | 18 | Thursday 10/13 |
| **POLICIES: HOW DO WE MAKE CHANGE?** | | |
| Topic: Overview of food policies in the US and globally Read: Due: **DUE: PAPER ASSIGNMENT 2** | 19 | Tuesday 10/18 |
| Topic: **FALL BREAK NO CLASS** | 20 | Thursday 10/20 |
| Topic: Fiscal policies part 1: sugar-sweetened beverage taxes | 21 | Tuesday 10/25 |
| Topic #1: How do food policies get passed? Linking science to policy  Topic #2: Fiscal policies part 2: SNAP and WIC | 22 | Thursday 10/27 |
| Topic: Policies on food labeling and marketing | 23 | Tuesday 11/1 |
| Topic: Feeding kids around the world: school foods | 24 | Thursday 11/3 |
| Topic: Food and the environment  **DUE: PAPER ASSIGNMENT 3** | 25 | Tuesday 11/8 |
| Topic: Policies for food, health, and the environment | 26 | Thursday 11/10 |
| Topic: INFOGRAPHIC WORK This day is reserved for working with your pod to finalize your infographic and Voice-thread submission. | 27 | Tuesday 11/15 |
| **DUE: POD INFOGRAPHIC ASSIGNMENT- *this includes 1-2 minute description in Voicethread by 11:55pm***  **Pod-Based Field Activity: Food Scavenger Hunt** | 28 | Thursday 11/17 |
| GALLERY WALK  **BONUS WELLNESS(ish) DAY – NO IN-CLASS MEETING**  DUE: Individual comments on Voicethread and voting by 11:00am |  | Tuesday 11/22 |
| **THANKSGIVING BREAK: 11/23-11/25** |  | **Thursday 11/24** |
| Topic: Class recap. Final course synthesis, and time to work on your infographic reflections  **DUE: Individual infographic reflection essays by 11:55pm** |  | Tuesday, 11/29, last day of class |
| **FINAL EXAM Winner showcase:  POD 60 second elevator pitch by top 4 pods (from voting)** |  | **December 6, Noon-3 pm** |