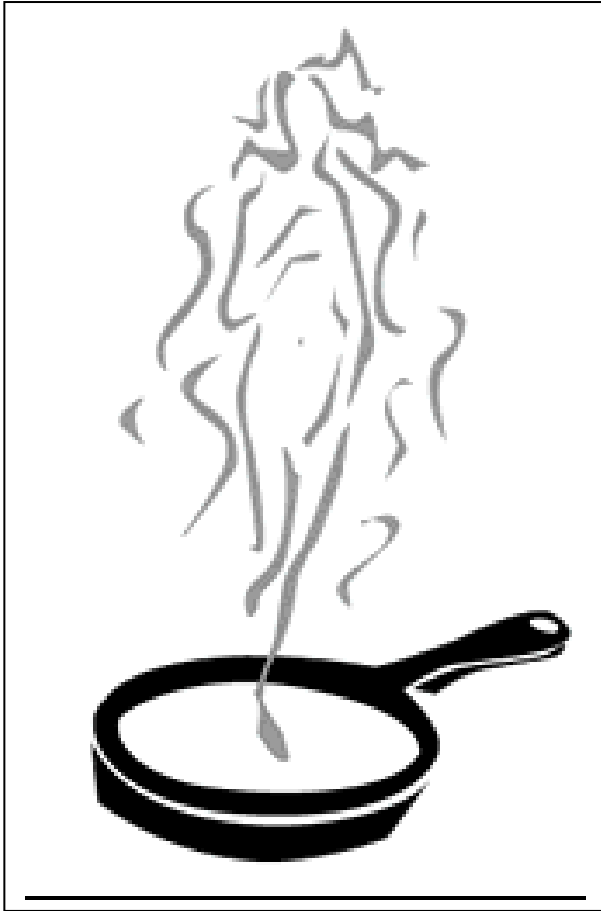


WE ARE WHAT WE EAT

Levels B1, B2, C1, C2

Stacey Benoit



Learning Goals

This theme course is based on an analysis of the production, distribution and the consumption of food. We will determine how we eat, why we eat and what we eat exactly and also try to understand how what we consume affects the society in which we live as well as the environment and the rest of the world.

The purpose of the course is to allow students to communicate on current societal issues with a focus on food and its implication on our way of living. How cultural is what we eat? What determines it? We will learn to read what affects our dietary choices and how our choices affect us. What is the historical significance of what we eat? By the end of the course, students should have a deeper understanding of the food industry and our role in it.

Learning Objectives

This course takes a look at the world of food and eating. From organic products to genetically engineered crops to trans-fat, it's hard to know what to eat these days. How does what we put on our plates define who we are? What does it say about the society in which we live? What does

it do to our waistline?

Through press articles and audiovisual documents, we will examine and reflect upon the way food is produced, processed, advertised and consumed giving us the opportunity to write and talk about our opinions on and experiences in eating.

The objective of this course is for students to be able to communicate in English. Students should be able to give information on a certain text, analyze audiovisual newscasts, documentaries, or television programs. Students should also be able to write an analysis of the documents studied and give their personal opinions on them. They will be able to master the vocabulary used to discuss food and societal issues and discuss and debate various issues brought up using this vocabulary.

Course expectations

An oral presentation on some aspect of food, active participation in our class discussion and written reactions to certain of the texts covered will be required.

Students will also participate in a project surrounding the *Jardin pontanique*, inaugurated in Fall 2012. This does not necessarily require getting dirty.

Grading

The grade is based in equal parts on attendance, class participation and an oral presentation in pairs (50%) and written work and a project around the garden (50%).