FOOD CHOICES: HEALING THE EARTH, HEALING OURSELVES

Online | Instructor: Jenny Breen

Food production in our current industrial system feeds the world, but at a cost to the environment. In nutrition, we often talk about a healthy diet, but only occasionally do we link our food and diet choices to agricultural practices and the health of the planet. This class will link the concepts of human health and planetary health in terms of food. Starting with the framework of complexity theory and gentle action, we will cover human food/nutrition needs and food security, how food is produced from farm to fork, labor and race issues within agriculture and the food system, food choices and the earth’s biodiversity, land and water use, climate change, organic and sustainable agriculture, marketing, processing and distribution, fair trade and economic policies.

COURSE DESCRIPTION

COURSE OBJECTIVES

- Compare science of industrial agriculture and process to alternative food production systems
- Compare the advantages and limitations of using science to solve agricultural and environmental problems
- Explain ideas of complexity theory and show where it can be useful to solve problems
- Understand and explain the relationships of science and political and social systems in dealing with food production and environmental issues
- Be more aware of the interrelated systems in our lives, and how our choices about food affect the environment
- Demonstrate the significance of our ethical action in the world, in terms of ourselves, others, and the planet, by thinking critically about issues of food and the environment
- Demonstrate enhanced awareness of and engagement with social and environmental actions related to food via class resources and discussions
- Demonstrate critical thinking via reading of original research and scholarly papers

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