

The University of Western Ontario School of Health Studies
Health Sciences HS4092F History and Ethics of Food
Fall 2019

Instructor: Dr. Ken Kirkwood

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Office: Labatt HSB #211

Office Hours: TBA

Classes: TBD

Prerequisite Checking

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites

Course Information

There's probably no field of study under the umbrella of 'health' that is more contentious than food and diet. It's also a universal experience – while not all of you will experience diseases such as cancer or diabetes, all of us eat. Food is everywhere and it is mundane. But that fact makes it incredibly important for us to examine further. People are driven to not eat, some will only eat certain things, some religiously monitor their intakes of macronutrients. Many overeat to their own demise and they don't know why. These questions and more are examined using a historical perspective to guide our current choices on these matters.

Course Content & Schedule

Week 1: Introductions, syllabus review, Q&A

Week 2: Brief History of Diet in North America, part 1

Week 3: Brief History of Diet in North America, part 2

Week 4: Hunger & Social Determinants of Diet

Week 5: Can we regulate good food? Trans-Fats, Junk Foods, etc.

Week 6: The History and Ethics of Vegetarianism/Veganism in North America

Week 7: Cultural Attachments to Food: "This is the food that people from _____ eat!"

Week 8: Food production and the environment

Week 9: Are we being tricked into obesity? Food Marketing.

Week 10: *Reading Week*

Week 11: Is food addictive?

Week 12: Is nutritional research biased by industry money? Research Ethics.

**The lecture timetable is subject to change, as needed, throughout the course*

Course Materials

Course-packed articles.

Evaluations

- 1.) Dietary Journal – 20% Due: September 26th
- 2.) Major Paper – on any topic that is based on the social-scientific features of food or diet. – 39% Due November 15th.
- 3.) Final Exam – 2 hours, multiple-choice. – 40% Date: TBA
- 4.) Heritage Cookbook Project – 1% Due: December 6th.

Policies Related to Evaluations

- 1.) Please note that the late penalty for the essay is a loss of 5% per day (7 days per week). Missing an examination for acceptable reasons must involve consultations with the Academic Counsellors. In the event of a missed examination, a make-up exam will be administered.
- 2.) *All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>)*
- 3.) *Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating*

Email Policy

I dedicate a specific hour each day (Monday-Friday) to answering only emails from this particular class. In this way, I can respond to emails on a regular basis within a reasonable timeframe. It also helps because you folks can know that the lack of an immediate response outside of email hours does not mean your email was forgotten or lost. I will announce and post this time on OWL, for your reference.

Statement on Use of Electronic Devices

During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, **you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.**

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a

particular class. Unless explicitly noted otherwise, **you may not make audio or video recordings of lectures** – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

- (i) Submitting a Self-Reported Absence form, provided that the conditions for submission are met;*
- (ii) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or*
- (iii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration, in order to be eligible for academic consideration.*

Students seeking academic consideration:

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;*
- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;*
- **Must communicate with their instructors no later than 24 hours** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence;*
- **Are advised that all necessary documentation, forms, etc. are to be submitted to academic counselling within two business days after the date specified for resuming responsibilities***

Students who experience an unexpected illness or injury or an extenuating circumstance (48 hours or less) that is sufficiently severe as to temporarily render them unable to meet academic requirements (e.g., attending lectures or labs, writing tests or midterm exams, completing and submitting assignments, participating in presentations) should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours or less. The following conditions are in place for self-reporting of medical or extenuating circumstances:

- a. *Students will be allowed a maximum of two self-reported absences between September and April, and one self-reported absence between May and August;*
- b. *The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30am the following morning if the form is submitted after 4:30pm;*
- c. *The duration of the excused absence will terminate prior to the end of the 48 hour period, should the student undertake significant academic responsibilities (e.g., write a test, submit a paper) during that time;*
- d. *The duration of an excused absence will terminate at 8:30am on the day following the last day of classes each semester, regardless of how many days of absence have elapsed;*
- e. *Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations (i.e., "bellringers");*
- f. *Self-reporting may not be used for assessments (e.g., midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;*

Students must be in touch with their instructors no later than 24 hours after the end of the period covered by the Self-Reported Absence form, to clarify how they will be expected to fulfil the academic expectations they may have missed

Statement on Academic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:
http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

There are various support services around campus and these include, but are not limited to:

1. *Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>*
2. *Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>*
3. *Registrar's Office -- <http://www.registrar.uwo.ca/>*
4. *Ombuds Office -- <http://www.uwo.ca/ombuds/>*

As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery (<http://www.mcintoshgallery.ca/>). Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

If you are in emotional or mental distress should refer to Mental Health @Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: https://uwo.ca/health/mental_wellbeing/education/module.html.

The university-wide descriptor of the meaning of letter grades, as approved by Senate

A+	90-100	<i>One could scarcely expect better from a student at this level</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently satisfactory</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

It is expected that the grades for this course will fall between 74-80. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student's grade, by the instructor, to bring the class average in line with school policy.