**Course Creator and Lecturer:** José Andrés

**Course Director:**
Kim Robien, PhD, RD  
Associate Professor  
Department of Epidemiology and Biostatistics  
Department of Exercise Science  
School of Public Health and Health Services  
2100 W Pennsylvania Avenue, NW  
8th Floor, Kaiser Permanente Building  
Washington, DC 20037

Email: krobiengwu.edu (e-mail is the best method for contacting Dr. Robien)  
Phone: 202-994-2574  
Office Hours: by appointment

**Graduate Assistants:**

Undergraduates (divided by last names):
- Last names starting with Aih - Hog: Katherine Hartman, kehartman@gwmail.gwu.edu  
- Last names starting with Hus - Rat: Grace Lerner, glerner@gwu.edu  
- Last names starting with Raw - Zho: Jennie Whitlock, jwhitlock@gwmail.gwu.edu

Graduate students:  
Dawnita Altieri, MPS, Daltieri@gwu.edu

**Course Description**
This course, created by internationally renowned chef and humanitarian José Andrés, surveys the many ways in which food and society interact. Faculty and guest lecturers have been carefully selected to expand the experiences of students who choose to participate in this exciting exploration of a truly interdisciplinary topic. In this course, we invite you to think deeply about food in its many different roles, e.g., as a critical factor in public health, as an industry, as a science, as the medium of the craft of cooking, and as a political instrument.

**Course Objectives**
By the end of the course, you should be able to:
1. Identify the importance of food in many different spheres of modern civilization.
2. Compare similar views and contrast divergent views of food’s role in history.
3. Articulate, both verbally and in writing, how food has shaped civilization through its multiple connections with everyday life, as well as with national and international affairs.
4. Critically evaluate the role of food in the future of a global community with a growing population on a planet with limited resources.
5. Create and execute an action plan to address at least one food-related issue of importance to society.
Methods of Evaluation

<table>
<thead>
<tr>
<th>Methods of Evaluation</th>
<th>Percent of Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homework Assignments (three assignments worth 10% each)</td>
<td>30%</td>
</tr>
<tr>
<td>Weekly quizzes</td>
<td>20%</td>
</tr>
<tr>
<td>Final project</td>
<td>50%</td>
</tr>
</tbody>
</table>

**Homework Assignments:**
The homework assignments are to be your own individual work, and primarily involve self-reflection on an activity and interaction with your fellow students on the course Blackboard site.

**Assignment #1 – Class Introductions**
*Due: Sunday, January 19th (11:59 PM EST)*

Go to the class discussion board in Blackboard and post an entry in the Class Introductions section that includes the following information:

- **Title:** A short phrase that relates your food interests.
- **General information:** Name, home town, major, and projected graduation year
- **Food issues/interests:** Explain which food issues are intriguing to you and why
- **Photos are great, but optional**

Comment on at least three other student entries.

**Assignment #2 – Get out of your comfort zone!**
*Due: Sunday, January 26th (11:59 PM EST)*

For this assignment, you need to do something that takes you out of your usual food comfort zone, and then describe the experience in a post to the Blackboard discussion board. For example, you could try a food you have never had before (perhaps from an ethnic/specialty grocery store?) or visit an ethnic restaurant that serves a type of food you have never had before. Write a 3 – 5 paragraph summary of your experience, and post the summary to the Out of Your Comfort Zone section of the Blackboard discussion section. Comment on at least three other student entries.

**Assignment #3 – Carry on the discussion**
*Due: can be completed at any time, but must be posted no later than Sunday, April 20th (11:59 PM EST)*

Choose one of the class lectures/discussions that really resonated with you. Do some additional research, reading, or an activity on one aspect of the issue that was discussed (or a related issue that was not discussed in class), and write a 3- 5 paragraph summary to share with your fellow students. For example, if you are interested in the “History of Food” (session 4), you may want to research the history of a specific food item, or how that food item moves through the food supply chain from the farmer to your dinner plate. Or, following the lecture on “Hunger/Food Waste” (session 9), you may be inspired to spend a day shadowing a worker at a composting facility or conduct a survey of plate waste at J Street or a local restaurant. The goal here is to gain deeper insight on the issues we will be discussing.

Be sure to reference your sources – provide web links where appropriate so that your readers can read further on the topic if they are interested.

Post your summary to the Blackboard discussion board for the week that applies to your topic. Comment on at least three other student entries (on the same topic, or a different topic).
**Weekly Quizzes:**
Each week during weeks 2 – 13 (no quizzes on weeks 1, 14 and 15) you will have a short quiz each week based on the assigned readings. The quiz for each week will be posted on Blackboard on the Monday before each class lecture. The quizzes will be “open-book”, but they will also be timed. So, it is to your advantage to read the assigned readings before attempting to take the quiz. Each weekly quiz must be completed by 4 PM on Tuesday of each week. Each quiz will be worth 2% of your final grade, and your two lowest quiz scores will be dropped.

**Final Project**
The final project is a group project that you will complete in a series of steps. You should begin by identifying a food related issue that is of interest to you (could be a topic discussed in the course, but does not have to be), and then form a group of 5 – 8 other students with the same interest area. Your team will develop a project proposal, conduct and document the project in a video, and post the video to the class section on YouTube.

**Final project – Group Assignment #1: Team identification, food issue concept paper**
*Due: Sunday, February 9th (11:59 PM EST)*

Using the Class Introductions posted in Week 1, identify 4 – 7 of your fellow students with similar food issue interests, and form a group for the final project. Create an action plan for a project that uses food to effect change on your food issue. Projects may include (but are not limited to) educating a group of people, setting up a garden, encouraging reduction of waste in an institution, feeding hungry people, advocating for legislation that addresses or changes a current food policy, or addressing issues around obesity.

Each team should submit a document with the following information via the assignment section of Blackboard:

- **Team Name**: A short phrase that relates your food interests.
- **Names of the team members**
- **Short description of the food issue you plan to address**: One to two paragraphs
- **Brief description of how you plan to address the issue**: One to two paragraphs

*Using the information that your group provides, the course director and graduate assistants will identify a GW faculty member to serve as your project advisor. One of the GAs will also be assigned to be your project liaison.*

**Final Project – Group Assignment #2: Project proposal**
*Due: Sunday, March 2nd (11:59 PM EST)*

Develop a detailed plan for your final project (2 - 4 written pages). Drawing on the expertise you have gathered through your interdisciplinary studies and the course lectures and readings, clearly set out what issue you are addressing and the need for change. You should identify your target audience, which may range from a group of friends to a wider audience. Next, determine how you will reach your audience. Provide an outline for what you plan to include in your 3-4 minute video description of the project (due Sunday, April 27th). Develop a plan to evaluate whether or not the project was successful.

Submit the proposal via Blackboard and to your assigned GW faculty advisor via e-mail. The faculty advisor will provide comments and suggestions to further strengthen the project.

**Final Project – Group Assignment #3: Submit final project video**
*Due: Sunday, April 27th (11:59 PM EST)*
Document your project in video format. Post your video to the GW World on a Plate 2014 YouTube Channel. Outside of the instructor grading the assignment, the class will be asked to vote on the YouTube submissions, and the top five will be presented during the final class session for prizes selected by José Andrés. José Andrés, Diane Robinson Knapp, and a panel of selected chefs will judge this project.

Grading Scale
Final grade determination for the course, out of 100 possible points:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>≥ 94</td>
</tr>
<tr>
<td>A-</td>
<td>90-93</td>
</tr>
<tr>
<td>B+</td>
<td>87-89</td>
</tr>
<tr>
<td>B</td>
<td>84-86</td>
</tr>
<tr>
<td>B-</td>
<td>80-83</td>
</tr>
<tr>
<td>C+</td>
<td>77-79</td>
</tr>
<tr>
<td>C</td>
<td>74-76</td>
</tr>
<tr>
<td>C-</td>
<td>70-73</td>
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<tr>
<td>D+</td>
<td>67-69</td>
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<tr>
<td>D</td>
<td>64-66</td>
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<tr>
<td>D-</td>
<td>60-63</td>
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<tr>
<td>F</td>
<td>&lt; 60</td>
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</tbody>
</table>

Class Policy: Late Work
Late work will be accepted with a 20 percent deduction for each week it is late.

Class Policy: Attendance
Regular attendance is expected. Students may be dropped from the course for undue absence. Students are held responsible for all of the work of the courses in which they are registered, and all absences must be excused by the instructor before provision is made to make up the work missed.

Class Policy: Communication
Due to the size of the class, please allow three days for the instructor or GAs to receive e-mails and respond. Assignments will be returned within one to two weeks from submission.

Blackboard
Blackboard will be used for posting course files and assignments and for communicating with the class. You are already “signed up” for this course on Blackboard, since it is linked to the course registration system. It is your responsibility to periodically check the course site (log in at http://blackboard.gwu.edu/ Using your gwu.edu address) for updates to the syllabus/readings. It is important to note that materials posted on Blackboard are likely to provide substantive support in attaining course core competencies. Thus, it is strongly recommended that students check Blackboard on a regular basis.

Netiquette
Most colleges and universities have a policy regarding the use of computers and networks owned by the institution or used by its employees. The George Washington University has such a policy, which you can read here: http://my.gwu.edu/files/policies/CodeofConductComputingFINAL.pdf Beyond that policy however, is the idea of network etiquette, or netiquette, which is a less formal, less legally focused idea of courtesy among users of online communication systems. Some of what is covered by netiquette guidelines may seem self-explanatory, others, less so, but the important aspect of these rules is the need to create a respectful learning environment for all students in the virtual classroom.

Please observe the following rules of netiquette when submitting posts to the Blackboard discussion board:

- Remain professional, respectful, and courteous at all times.
- Remember that a real human being wrote each post and will read what you write in response. It is easy to misinterpret discussion posts. Give the benefit of the doubt.
- If you have a strong opinion on a topic, it is acceptable to express it as long as it is not phrased as an attack. Please be gracious with differing opinions.
- When upset, wait a day or two prior to posting. Message posted (or e-mailed) in anger are often regretted later.
• Proofread and use the spell check tool when you type a post. It makes the post easier to read, and helps your readers understand what you are saying. If you discover a mistake after publishing the post, you can reopen and correct it.

The instructors reserve the right to delete any post that is deemed inappropriate for this discussion forum without prior notification to the student. This will include any post containing language that is offensive, rude, profane, racist or hateful. Posts that are seriously off topic or serve no purpose other to vent frustration may also be removed. You will not receive class credit for posts that are removed for these reasons.

**Academic Integrity**
Please review the University’s policy on academic integrity, located at [www.gwu.edu/~ntegrity/code.html](http://www.gwu.edu/~ntegrity/code.html)
All graded work must be completed in accordance with The George Washington University Code of Academic Integrity.

Academic dishonesty is defined as cheating of any kind, including misrepresenting one's own work, taking credit for the work of others without crediting them and without appropriate authorization, and the fabrication of information. Common examples of academically dishonest behavior include, but are not limited to, the following: cheating, fabrication, plagiarism, falsification and forgery of University academic documents, and facilitating academic dishonesty.

**Students with Disabilities**
If you feel you may need an accommodation based on the impact of a disability, please contact me privately to discuss specific needs. Please contact the Disability Support Services Office at 202.994.8250, Suite 242 Marvin Center,[http://gwired.gwu.edu/dss](http://gwired.gwu.edu/dss), to establish eligibility and to coordinate reasonable accommodations.

**University Counseling Center (UCC)**
[http://students.gwu.edu/university-counseling-center](http://students.gwu.edu/university-counseling-center)
Phone number: 202-994-5300

GW is ending the stigma surrounding mental health. The University Counseling Center (UCC) has services available to support your academic and social success as you adjust to college life. Through individual and group counseling, crisis intervention, assessments, and referrals, and by partnering with the Active Minds student organization, UCC has created a community of care. After-hours emergency care is also available 24/7 when you need support in a crisis.

**Adverse Weather/Class Cancellation**
In the advent of inclement weather or any other emergency, check [http://CampusAdvisories.gwu.edu](http://CampusAdvisories.gwu.edu) or call GW's Information Line at 202-994-5050 for the most updated information regarding the university's operating status and service changes.
**Class schedule and lecture topics**
Assigned readings for each class session will be posted on Blackboard

<table>
<thead>
<tr>
<th>Session</th>
<th>Course Overview and Food as a Business</th>
<th>January 14th</th>
</tr>
</thead>
<tbody>
<tr>
<td>GW faculty</td>
<td>Kim Robien, PhD, RD&lt;br&gt;Associate Professor, School of Public Health and Health Services&lt;br&gt;<a href="http://sphhs.gwu.edu/faculty/?employeeID=921">http://sphhs.gwu.edu/faculty/?employeeID=921</a></td>
<td></td>
</tr>
<tr>
<td>Guest speaker</td>
<td>Nicolas Jammet&lt;br&gt;co-founder, sweetgreen&lt;br&gt;<a href="http://www.youtube.com/watch?v=o2MNNPX_x1I">http://www.youtube.com/watch?v=o2MNNPX_x1I</a></td>
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</tbody>
</table>

Assignment #1 - Post an entry in the Class Introductions section on Blackboard<br>*Due: Sunday, January 19th (11:59 PM EST)*

<table>
<thead>
<tr>
<th>Session 2</th>
<th>The Science of Food</th>
<th>January 21st</th>
</tr>
</thead>
<tbody>
<tr>
<td>GW speaker</td>
<td>José Andrés&lt;br&gt;<a href="http://www.thinkfoodgroup.com">http://www.thinkfoodgroup.com</a></td>
<td></td>
</tr>
<tr>
<td>Guest speaker</td>
<td>Michael P. Brenner, PhD&lt;br&gt;Glover Professor of Applied Mathematics and Applied Physics,&lt;br&gt;School of Engineering and Applied Sciences,&lt;br&gt;Kavli Institute for Bionano Science and Technology,&lt;br&gt;Harvard University&lt;br&gt;<a href="http://www.seas.harvard.edu/brenner">www.seas.harvard.edu/brenner</a></td>
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</tbody>
</table>

Assignment #2 – Post an entry in the Out of Your Comfort Zone section on Blackboard<br>*Due: Sunday, January 26th (11:59 PM EST)*

<table>
<thead>
<tr>
<th>Session 3</th>
<th>The Science of Nutrition</th>
<th>January 28th</th>
</tr>
</thead>
<tbody>
<tr>
<td>GW speaker</td>
<td>Kim Robien, PhD, RD&lt;br&gt;Associate Professor, School of Public Health and Health Services&lt;br&gt;<a href="http://sphhs.gwu.edu/faculty/?employeeID=921">http://sphhs.gwu.edu/faculty/?employeeID=921</a></td>
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</tr>
<tr>
<td>Guest speaker</td>
<td>Alanna Moshfegh, MS, RD&lt;br&gt;Supervisory Nutritionist, Agricultural Research Service&lt;br&gt;United States Department of Agriculture</td>
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</tbody>
</table>
### Session 4
**The History of Food**

**February 4th**

**GW speaker**
Alison Brooks, PhD  
*Professor, Department of Anthropology, Columbian College of Arts and Sciences*  
*Professor, Elliott School of International Affairs*  
*Director, Center for the Advanced Study of Hominid Paleobiology*  
[http://anthropology.columbian.gwu.edu/alison-s-brooks](http://anthropology.columbian.gwu.edu/alison-s-brooks)

**Guest speaker**
Alice Kamps  
*Curator at the National Archives*  
[http://tinyurl.com/muho56c](http://tinyurl.com/muho56c)

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**Final project – Group Assignment #1: Team identification, food issue concept paper**  
*Due: Sunday, February 9th (11:59 PM EST)*

### Session 5
**Workers’ rights in agriculture and the food industry**

**February 11th**

**GW speaker**
Melissa Perry, ScD  
*Department Chair and Professor, Environmental and Occupational Health*  
*School of Public Health and Health Services*  
[http://sphhs.gwu.edu/faculty/?employeeID=782](http://sphhs.gwu.edu/faculty/?employeeID=782)

**Guest speaker**
Eduardo Peña  
*United Food and Commercial Workers International Union*  

### Session 6
**Food Safety**

**February 18th**

**GW speaker**
Lance Price, PhD  
*Professor, Environmental and Occupational Health*  
*School of Public Health and Health Services*  
[http://sphhs.gwu.edu/faculty/?employeeID=907](http://sphhs.gwu.edu/faculty/?employeeID=907)

**Guest speakers**
Phil Derfler, JD  
*USDA Food Safety Inspection Service*  
[http://tinyurl.com/kyhhx3q](http://tinyurl.com/kyhhx3q)

RADM Linda Tollefson, DVM, MPH  
*Associate Commissioner, FDA Office of Foods and Veterinary Medicine*  
[http://www.fda.gov/AboutFDA/CentersOffices/OfficeofFoods/default.htm](http://www.fda.gov/AboutFDA/CentersOffices/OfficeofFoods/default.htm)
<table>
<thead>
<tr>
<th>Session 7</th>
<th>How food supply chains and pricing influence food choice</th>
<th>February 25th</th>
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</thead>
<tbody>
<tr>
<td>GW speaker</td>
<td>James Foster, PhD &lt;br&gt;Professor of Economics and International Affairs, Elliott School of International Affairs &lt;br&gt;Director, Institute for International Economic Policy &lt;br&gt;<a href="http://home.gwu.edu/~fosterje">http://home.gwu.edu/~fosterje</a></td>
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<tr>
<td>Guest speaker</td>
<td>(to be named)</td>
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Final Project – Group Assignment #2: Project proposal <br>*Due: Sunday, March 2nd (11:59 PM EST)*

<table>
<thead>
<tr>
<th>Session 8</th>
<th>Obesity and eating disorders</th>
<th>March 4th</th>
</tr>
</thead>
<tbody>
<tr>
<td>GW speaker</td>
<td>Melissa Napolitano, PhD &lt;br&gt;Associate Professor &lt;br&gt;Department of Prevention and Community Health, Department of Exercise Science &lt;br&gt;School of Public Health and Health Services &lt;br&gt;<a href="http://sphhs.gwu.edu/faculty/?employeeID=909">http://sphhs.gwu.edu/faculty/?employeeID=909</a></td>
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</tr>
<tr>
<td>Guest speaker</td>
<td>Margo Wootan, DSc &lt;br&gt;Director for Nutrition Policy, Center for Science in the Public Interest &lt;br&gt;<a href="http://www.cspinet.org/about/margo-wootan.html">http://www.cspinet.org/about/margo-wootan.html</a></td>
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<thead>
<tr>
<th>Session 9</th>
<th>Hunger / Food Waste</th>
<th>March 18th</th>
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<tbody>
<tr>
<td>GW speaker</td>
<td>Kim Robien, PhD, RD &lt;br&gt;Associate Professor &lt;br&gt;Department of Epidemiology and Biostatistics, Department of Exercise Science &lt;br&gt;School of Public Health and Health Services</td>
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</tr>
<tr>
<td>Guest speaker</td>
<td>Robert Egger &lt;br&gt;Founder and President, LA Kitchen &lt;br&gt;<a href="http://www.robertegger.org/about">http://www.robertegger.org/about</a></td>
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<table>
<thead>
<tr>
<th>Session 10</th>
<th>Food as International Aid</th>
<th>March 25th</th>
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<tbody>
<tr>
<td>GW speaker</td>
<td>Tony Castleman, PhD &lt;br&gt;Associate Research Professor, Elliott School of International Affairs &lt;br&gt;Associate Director, Institute for International Economic Policy &lt;br&gt;<a href="http://www.gwu.edu/~ieip/about/tonycastleman.cfm">http://www.gwu.edu/~ieip/about/tonycastleman.cfm</a></td>
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<tr>
<td>Guest speaker</td>
<td>Dina Esposito &lt;br&gt;Director, Office of Food for Peace, USAID</td>
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<tr>
<td>Session 11</td>
<td>Feeding the World – producing food to feed a growing population</td>
<td>April 1st</td>
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<tr>
<td>GW speaker</td>
<td>Charles Teller&lt;br&gt;&lt;i&gt;Adjunct Professor, Department of Global Health&lt;br&gt;School of Public Health and Health Services&lt;/i&gt;</td>
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<tr>
<td>Guest speaker</td>
<td>Jonathan Shrier, MS, MBA&lt;br&gt;&lt;i&gt;Acting Special Representative, Office of Global Food Security, US State Department&lt;/i&gt;</td>
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<table>
<thead>
<tr>
<th>Session 12</th>
<th>Food and Culture</th>
<th>April 8th</th>
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</thead>
<tbody>
<tr>
<td>GW speaker</td>
<td>Jenna Weissman Joselit&lt;br&gt;&lt;i&gt;Charles E. Smith Professor of Judaic Studies and Professor of History&lt;br&gt;Director, Program in Judaic Studies and MA in Jewish Cultural Arts&lt;/i&gt;</td>
<td></td>
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<tr>
<td>Guest speaker</td>
<td>Andrew Zimmern&lt;br&gt;&lt;i&gt;Television personality, chef, food writer&lt;br&gt;Co-creator, host, and consulting producer - Bizarre Foods with Andrew Zimmern&lt;br&gt;&lt;a&gt;<a href="http://andrewzimmern.com/">http://andrewzimmern.com/</a>&lt;/a&gt;&lt;/i&gt;</td>
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<table>
<thead>
<tr>
<th>Session 13</th>
<th>Food politics and corporate responsibility</th>
<th>April 15th</th>
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<tbody>
<tr>
<td>GW speaker</td>
<td>John Forrer, PhD&lt;br&gt;&lt;i&gt;Associate Director, Institute for Corporate Responsibility&lt;br&gt;Associate Research Professor, Strategic Management and Public Policy, School of Business&lt;br&gt;Associate Faculty, Trachtenberg School of Public Policy and Public Administration&lt;br&gt;&lt;a&gt;<a href="http://business.gwu.edu/faculty/john_forrer.cfm">http://business.gwu.edu/faculty/john_forrer.cfm</a>&lt;/a&gt;&lt;/i&gt;</td>
<td></td>
</tr>
<tr>
<td>Guest speaker</td>
<td>Marion Nestle, PhD&lt;br&gt;&lt;i&gt;Paulette Goddard Professor of Nutrition, Food Studies, and Public Health&lt;br&gt;New York University&lt;br&gt;&lt;a&gt;<a href="http://steinhardt.nyu.edu/faculty_bios/view/Marion_Nestle">http://steinhardt.nyu.edu/faculty_bios/view/Marion_Nestle</a>&lt;/a&gt;&lt;/i&gt;</td>
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Assignment #3 – Carry on the discussion  
<i>Due: can be completed at any time, but must be posted no later than Sunday, April 20th (11:59 PM EST)</i>

<table>
<thead>
<tr>
<th>Session 14</th>
<th>The Craft of Cooking</th>
<th>April 22nd</th>
</tr>
</thead>
<tbody>
<tr>
<td>José Andrés</td>
<td>&lt;i&gt;&lt;a&gt;<a href="http://www.thinkfoodgroup.com">http://www.thinkfoodgroup.com</a>&lt;/a&gt;&lt;/i&gt;</td>
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</tbody>
</table>

Final Project – Group Assignment #3: Submit final project video  
<i>Due: Sunday, April 27th (11:59 PM EST)</i>

<table>
<thead>
<tr>
<th>Session 15</th>
<th>Final Project Presentations</th>
<th>May 6th</th>
</tr>
</thead>
</table>