

1. Blog entry due by 11:59 p.m. Wednesday, August 28. Prompt: What is my personal experience with food and diet? What food traditions do I participate in? What do I expect to learn about food in this class? What comes to mind when I think of the politics of food? Why am I interested in the politics of food?

2. Blog entry due by 11:59 p.m. Wednesday, September 11. Prompt: Post a favorite recipe or one you want to try. Include a nutritional breakdown per serving. Research the history of this particular dish: its origins, its iterations, etc. Speculate about how the dish became popular here or in your family in particular, or why it hasn't (depending on context). Plan a meal around this dish: what would you serve with it? What time of the year would you serve it? Where would the ingredients originate from?

3. Blog entry due by 11:59 p.m. Wednesday, September 25. Prompt option one: What are the connections between food and identity, both in how our own food choices shape how we see ourselves and in how food shapes how we see others? What social and economic assumptions are we making?

OR option two: does the political component in eating guidelines (see here:

https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf) make you feel safer or more concerned? Why? What do you think works and/or what changes would help you feel more secure about published food guidelines?

4. Blog entry due by 11:59 p.m. Wednesday, October 2. Prompt: Choose one of the essays linked in the first column of the XIDS 2002 page of my website. Identify the article and author. Articulate the article's main argument. Take a position regarding the argument and defend your position.

5. Blog entry due by 11:59 p.m. Wednesday, October 9. Prompt: Research a socially- or politically-charged food-related topic of your choice. Identify an existing or emerging argument regarding food/food politics and take a position in that conversation. What are the arguments being made, and do you agree, disagree, or a bit of both? Why?

6. Blog entry due by 11:59 p.m. Sunday, November 10: Topic of your choice—something food-related that interests you that you might include in your multimedia project. Why are you interested? Where might you look to find more information?

7. Blog entry due by 11:59 p.m. Wednesday, November 13. Prompt: record your findings from today's class, per instructions below: (***)**Wildcard blog cannot be used for this assignment.**)

Group one: build a nutritionally balanced meal (on paper) using only processed products. (Each member will log the meal into your individual journal.) Divvy up the foods on your menu so that each person has a component to research. For your particular food/component: each individual should make a list of ingredients included in the food/component. Choose at least one of those

ingredients that is unfamiliar to you and research more about it. Research the pros and cons of processed food products. **Record what you discover in your individual journals. Post your work, including the ingredients list, on your individual blogs by 11:59 p.m.**

Group two: build a nutritionally balanced meal (on paper) using only whole foods. (Each member will log the meal into your individual journal.) Each of you individually research the pros and cons of whole foods. **Write about and post your findings, as well as your opinion regarding your findings on your individual blogs by 11:59 p.m.**

Group three: build a nutritionally balanced meal (on paper) using only ingredients that are available from local (Ga/Al) sources right now (I will make a list available to you at the beginning of class). (Each member will log the meal into your individual journal.) Each of you individually research the pros and cons of local foods. **Write about and post your findings, as well as your opinion regarding your findings on your individual blogs by 11:59 p.m.**

Group four: build a nutritionally balanced meal (on paper) using only organic ingredients. (Each member will log the meal into your individual journal.) Divvy up the following research foci: 1) What makes a food organic and when did the organic movement take off? How did it get started?; 2) What are the arguments for organic food sources? Are there real benefits to eating organic foods? Do you trust these arguments/assertions? Why or why not?; 3) What about product labeling? Research an article or TED Talk that's about the use of the term "organic" as a marketing tool. What does your research reveal about consumers? About food companies? How do you feel about your findings?; 4) and 5) Make a list of ingredients included in the foods on your menu (divvy up the menu so that you each have half of the products to research). Choose at least five of those ingredients that are unfamiliar to you and research more about them. Record what you discover. **Each member: Post your work/findings, including the ingredients list, where applicable, on your individual blogs by 11:59 p.m.**

8. Blog entry due by 11:59p.m. Wednesday, November 20. Prompt: Research a food tradition that interests you. Find an article, podcast, or documentary on this topic. Identify the source and author on your blog. Summarize what you learned from the source. Respond with any personal thoughts or reflections regarding your discoveries.

Wildcard blog: You can substitute ONE of the assigned blog prompts with a food topic of your choice. Indicate in the blog post that you're posting a wildcard blog in order to receive proper credit.