

Viva La Vegan: An Introduction to Veganism

Interim 2012

Professor: Dr. Williams
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Class time/location: MTWRF: 1-4 (in-class time) and field trips/Main 202

Course Description

In this course we will learn about some of the ethical and nutritional reasons people choose a vegan diet. We will also learn how to cook vegan meals. Regular readings, group presentations, videos, class discussions, and many day trips make up the class.

Course Objectives

By the end of the term, students are expected to be familiar with:

- basic vegan cooking techniques and recipes;
- the nutritional benefits of a plant-based diet;
- some of the ethical reasons for adopting veganism;
- how to locate vegan products in local grocery stores.

Required Books

- *Eating Animals*, by Jonathan Foer (2009)
- *Why We Love Dogs, Eat Pigs, and Wear Cows* by Melanie Joy (2010)
- *The Face on your Plate*, by Jim Masson (2009)
- *The 4-ingredient Vegan Cookbook* by Abrams and Dinshah (2010)
<http://www.amazon.com/4-Ingredient-Vegan-Maribeth-Abrams/dp/1570672326>

Attendance

You are required to attend all scheduled class discussions, fieldtrips, and cooking sessions. Any unexcused absence will result in failure.

Grading

A passing grade is above 75%, failing is below 75%, and an honors pass is a grade above 94%.

Grade Distribution

- 20% --- Class participation: attendance, discussion in class on assigned readings, and presentations
- 20% --- Cooking: active participation at the sessions, including full participation with your group members when locating vegan food items at grocery stores.
- 30% --- Group projects: grades will be based on content (accuracy), clarity, creativity, enthusiasm, and presentation style.
- 30% --- 2 in-class exams at 15% each

Schedule (subject to change)

Week 1

(Th) Jan. 5: Class discussion – *Face on Your Plate* – Video: *Diet for a New America*

(Fr) Jan. 6: Class discussion – *Face on Your Plate* – **Daytrip 1: Publix, Spartanburg** (locate vegan items)

(M) Jan. 9: **Daytrip 2: Cooking Session**---Video: *Vegan Gal*

(T) Jan. 10: Class discussion on *Eating Animals* - Video: *Forks over Knives*

(W) Jan. 11: Group project #1 (Veganism and Human Health poster rally)/class discussion *Eating Animals*

Week 2

(Th) Jan. 12: **Daytrip 3: Whole Foods** Vegan Cooking Demo, **Greenville, SC** (6:30 pm)

(Fr) Jan. 13: Group project #2: Factory Farming and Animal Suffering– Class discussion: *Eating Animals*

(M) Jan. 16: MLK

(T) Jan. 17: Group project #3: Factory Farming and Environmental Damage and Exam #1

(W) Jan. 18: Class Discussion: *Why We Love Dogs*– Video: *Death on a Factory Farm*

Week 3

(TH) Jan.19: **Daytrip 4: Cooking session**

(Fr) Jan. 20: Group project #4: Vegan websites and Class discussion: *Why We Love Dogs*

(M) Jan. 23: **Daytrip 5: Cooking session**

(T) Jan. 24: **Daytrip 6: rabbit sanctuary, Simpsonville, SC**

(W) Jan. 25: Class discussion and Video: *Corporate Agriculture*

Week 4

(Th) Jan. 26: **Daytrip 7: Cooking session**

(Fr) Jan. 27: **Daytrip 8: Animal Sanctuary and Plant (vegan) restaurant, Asheville, NC**

(M) Jan. 30: **Daytrip 9: Cooking session**

(T) Jan. 31: **Daytrip 10: Lime Leaf** (Thai) restaurant, **Spartanburg**

(W) Feb. 1: Final Exam #2

Note: All cooking sessions will take place at **Daniel Morgan Technology Center, 201 Zion Hill Road, Spartanburg, SC 29307 with chef Tim Page.**