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HRS 154
Food Culture Worksheet
(6 PAGES MAX, plus photo/sketch)

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Type responses directly onto this form, single-spaced
****Preserve numbering & prompts, but delete unused spaces****
*****50 points for completion & review—NO PARTIAL CREDIT*****

Name & location of market/farm stand where you shopped: _____

Grower interviewed: _____ Interview time, length & place: _____

Day, date & attendees at your local meal(s): _____

Either before or after your shopping & meal planning, for each of the topics below, generate a list of questions to ask yourself &/or others during your interview & later your meal. Then following the interview & meal, answer those questions to the best of your ability, **focusing as much as possible on observable sensory details & words**. **IMPORTANT: start thinking about your questions at least two days before you shop**; draw your wording from “Foundational Questions, Concepts & Claims.”

A. Practice Shaping Reflection

- (i) Articulate 3-6 questions about the way(s)/extent to which **foods, actions & words** used in your meal(s) inspired your own & other participants’ **thoughts & feelings about food & the sacred**.

Things to include: special place settings or dishware, stories about where & how you gathered your food, stories you gathered from growers of particular foods, readings or statements made

For example: “What did I describe and what gestures did I use to introduce the locally grown ingredients, & what did I say to suggest that the food was connected to a deeper reality?”

- (ii) Articulate 2-4 questions about the way(s) & the extent to which the **spatial arrangement & features of you & other participants** inspired **thoughts & feelings about food & the sacred**.

Things to include: layout of your table(s) (or other eating place), features of surrounding space, number, distinguishing features & dress of people who attended, different roles assumed

For example: “To what extent did the way I arranged my breakfast on the plate & table remind me of sacred rituals?” “What message did my “sustainable agriculture” t-shirt send to my guests?”

(iii) Articulate 1-3 other questions you have (&/or that you imagine the audience of your report might want to have answered) regarding your meal(s).

(iv) Number and then answer the above questions based on the **evidence of what you saw & heard**, attaching at least one SKETCH OR PHOTO to address questions in A(ii). Attribute all perception of the sacred either (i) to yourself OR (ii) to someone you spoke with.
(IMPORTANT: record emotional responses &/or evaluative judgments in C below.)

B. Reflection Heightening Engagement in Practice

(i) Articulate 2-5 questions regarding thoughts & feelings about food & the sacred that **you yourself** cultivated to heighten engagement in the meal(s).

(ii) Articulate 2-5 questions about thoughts & feelings that **other participants** in the meal(s) [IF APPLICABLE] seemed to cultivate to heighten engagement in the meal(s).

Things to include: direct quotes, side conversations, non-verbal signs, facial expressions

For example: “What ideas about food did I keep in mind as I was preparing the ingredients?”
“What thoughts & feelings made my friend Jennifer so excited about all the local ingredients?”

(iii) Articulate 2-3 questions about the way(s) & extent to which you and other participants in the meal(s) **discussed where your food came from** to heighten engagement in the meal(s).

Things to include: details of your interview with a grower, readings you included in the meal, statements people made about food, details from sources in course reader

For example: “What is it about Farmer Fred’s account of his farm work that stuck in my mind as people were serving themselves, praising each of the local ingredients?”

(iv) Articulate 1-3 **other questions** you have (&/or that you imagine the audience of your report might want to have answered) **regarding the thoughts & feelings of meal participants.**

(v) Number & then answer the above questions based on the **evidence of what you thought, saw & heard**, providing at least two **DIRECT QUOTES** from the meal and/or your interview.
(IMPORTANT: record emotional responses &/or evaluative judgments in C below.)

C. Outsider’s Perspectives on Practice & Reflection

(i) Articulate 2-3 questions about any other thoughts & feelings you experienced and cultivated as **an observer** while listening to your interviewee and during the meal.

Things to include: your own curiosity, your upbringing, prior experience with food & the sacred

For example: “What struck me the most about our gathering?” “How did my mother’s cooking and eating habits influence what I paid attention to as I ate several meals in solitude?”

- (ii) Articulate 2-5 questions about the way(s) & extent to which what you heard in your interview and experienced in your meal(s) **resembled AND differed** from the food practices and reflection documented in one of the **primary sources in Units 3 & 4** (i.e., used for Application Exercises).

Things to include: objects, actions, words, locales or spaces, growers vs. eaters, thoughts & feelings described in one of the assigned primary sources.

For example: “To what extent did the meal I served my family remind me of the care with which Ma Joad gathers ingredients for her family in *The Grapes of Wrath*?”

- (iii) Articulate 1-3 **other questions** you might have (&/or that you imagine the audience of your report might want to have answered) **regarding variations in food practice & reflection.**

- (iv) Number & then answer the above questions based on the **evidence of your independent reflection and reading**, citing material from at least **THREE (3) SEPARATE PAGE #S** for C(ii).

ANALYSIS OF PARTS A-C & PLANNING FINAL PRODUCT

→ Review the introductory on-line essay, "[Essential Elements of Religion](#)" & then summarize & cite your findings in A-C of this worksheet by answering the questions below.

If you prefer you may *use a sketch or diagram*** to address these questions.**

- Overall, how did the practice of your meal(s) appear to inspire your own & other participants' thoughts and feelings about food & the sacred? (Refer to details in sections A & C(i).)

- How did your own & other participants' thoughts & feelings about food & the sacred appear to heighten engagement in the meal(s)? (Refer to details in section B & C(ii).)

→ Describe (100-150 words) how you will structure your final product, (sequence of parts, use of narrative or visuals, etc.) to emphasize the **mutual influence of practice & reflection in the food culture you created** in representing what you observed in your interview & during the meal(s).

→ [After peer review, WRITTEN ON BACK:] Explain which of the comments you received from your reviewer seem **most useful for creating the final product**; cite sections of the ORW by number/letter (e.g., A(ii), C(iii)). Describe also any omissions and/or inaccuracies noted from your own rereading your work, and ***what you plan to do about them***.