How do you decide what to eat? Why is the decision on what to eat so easy for some yet fraught with stress and guilt for others? In this course we will use Michael Pollan’s best selling book “The Omnivore’s Dilemma” as a jumping point for learning how the human diet has changed over time and its implications for our health as well as that of the environment. Through readings, discussions, projects and eating we will explore ways to change the current food system one bite at a time.

Dr. Michele Skopec • Zoology
11:30-12:30 • MWF
HNRS LS 1510 • CRN 32205 • Gen Ed: LS
Main Campus • LI 325 • 3 CR