An Unexamined Food Is Not Worth Eating

This course takes up the Socratic intuition that “an unexamined life is not worth living” and caters food and drink as vehicles for self-examination: “Food” and “drink” are metaphors of basic human needs in which the liberal arts student enrolls along with every human being in search for a well balanced diet of good life.

Whether eating, loving, praying or dying, one ought to care for the soul.

Inspired by the Delphic oracle, gnothi seauthon, “know thyself,” Socrates bequeathed to the Mediterranean and Atlantic civilizations one core course to be studied in the curriculum of philosophy as a way of life.

The primary text of the human core – and this is the form and content of the humanities - is a living human document, the whole human person in relation to others. The student will learn how to be hungry, cook, serve, and intake what is worth eating for a nourishing, creative, beautiful, just, and good life.

The Course Objectives Are Guided By Initial Questions

- What do I hunger for when I suffer from hunger – in body, soul, culture, society, spirit?
- What should I eat in order to live a nourishing, creative, beautiful, just & good life?
- How do I complement bodily nourishment with staples of beauty, justice, and meaning in the complex character of dining, art and culture, social justice & self-transformative ritual?

- What can transform tangible foods or drinks into sacred eating and drinking, spice of life, manna – intangibles that I cannot take home in a doggy bag, bottle for export, modify genetically, or freeze in a refrigerator?
- Are there foods and drinks that satiate and yet their repeated intake brings on more indigestion, self-loss, injustice, unhappiness, suffering?
- Are there foods and drinks whose intake increases my hungers and thirsts yet fills me with joy?