

# IAS 194: Food 4 Thought

New College - New General Education – New Core Curriculum

*This is a reading and writing intensive class limited to 22 students*

CORE area: Humanities, Fine Arts and Design (HU)

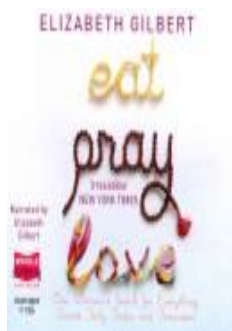
Awareness area Historical Awareness (H)

Spring 2011  
ASU –  
West Campus  
Sands 235

Martin Beck Matušík ☺ - Lincoln Professor of Ethics & Religion

TTH 1:30-2:45

<http://www.public.asu.edu/~mmatusti>



## **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.

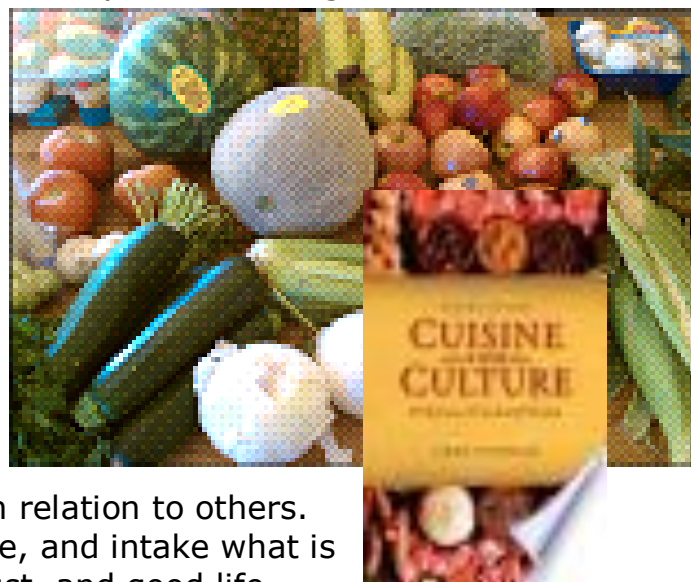
**Whether eating, loving, praying or dying, one ought to care for the soul.**

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?*

