

# Food Reflection Assignment

**Deadline: April 11, 2018 @ 23:59, 50%**

**(N.B. Essays will not be accepted after the deadline has passed as this is the last day to submit academic work)**

The purpose of this assignment is to have you critically reflect on your food consumption and wastage practices using the material covered over the course of the term to assist in your analysis.

1. Keep a weeklong record of your food consumption and wastage practices  
Please see below for a sample food diary. You can use several different means to keep a food diary (paper, spreadsheet, Word document, or a smartphone app).
2. Use your food diary, reflect on your food consumption and wastage practices.  
Your analysis of your food consumption and wastage practices should relate to the required readings that we have examined this term. Please do not simply write about what you ate over the course of a week!
3. Attach your food diary to your essay after the bibliography.

**Potential topics you can discuss in this essay** (*you do not have to discuss all items*):

- Do you consider where your food comes from when making purchasing decisions at the supermarket or at restaurants (agricultural production)
- How much do concerns about pesticides on foods, or issues around environmental sustainability factor into food your purchasing decisions (organic production).
- To what extent do you seek out organic or local foods (organic production).
- To what extent does your ethnic background or cultural upbringing shape your food consumption and wastage practices (commensality, food, class and culture - culinary habitus).
- Did you participate in any special meals, festive occasion, or wine and cheese type of event over the course of a week. Discuss the significance of the event from a sociological standpoint (commensality).
- Consider some of the factors that shape your consumption of convenience or fast foods (convenience cultures).
- If you prepared or consumed the foods of a culture different than your own, describe what shapes your culinary adventuring (culinary tourism).
- Do you consider yourself a foodie or do you take issue with people who describe themselves as foodies? (watching foodies).
- Did you post any pictures of the foods you prepared or consumed to a social media site (watching foodies?). Provide an explanation of what the posting of food pictures on social media accomplishes (watching foodies).
- If you practice a vegetarian or vegan diet, describe what shapes your food consumption practices (vegetarianism and veganism).
- Do ethical considerations shape your food purchasing and consumption patterns (i.e. cruelty free eggs, free range chicken, anti-biotic free meet) (Ethical consumerism).
- Discuss how you deal with leftovers (leftovers and food waste).
- Discuss the factors that lead you to throw out or waste the foods you purchased or consumed (leftovers and food waste).

You should aim to bring in as many of the required readings into the analysis as you can. As we have been doing over the course of term, use the required readings to reflect upon your personal experiences in relation to broader social patterns and institutions.

## Assignment Guidelines:

**Word count:** Your essay should be a **minimum of 2,500 words** and a **maximum of 3,000 words**. The word does not include your bibliography. Please state the word count on the title page of your essay.

**Title page:** Your essay needs to provide a title page with a unique title for this assignment. Your essay should state your name and student number on the title page. Please refer to the [Style and Reference Guide for Undergraduate Essays, Queen's University](#). Format your essay according to the guidelines in this manual.

**Citations and references:** The [Style and Reference Guide for Undergraduate Essays](#) (see pp. 16-32) has guidelines on how to format your in-text citations and bibliography using the American Sociological Association (ASA) guidelines. If you have any doubts or questions about ASA style you can consult the [American Sociological Association Style Guide](#) (4<sup>th</sup> Edition) or this [shorter version](#). This is the definitive manual of ASA style.

Please refrain from asking teaching assistants or the professor questions about citations or bibliography – the three style guides provided contain all the information you need.

**Submissions:** You need to attach a single copy of your essay. If you are using an Apple/MAC computer, please save your file as .doc or .docx.

Please name your file with your **surname** and **first name** **and nothing else**.

*For example: Smith, John.docx*

**Do not** attach a PDF copy of your assignment.

## Extensions:

Do not ask for an extension after the deadline has passed. If you require an extension, please email me 24 hours before the deadline. In your email, please state your preferred time for setting up a face-to-face meeting over the Big Blue Button. Requests for extension must be supported by medical documentation.

## Essay re-grading policy

If you would like to appeal your grade, please send your teaching assistant and myself an email that provides a strong reason why your essay should be re-graded. You have one week to submit an email claim for your essay to be regraded following the return of your essay. Please be advised that your grade may go up, it may go down, or it may stay the same.

**Plagiarism:** Please familiarize yourself with [Carleton's Academic Integrity Policy](#) before submitting your assignment.

## Grading Rubric (see below)

Grading Criteria	Excellent (4 - 3.1)	Proficient (3 - 2.1)	Fair (2 - 1.1)	Inadequate (1 - 0.5)	Fail (0.5 - 0)	Total
<b>Introduction and purpose of essay</b>	The essay has a clear, concise introduction that establishes a clear purpose of the essay. The essay stays focussed on its purpose from the introduction to the conclusion	The essay has a clear introduction that establishes the purpose of the essay. The essay mostly stays focussed on its purpose from the introduction to the conclusion	The essay has an introduction that does not clearly establish the purpose of the essay. The essay inconsistently stays focussed on its purpose from the introduction to the conclusion	Rambling introduction that does not establish the purpose of the essay. The essay does not stay focussed on its purpose from the introduction to the conclusion.	Irrelevant or missing introduction. The essay does not have a purpose and is incoherent.	
<b>Reflection on Personal Experiences</b>	Personal experiences are examined thoughtfully and critically in relation to the weeklong food diary	Personal experiences are examined thoughtfully in relation to the weeklong food diary	Personal experiences are examined in a descriptive fashion in relation to the weeklong food diary	Personal experiences are discussed, but not analyzed in relation to the weeklong food diary	Personal experiences are mentioned, but in a perfunctory way in relation to weeklong food diary	
<b>Application of Course Readings</b>	Demonstrates a very good understanding of the course readings and can relate them in a highly relevant and consistent manner to lived experience	Demonstrates a good understanding of the course readings and can relate them in a relevant and consistent manner to lived experience	Demonstrates some understanding of the course readings and applies them to lived experience	Basic understanding of course readings and inconsistent application to lived experience	Does not refer to course readings	
<b>Organization and Writing</b>	Clear organization with a natural flow. Includes an introduction, transition sentences to connect major ideas, and conclusion. There are few or no grammar, spelling or typographical errors	Clear organization, with introduction, transitions and conclusion, but writing is not always fluid. There are several grammatical, spelling or typographical errors	Organization is unclear or without necessary component parts. Significant grammar, spelling or typographical errors	Little discernable organization. Essay is difficult to read or comprehend. Large number of grammatical, spelling or typographical errors	Non-existent or rambling organization. Essay is difficult to read or comprehend. Excessive grammar, spelling or typographical errors	
Grading Criteria	Excellent (1)	Adequate (.5)	Insufficient (0)	Poor (-.5)	Fail (-1)	
<b>Formatting</b>	Title page, page numbers and essay correctly formatted	Minor errors with formatting of title page, page numbers or essay formatting.	Significant errors with formatting of title page, page numbers or essay formatting.	Large number of errors with formatting of title page, page numbers or essay formatting.	Missing title page, page numbers and very significant formatting errors	
<b>In-text Citations and Bibliographic References</b>	No formatting errors. In-text citations and bibliography are correctly formatted	Minor formatting errors. There are minor errors with formatting of in-text citations and bibliography	Significant formatting errors. There are significant errors with formatting of in-text citations and bibliography	A substantial amount of formatting errors. There are substantial errors with formatting of in-text citations and bibliography	Very little or no in-text citations. Very poorly formatted bibliography or missing bibliography	
					<b>Total /18</b>	<b>0.00</b>
					<b>Total/50</b>	<b>0.00</b>
					<b>Percent</b>	<b>0</b>

Sample Food Diary



# MY FOOD DIARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
Lunch							
Dinner							
Snacks							
Treats							
Alcohol							
Other Drinks							
Water							