

## Course Syllabus

### Course Details

Course name: Tao Vegetarian Cooking and Mindfulness

Course number: Chem 98/198

Location: Online

Term: Fall 2021

Units: 2

Time: Thursdays 8:00 PM–9:00 PM

Instructors: Sandy Liang, Daniel Pai

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### Course Overview

This course is designed to lead students in exploring mindfulness via connections between Tao and plant-based meals. Students are encouraged to apply the teachings into their daily lives for their mental, physical, and spiritual health. Students will be encouraged to make more home cooked meals from scratch, be able to identify its nutritional breakdown, and develop the ability to access high-quality ingredients at a lower cost. Students will experiment with different plant-based ingredients, at the same time, learn its connection with the human self. Students will be able to apply these mindfulness philosophies into other areas of their lives if they choose.

The concepts of Tao philosophy will be taught through the lens of the books: *Tao Te Jing* by Lao-Tze and the *Great Learning* by Confucius. We would not have enough time to cover the books in full, but we will pull references from these books as we talk about everyday activities, such as eating, shopping, etc.

### Student Learning Objectives

Students will be more comfortable cooking vegetarian meals at home.

Students will be able to see the connection between mindfulness and a plant-based diet via the Tao philosophy.

Students will be able to implement learned mindful practices into other areas of life.

### Methods of Instruction

Classes are scheduled weekly through lectures, discussions, and activities. Lecture topics will draw upon primary contemplative and spiritual texts as well as nutritional literature to focus on areas of physical, mental, spiritual health via Tao philosophy, plant-based cooking, and nutrition.

Activities will build on what was learned in the class, giving students a chance to apply what they learn and see it through a different medium.

### **Evaluation of the Course**

Students will fill out anonymous Google Forms at the mid and end of the semester to evaluate quality of lectures, engagement level of instructors, and office hours availability. Constructive feedback is welcomed.

### **Course Requirements/Resources**

Options for procuring the necessary ingredients via CalFresh, SNAP, and/or local food pantries will be covered during one of the first class sessions. Additional accommodations for students with limited grocery access will be made on a case by case basis. Please reach out if you are facing food insecurity!

### **Grades**

You will be graded on in the following categories: attendance/participation, homework, and reflection.

Homework will include the whole process of grocery shopping, putting groceries away, meal prep, cooking time, eating time, cleaning up, and typing up the document for the homework.

Absences must be communicated 48 hours in advance.

One written reflection will be required at the end of the semester.

Only **ONE** missing/incomplete homework assignment and **ONE** unmade-up absence is allowed in order to pass.

No Exam or Quizzes

### **Asynchronous Attendance/Missing Class**

Have to notify the instructor of absence in the beginning.

Have to submit a one page reflection on each missed class to make up for attendance.

Reflection includes a summary of class material, how it relates to you, how you will apply the concept, and suggestions of how the class can be improved/more effective.

<b>Class Schedule</b>	
<b>Date</b>	<b>Description</b>
9/2/2021	<b>Introduction to the Connections Between Tao + Nutrition +Mindfulness</b>
9/9/2021	<b>Mindset of Healthy Eating</b>
9/16/2021	<b>Food and Character</b>

9/23/2021	<b>Cook-off</b>
9/30/2021	<b>Etiquettes in Life, Etiquettes in Food</b>
10/7/2021	<b>Tao of Living Plant-Based</b>
10/14/2021	<b>Gaining Positive Outlook Through Food</b>
10/21/2021	<b>Cook-off</b>
10/28/2021	<b>Physical Health</b>
11/4/2021	<b>Spiritual Health</b>
11/11/2021	<b>Veterans' Day (No Class)</b>
11/18/2021	<b>Movie + Discussion: Seaspiracy</b>
11/25/2021	<b>Thanksgiving Break (No Class)</b>
12/2/2021	<b>Cook-off</b>

**Reasonable Accommodation for Students' Religious Beliefs, Observations, and Practices:**

In compliance with Education code, Section 92640(a), it is the official policy of the University of California at Berkeley to permit any student to undergo a test or examination, without penalty, at a time when that activity would not violate the student's religious creed, unless administering the examination at an alternative time would impose an undue hardship which could not reasonably have been avoided.

**Syllabus/schedule subject to change without notice**