**Ingredient Analysis**

There are two short assignments due before or on the first day of class: an entrance paper, and a meal/ingredient analysis. Both assignments should be typed, double-spaced, 12-point font, with one-inch margins. Write in complete sentences and pay attention to the usual rules of grammar and argumentation. Although they are short assignments, they still require attention and proofreading.

**Meal/Ingredient Analysis**

Due in class on Monday, July 13th
500-750 words
Bring a printed copy to class

This assignment requires you to think about what you’re eating, where it comes from, and its environmental and social impacts. In addition to the readings already distributed, we will use this assignment as the basis for some of our class discussion on the first day.

Choose one substantial meal—your biggest meal of the day, whether breakfast, lunch, or dinner—between now and when you come to campus and provide the following information:

1.) Describe the meal. What is it? Where are you eating it? When? With whom? For how much time?

2.) List the ingredients of each part of the meal (beverage, sides, entrée, etc.). Be as specific and as possible. For example, if bread is part of your meal, what are its ingredients? If a sauce—tomato, cream, cheese—is part of your meal, what are its ingredients?

3.) Explain who made the meal, and your relationship to that person.

4.) Choose one main ingredient from your meal. Attempt to find out:
   a. Where it was purchased/acquired (supermarket? farmers’ market? garden?)
   b. Where it was grown or made (country, region, farm, factory; be as specific as possible)
   c. Who grew or made it (farmer, industrial worker, machine, animal)
   d. How it was grown (organically, conventionally, industrially, synthetically)
   e. What the environmental and social/cultural impacts of this ingredient are (This will be the most difficult; use any sources you can find to find information about this, including its growth/production, transportation, energy consumption, packaging, economic or political controversies surrounding it, etc.)

5.) Describe what you learned in analyzing your meal and its ingredient. What surprised you? What stood out? What did you learn about your diet, if anything? What did you learn about where food comes from?