UNAS3339.01 Cross Currents: Thinking about Food, Body and Self-Care
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Course Description

Eat less carbs, more protein. Work out daily. Avoid snacking. Don’t gain weight in college. Don’t be too muscular. Learn how food and body rules have come along with our culture’s obsession with health, and how that obsession leads to systemic oppression of people under the guise of ‘health’. It also distracts from issues like food justice and sustainability. This course will teach you how to make food decisions based on science and Intuitive Eating™. You will learn what self-care really is, why practicing self-care is a radical act, and how nutrition as self-care provides freedom from cultural expectations.

Syllabus

Session 1: Introduction to Intuitive Eating and Self Care
Goal: define Intuitive Eating™ and self-care

Discussion Questions

- What interested you in this course?
- What do you know or think you know about Intuitive Eating? What do you think of when you hear ‘diet culture’?
- What does ‘self-care’ mean to you?
- What areas of self-care do you feel you’re doing well with? Want to improve on?

Content

- Review history of Intuitive Eating and 10 principles of IE
- Learn the domains of self-care
- Link nutrition with other areas of self-care

Assignments

- Intuitive Eating Scale Assessment (IES-2)
- Self-care assessment

Readings:

- Humphrey, L., Clifford, D., and Neyman Morris, M. Health at Every Size College Course Reduces Dieting Behaviors and Improves Intuitive Eating, Body-Esteem, and
Session 2: Healthism, Weight Stigma and Healthy at Every Size (HAES)

Goal: define weight stigma, healthism and HAES

Discussion Questions
- What are some clinical and non-clinical ways to measure health?
- How would you define weight stigma? What are the costs? Who does it affect?
- Do you really have freedom of choice with food and other areas of self-care?

Content
- Define healthism and how it affects food and weight discussions
- Explain weight stigma, its effects, and how it intersects with racism and sexism
- Introduce Healthy at Every Size (HAES) and how it provides an answer to diet culture; explore how Intuitive Eating fits into HAES

Assignments
- Take Implicit Attitudes test on weight (IAT- Weight)
- Identify weight stigma and create action item to fight against or dismantle it
- Journal on the opportunity costs that diet culture and weight stigma has cost you

Readings:

Session 3: Rejecting the Diet Mentality

Goal: Introduce IE Principle Rejecting the Diet Mentality

Discussion Questions
- Where do you see the diet mentality in your everyday life? How does it affect you?
- Where/How/When did you learn about diet culture?
- How would rejecting the diet mentality improve your life? Ability to provide self-care?

Content
- Provide concrete examples of diet culture, from insidious to obvious
- Link diet culture with oppression of minority groups
- Explain scientific underpinning of why dieting does not work metabolically and psychologically

Assignments
Family Food Rules Self Quiz and journal reflection
Worksheet: How has Dieting interfered with your life?

Readings:
- Fothergill, E. et al. (2016). Persistent Metabolic Adaptation 6 Years After ‘The Biggest Loser’ Competition. Obesity. 00, 00-00.
- The Anti-Diet episode: Dan Harris podcast

Session 4: Challenging the Food Police & Making Peace with Food: Dismantling Food Rules
Goal: Introduce IE Principles Challenging the Food Police and Making Peace with Food and providing tools to reduce internalization of food rules

Discussion Questions
- What food rules did you grow up with?
- How do food rules affect your daily life? The life of others you know?
- Provide ways in which food rules are oppressive and impact your ability to provide self-care.

Content
- Introduce Challenging the Food Police and Making Peace with Food
- Explain how eating disorders are a risk factor from dieting and can lead to significant food rules
- Prevention strategies for the food police and eating disorders, including increasing emotional self-care and awareness

Assignments
- Research the science behind a food rule and explain its validity or not
- Cognitive Flexibility Worksheet or Making Peace with Food worksheet
- Feelings Exercise - mood app

Readings:
- Stice, E., Marti, C., Spoor, S., Presnell, K and Shaw, H. Dissonance and healthy weight eating disorder prevention programs: long term effects from a randomized
Session 5: Cultivating Interoceptive Awareness and Attunement

Goal: Explain Honor your Hunger and Feel Your Fullness IE principles

Discussion Questions
- When are you most able to clue into your body’s physical needs?
- When are you most embodied?
- How do you know you’re hungry? Full? What makes you start and stop eating?
- How does checking in with your body impact non-physical domains of self-care?

Content
- Explain Attunement Model and intersection with Intuitive Eating
- Define hunger and fullness
- Practice hunger/fullness awareness using food

Assignments
- Hunger/Fullness Journal for 1 week
- Mind, Body, Self-Care Worksheet

Readings:
- Intuitive Eating Workbook: Honor your Hunger.
- Intuitive Eating Workbook: Feel Your Fullness.

Session 6: Finding Satisfaction

Goal: Review IE principle Finding Satisfaction and discuss domains of self-care as they related to pleasure and satisfaction

Discussion Questions
- When do you find food satisfying? What impacts that satisfaction?
- How does finding pleasure and satisfaction in other areas of life and self-care domains impact food decisions or how you feel around food?
- How do you want to feel after you eat?

Content
- Discuss history of pleasure in our Puritanical society
- Review differences between satisfaction and fullness
- Explore areas of self-care that provide satisfaction

Assignments
Discovering Satiety and Fullness worksheet
Self-care wheel and assessment worksheet

Readings:

- Intuitive Eating Workbook: Finding Satisfaction.

Session 7: Honor Your Feelings without Using Food

Goal: To link how emotional wellbeing affects food choices as well as other lifestyle choices and vice versa

Discussion Questions
- How do you cope with feelings?
- How do you talk to others about feelings and emotions?
- How many emotions can you identify?

Content
- Review how mood and food are connected biochemically
- Discuss how self-care strategies around emotional and psychological wellbeing can improve relationship with food and body, and ultimately, self-worth

Assignments
- Mood/Food Log
- Closeness Questions

Readings:

- Intuitive Eating Workbook: Honor Your Feelings without Using Food

Session 8: Body Respect

Goal: Define Body Respect and present history and viewpoints on the Body Positive Movement

Discussion Questions
- How has your body image evolved over the last year during COVID? Last 2-3 years?
- What affects your body image positively and negatively?
- How does our societal focus on body shape, weight and size affect the broader community?

Content
- Introduce and define body image as a multidimensional construct
- Review Body Respect IE principle
- Discuss connection between self-compassion, self-worth with body image
• Explore body positive movement and intersection with feminism, gender, race, etc

Assignments
• Body Image Exposure Exercise
• Responding to body/food/weight stigma talk/posts on instagram or with peers
• Self-compassion exercise

Readings:
• Intuitive Eating Workbook: Body Respect.
• Body is Not an Apology - Sonia Renee Taylor

Session 9: Gentle Nutrition
Goal: Understand nutrition basics and how to consider unique nutrition needs in context of Intuitive Eating and self-care

Discussion Questions
• What do you know about nutrition science - the basics of what you need daily - how much, what types of food, etc?
• What are some positive inputs when it comes to eating balanced and healthfully? Negative inputs?
• If you ate for self-care and overall health (vs changing body shape/size), what would change about your relationship with food?

Content
• Discussed biochemical basics of nutrition
• Explore how eating healthfully and specific to unique needs can marry with IE

Assignments
• Food exposure exercise

Readings:
• Intuitive Eating Workbook: Gentle Nutrition

Session 10: Movement: Feel the Difference
Goal: Discuss the history of exercise and how movement can be incorporated into a healthy lifestyle as a form of self-care, enjoyment and challenge

Discussion Questions
• How do we (society) define physical “fitness”? What assumptions do we make about the abilities of varying body types?
• What’s behind the current exercise recommendations? What are the benefits of cardio, strength, and flexibility training?
• What are resources “needed” to exercise?
• How can you accomplish moving in a more sustainable way?

Content
• Review history of exercise
  ○ Evolutionary
  ○ Sustainability
  ○ Individualistic

Assignments
• Exercise exposure
• Attuned Exercise worksheet

Readings:

Session 11: When Food Justice Meets Intuitive Eating
Goal: Provide context and perspective on how food justice intersects with IE

Discussion Questions
• When you buy and eat food, what are you voting for?
• Is eating healthfully an individuals’ choice?
• What policies would you like to see in place to improve food justice?

Content
• Review the basics of the food system
• Define food justice
• Discuss intersection between food justice, the environment and individuals’ health

Assignments
• SNAP challenge
• Go to farmers market and buy something to eat. Do satisfaction exercise with it. Write reflection.

Readings:
• Video: TED Talk, Ron Finley, Garden Gangsta https://www.youtube.com/watch?v=EzZzZ_gpZ4w.
• Penniman, L. (2020) To free ourselves we must feed ourselves. Agriculture and Human Values. 37, 521-522.

Session 12: Self-care as a Radical Act
**Goal:** Explore connection between self-care, freedom, self-trust as a way to live in alignment with your values

**Discussion Questions**
- What is your personal idea of liberation? If we were living free, what would the world look like? What does your personal liberation look like, and how is it inextricably linked to the liberation of others?

**Content**
- The Power of Vulnerability
- Setting and honoring boundaries - radical self-care checklist
- Positive living: cultivating freedom, trust, connection
- What actually matters? Why saying ‘no’ is the powerful tool you have.

**Assignments**
- Create self-care plan
- Contingencies of Self-Worth Scale
- Retake IES-2
- Adam Grant: [Power of Knowing What You Don’t Know](#)

**Readings:**

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**Session 13: Culminating Reflection Session**

**Goal:** Evaluate the impact of self-care practices on networks of interactions

**Discussion Questions**
- Now that you’re learned to care for yourself, how do you care for others?
- How are you going to use this information as your future self? Parenting, etc?
- How do we continue to grow and learn from each other?

**Content**
- Review self-care plan
- Socio-ecological model
- Narrate an imagined future

**Assignments**
- Final reflection paper