

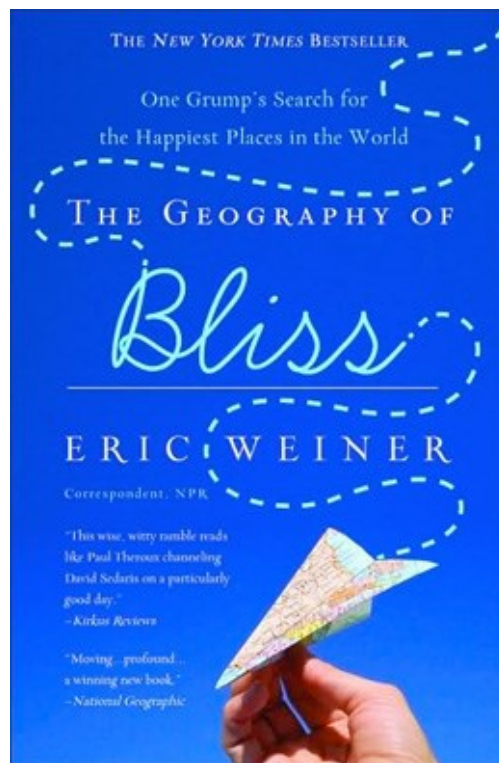
How to Live Like a European

Slow Food for a Fast World

Professor Ingebritsen, Scandinavian Studies

GEN STUDIES 197 Life Skills to Live Well (SLN 14685)

Friday 9:30 am– 10:20 am



The Slow Food movement, as pioneered by Carlo Petrini, the founder of Slow Food International, is a shift away from “modern”, industrialized habits of dining and food preparation. Rather than eating fast food and processes ingredients, Slow Food advocates for eating locally grown, natural, and sustainable foods, which benefits personal health as well as the well being of the environment. This course will examine ways in which college students can take control of their diet, health, and impact on the world around them—both socially and ecologically— by simply slowing down the pace at which they approach life’s fundamentals.