

Reflecting on “Food Ethics: Consuming with Compassion”

Use the following prompts to help students reflect on their religious and ethical positions on food consumption. Process as a large group or post the questions around the room and have the students move to the question that most intrigues or interests them. After allowing some time for discussion, select representatives of the different questions to share key conversation points.

- 1 What values currently shape your decisions concerning food?
- 2 Does it make any difference to you to know where your food was grown, how it was harvested, or how it was prepared for your consumption? Explain.
- 3 Would it affect your ethical decision-making regarding meat eating if you knew how the animals were treated before their death or how they were slaughtered? Why or why not?
- 4 What impact does a food’s carbon footprint have on your choices concerning the consumption of food? Should it matter?
- 5 In what ways might your daily food choices contribute to environmental harm?
- 6 What would it mean for you to eat more simply?
- 7 Are the ideas of stewardship of the earth and a responsibility to future generations compelling?
- 8 As the world population continues to grow in the twenty-first century, do people need to adjust their religious and ethical perspectives on the growth, production, and consumption of food? Explain.
- 9 Does the prospect of choosing mostly foods that benefit your health and the environment seem overwhelming or doable or both? Explain.
- 10 Do you agree that your food choices say something about who you are? If so, what do you think your current food choices say about you? If not, explain why you think your food choices and your character are unrelated.

These discussion prompts are adapted from “Food Ethics: Consuming with Compassion,” by Julie Hanlon Rubio, in Religious and Ethical Perspectives for the Twenty-First Century, ed. Paul O. Myhre (Winona, MN: Anselm Academic, 2013), 201–221. Copyright © 2013 by Anselm Academic. All rights reserved. www.anselmacademic.org

