



WELLNESS
LECTURE
SERIES

HEALTHY COOKING

*Preview Netflix
documentary series
Cooked by author and
UC Berkely journalism
Michael Pollan followed
by a discussion on
healthy cooking.*



COOKED EPISODE 2: WATER

Explored through the lenses of the four natural elements – fire, water, air and earth – *Cooked* is an enlightening and compelling look at the evolution of what food means to us through the history of food preparation and its universal ability to connect us. Highlighting our primal human need to cook, the series urges a return to the kitchen to reclaim our lost traditions and to forge a deeper, more meaningful connection to the ingredients and cooking techniques that we use to nourish ourselves.

Thursday, April 27, 2017

12:30–1:30pm

CS 177

Everyone is welcome
Flex Credit/CPGU available!