

# CHRP Research Seminar Series

## 文史宗哲研究講座系列

Organized by Academy of Chinese, History, Religion and Philosophy

# Thinking Through Food

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The philosophical dimensions of food include what food is, how we experience food, what taste in food is, and how we should make and eat food. This lecture follows Richard Shusterman's idea of "somaesthetics" and discusses the concept of taste, gustatory sensibility and food appreciation as an indispensable medium for sense perception, cognition, and self-identity. The lecture attempts to question the philosophical tradition in the West since Plato whose hierarchical view on taste holds that a discussion on eating, as bodily sensory delights, would weaken the authority of philosophy by maintaining a distinction between mere physical enjoyment and the reasoned pleasure of beauty.

Date: 21 November 2025 (Fri)

Time: 2:30 – 3:30pm

Venue: RRS401

