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Abstract for an Invited Paper  
for the MAR15 Meeting of  
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### **The Physics of Food**

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This talk will describe some experiences gained from an introductory physics course at Harvard University, developed several years ago as part of the general education courses. The course is entitled “Science and Cooking: From Haute Cuisine to Soft Matter Science,” and has become a popular course for non-science majors. It has also been successful in outreach, to help develop interest in science for the general public. This talk will describe how the course uses cooking to teach concepts of soft matter science. It will include a description of course and the learnings about how to excite non-science majors in science through the use of a theme in which they are interested. It will also include some demos used in the course and in outreach lectures for the general public.