

Course Description

FSS1801 | Culinary Sustainability and Practices | 3.00 credits

This course will engage students in growing and producing food, processing, distribution, and end user/purchaser aspects of food systems. Students will explore how to reduce the carbon footprint of food service operations and understand the importance of bringing seasonal food to the table at its peak of freshness and height of nutritional value. With hands-on approach and a focus on biodiversity, sustainability, healthy food and animal welfare, students will develop critical thinking to understanding local and global food systems. The course includes on-site visits with farmers, food processors, and experts in our local food system to engage in health and sustainability practices related to food safety, water and waste systems, food marketing, and the heritage food movement. Prerequisite: FSS2248C

Course Competencies:

Competency 1: The student will be able to recognize the importance of sustainability by:

1. Critically evaluating evidence supporting or contradicting common and competing claims and beliefs about food systems
2. Challenging perspectives through exposure to a diversity of food systems, policy positions, and values
3. Exploring synergies and trade-offs that arise at the intersection of different food systems' science, policy, and values
4. Explaining the components of a sustainable food system
5. Constructing possible solutions to environmental challenges inherent in the food system
6. Studying (these have to be measurable words) the characteristics, outcomes, objectives, and values of different contemporary food systems in the Global North and South
7. Obtaining industry insight and engaging with food industry and hospitality leaders from in-classroom panels and round tables
8. Familiarizing students with plant-based diets and on-meat alternatives to reduce greenhouse gas emissions

Competency 2: The student will comprehend the importance of using sustainability to connect with their client base by:

1. Understanding the environmental, social, and economic dimensions of food system sustainability
2. Reviewing the impacts of food systems at multiple scales, domestically and internationally
3. Exploring the potential for proposed food system solutions to enhance environmental sustainability
4. Actively participating in a food system through volunteering
5. Reflecting on the ethics of food systems and modifying eating habits accordingly
6. Exploring ideas of food system sustainability that are nearby
7. Describing basic nutrition principles
8. Demonstrating how food culture varies by region, country, ethnicity, religion, and climate
9. Demonstrating the importance of sustainable practices in food service operations
10. Applying the knowledge, skills, and habits of mind required in the range of careers available in sustainable food systems
11. Relating high-input and low-input sustainable agricultural production to local, regional, and global impact
12. Defining the terms "energy efficient" and "food miles" as they apply to the local movement

Learning Outcomes:

- Communicate effectively using listening, speaking, reading, and writing skills
- Use quantitative analytical skills to evaluate and process numerical data
- Solve problems using critical and creative thinking and scientific reasoning
- Formulate strategies to locate, evaluate, and apply information
- Demonstrate knowledge of ethical thinking and its application to issues in society