

# APCA 106: SUSTAINABILITY IN FOOD SERVICE OPERATIONS

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	2.5
<b>Hours:</b>	32 lecture, 8 laboratory per quarter (40 total per quarter)
<b>Prerequisite:</b>	Per California Code of Regulations, this course is limited to students admitted to the Culinary Apprenticeship Program.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	None
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Description

Covers the principles of sustainability, including issues of animal welfare, nutrition, climate change, farm to table; other issues that impact people and the environment, such as water consumption, wage and supply chain ethics, and the reduction of our environmental footprint. The future of food and technology emerge as topics of discussion, and case studies feature menu innovation, actual operations, and a field trip to a sustainable restaurant or foodservice operation.

## Course Objectives

The student will be able to:

- Define and understand the impacts of sustainability.
- Define terminology related to food and food service sustainability (recycling, biodegradable, composting, sustainable, organic, local, regional, seasonal, Amish, free range, food miles, heirloom, energy efficient, etc.).
- Describe the benefits of food sustainability practices.
- Demonstrate the ability to explore current trends in food and food service sustainability using print sources and/or the internet.
- Identify products being used in a facility that can be recycled.
- Identify products appropriate for composting.
- Identify a variety of areas where waste control is used in the kitchen (product, water, energy, etc).
- Identify sources for purchasing local foods (produce, meats, etc., as applicable).
- Identify sustainable proteins and seafood.
- Identify the benefits of establishing a facility garden to provide produce and herbs for the kitchen.
- Identify environmentally friendly cleaning products.

## Course Content

- Definition of Sustainability (Lec)
- Impacts of Sustainability: 3 Ps - People, Plate and Planet, as opposed to conservation (Lec)
- Demographics and Consumer Preferences (Lec)

- Nutrition, Health and Sustainable Food (Lec)
- Food Ethics: Science and Policy Issues (Lec)
- Menu Development (Lec)
- Fishing and Seafood Issues (Lec)
- Farm to Table and Local Food Movements (Lec and Lab)
- Supply Chain Issues (Lec and Lab)
- Water Sustainability (Lec)
- Climate Change (Lec)

## Lab Content

- Field trip to Stanford University Residential Dining Hall
  - Field trip to Full Circle Farm in Sunnyvale
- These field trips give the students the chance to see sustainable food service operations and assess the challenges that they undertake. Students will take notes applicable to case studies and papers related to the locations.

## Special Facilities and/or Equipment

Laptop computer and projector or TV screen  
Whiteboard with erasable markers  
Access to commercial kitchen for observation, demonstration and practice

## Method(s) of Evaluation

- Written examination
- Routine checks for understanding
- Evaluation of submitted notebook
- Student presentations
- Quizzes based on the units
- Homework assignments

## Method(s) of Instruction

- Lecture
- Discussion
- Laboratory
- Demonstration: case study of Stanford University and Full Circle Farms

## Representative Text(s) and Other Materials

Menus of Change: The Business of Health, Sustainable, Delicious Food Choices Harvard TH Chan School of Public Health and the Culinary Institute of America, 2016.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- Two 1800-word (minimum) papers. One is a case study on Stanford University Residential Hall Dining and how it practices sustainability. The second will focus on the supply side and a visit to an organic farm, Full Circle farm in Sunnyvale, CA.

- Required reading from the listed text.

- Assessment includes one 1200-word essay on the movie Food Inc., in which students express their thoughts on the challenges of sustainability in an economy where mass food production is required. Students also

discuss the difficult encounters not just to the food production system but socio-economic concerns as well.

## **Discipline(s)**

Culinary Arts/Food Technology