



COURSE OUTLINE: KAP401 - GASTRONOMY & FOOD SU

Prepared: Sarah Birkenhauer and Deron Tett

Approved: Sherri Smith, Chair, Natural Environment, Business, Design and Culinary

Course Code: Title	KAP401: GASTRONOMY & FOOD SUSTAINABILITY
Program Number: Name	
Department:	CULINARY/HOSPITALITY
Academic Year:	2022-2023
Course Description:	Food is critical to the culture of society. In this course, students will study the social, historical and cultural connections to how society interacts with food by investigating the impact of lifestyle, commerce and politics in key global regions. Students will learn how agriculture, religion, history and environmental sustainability influence the characteristics of a culture and its food. Today, customers value health and wellness. The food service industry must respond with menu options that highlight nutritious, ethically sourced, and sustainable products. Students will develop the knowledge to successfully identify and create menu options that meet the diverse needs of today's society.
Total Credits:	5
Hours/Week:	5
Total Hours:	60
Prerequisites:	KAP207
Corequisites:	There are no co-requisites for this course.
Substitutes:	FDS164
Essential Employability Skills (EES) addressed in this course:	<p>EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 4 Apply a systematic approach to solve problems.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for one's own actions, decisions, and consequences.</p>
Course Evaluation:	Passing Grade: 50%, D



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A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

Books and Required Resources:

The 10 Principles of Food Industry Sustainability by Cheryl J. Baldwin
 Publisher: Wiley Edition: 1st edition
 ISBN: 9781118447734

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
Recognize how food choices are, in part, culturally constructed and identify determinants that affect food choice.	1.1 Define gastronomy and discuss major determinants of food choice 1.2 Examine the history of haute and nouvelle cuisine, philosophies and contributions of seminal chefs in history 1.3 Discuss Canada and indigenous food identity in cuisine and identify foods that are specific to different regions within Canada 1.4 Identify the significance religions and ethnicities in the preparation of food 1.5 Contrast ingredients/cuisines from different cultures and regions 1.6 Identify the food contributions of the First Nations such as corn, beans, squash, wild rice and maple sugar 1.7 Contrast ingredients/cuisines from various indigenous cultures and regions 1.8 Discuss food availability and identify cultural components that impact consumption
Course Outcome 2	Learning Objectives for Course Outcome 2
Recognize the value of practicing sustainable cooking.	2.1 Examine the basic principles of food industry sustainability 2.2 Discuss how the food industry plays an instrumental role in environmental impact 2.3 Describe sustainable food cultivation practices such as the Three Sisters 2.4 Review municipal planning strategies for sustainable practices within your community
Course Outcome 3	Learning Objectives for Course Outcome 3
Describe the impact of agriculture and the harvesting of animals, fish and seafood on the environment.	3.1 Examine agriculture impact on the environment and identify sustainable opportunities 3.2 Define urban agriculture, identify the challenges and the political, social, economic and environmental impact of implementation 3.3 Explore ethical challenges in the production and harvesting of livestock, fish and seafood 3.4 Identify sustainable local opportunities and services that can be utilized within the food industry
Course Outcome 4	Learning Objectives for Course Outcome 4
Define food system and identify approaches for more sustainable practices.	4.1 Discuss the complex choices surrounding food systems and ethical dilemmas that result 4.2 Identify approaches for more sustainable practices in food



	<p>processing and packaging</p> <p>4.3 Discuss the food distribution process and identify opportunities for environmentally preferable purchasing</p> <p>4.4 Assess the impact of food waste on the environment, identify sustainable waste management strategies and explore root-to-leaf and nose-to-tail opportunities</p> <p>4.5 Explain the benefits and complexities that are associated with sustainable consumption</p>
Course Outcome 5	Learning Objectives for Course Outcome 5
Describe the procedures for preparing specialty soups.	<p>5.1 Explain the production of specialty broth, bisque and chowders</p> <p>5.2 Identify specialty soups, such as Pho, Goulash, Borscht, Hot and Sour, Gumbo</p> <p>5.3 Explain the preparation of cold and jellified soups, such as consommé en gele</p>
Course Outcome 6	Learning Objectives for Course Outcome 6
Explain advanced techniques for sauce cookery.	<p>6.1 Explain the preparation of derivative sauces, such as Maitaise, Portuguese, Soubise</p> <p>6.2 Identify cold sauces, such as pesto, tzatziki, salsa, chimichurri and coulis</p> <p>6.3 Describe non-derivative sauces and applications</p> <p>6.4 Describe emulsified sauces: Beurre Blanc, Hollandaise, Barnaise</p> <p>6.5 Identify contemporary thickeners for cold and hot sauces such as: xanthan gum, agar agar, carrageenan</p>
Course Outcome 7	Learning Objectives for Course Outcome 7
Describe the sourcing, preparation and presenting of lamb, fowl, and farm-raised game cookery.	<p>7.1 Describe the slaughter process including halal and kosher methods</p> <p>7.2 Describe the aging process: wet and dry</p> <p>7.3 Describe tenderness in relation to muscle and connective tissue structure.</p> <p>7.4 Describe various processing options including: brining, marinating, stuffing, trussing, and coating</p>
Course Outcome 8	Learning Objectives for Course Outcome 8
Explain cheese production, handling, applications and storage.	<p>8.1 Describe the process of making various cheeses</p> <p>8.2 Classify cheeses by type, origin, appearance and texture</p> <p>8.3 Describe various methods of handling and preparing cheese</p> <p>8.4 Describe the methods of assembling platters and garnishing cheese dishes</p> <p>8.5 Describe shelf-life and storage of cheese</p>
Course Outcome 9	Learning Objectives for Course Outcome 9
Explain the production of garde manger items.	<p>9.1 Describe the production of pate, terrines, mousses and farces, aspics, jellies and glazes</p> <p>9.2 Describe the assemble of Charcuterie and cold displays</p> <p>9.3 Describe the preparation methods for producing preserves, such as of chutneys, jams, pickles, relishes, jellies</p> <p>9.4 Describe the preparation methods for preserving fruits and</p>

	vegetables, using methods such as pickling, dehydrating, freezing and fermentation 9.5 Describe various charcuterie options including: sausage, pates, terrines, mousseline, farce, cured meats and fish, smoked meats and fish	
Course Outcome 10	Learning Objectives for Course Outcome 10	
Explain the applications of wines, spirits and beer in cooking.	10.1 Classification of wines by origin, varietal and production process 10.2 Differentiate between types of beers 10.3 Identify how different types of alcohol effect the flavour profile of a recipe 10.4 Explain the application of wines, spirits and beers as a functional ingredient in cooking 10.5 Describe the pairing of wine, beers and spirits with foods	
Evaluation Process and Grading System:	Evaluation Type	Evaluation Weight
	Assignments	15%
	Final Assessment - Project	15%
	Quizzes	10%
	Test 1	20%
	Test 2	20%
Test 3	20%	
Date:	June 30, 2022	
Addendum:	Please refer to the course outline addendum on the Learning Management System for further information.	