

# Sustainable Food Systems (SFS) Courses

## **SFS1001 Introduction to Food Systems**

This course explores the food system — a complex and adaptive network entangled within social, political, economic and natural environments at multiple levels. It includes investigations into the history of the system, as well as the effects of industrialization, globalization, and climate change. Students in this course also research food commodities, tracing their pathway from production to consumption throughout the local, regional and international food web. Further, students survey and debate alternative food production systems and critically analyze wicked problems related to food, health, economy, people, planet, policy and justice.

Offered at Charlotte, Providence  
3 Semester Credits

## **SFS2001 Introduction to Plant-based Cuisine**

Students explore the historical and geographical foundations of the plant-based cuisine movement, as well as modern consumer and dietary trends. Learners also apply hands-on experiential learning in the kitchen to develop plant-based casual cuisine concepts and chef-driven dishes which meet consumer expectations. The compatibility of plant-based cuisine with the sustainability of the environment, people and the economy are examined, while myths and common stigmas are investigated.

Prerequisite(s): This course is reserved for special industry partner programs.  
Offered at Online  
3 Semester Credits

## **SFS2110 Culinary Science, Nutrition & Sensory Analysis**

This course introduces students to the basic functions of ingredients, macronutrients and cooking processes. Students conduct experiments and think critically to compare, contrast and evaluate how ingredients change through the use of various cooking techniques. This course explores dietary guidelines, recipe modification, ingredient substitution, and problem-solving in the kitchen. Emphasis is placed on the sensory evaluation of food, the development and use of sensory terminology, approaches to healthful plate design, and real-world restaurant applications. Sections of this course offered online are reserved for students in special industry partner programs.

Prerequisite(s): CUL1100, BPA2720 or (CUL1200, CUL1310, CUL1420) or (CUL1210, CUL1320, CUL1410).  
Offered at Charlotte, Online, Providence  
3 Semester Credits

## **SFS2210 Cooking from the Farmstand**

This culinary lab explores the farm-to-table movement, investigating the connections between public health and the local food system. Students create meals focused on wellness, authenticity, accessibility, appeal and traceability. Special topics include localizing the menu, menu decolonization, mindful eating, farm-to-table formats, and sustainable food production.

Prerequisite(s): BPA2720 (or concurrent) or (CUL1100, CUL1210, CUL1320, CUL1410).  
Offered at Charlotte, Providence  
3 Semester Credits

## **SFS2410 Growing for the Menu**

Students explore agricultural approaches to food production to promote systemic changes in the food system and to foster an environmentally sustainable land ethic. While considering community food security, cultural foodways are studied as students apply menu and garden planning in the growing and production of food from farm to plate. Unsustainability within industrialized agriculture is researched while potential solutions are investigated.

Offered at Charlotte, Providence  
3 Semester Credits

## **SFS2411 Cooking for Regenerative Foodways**

This course offers a critical investigation into the cultural, social, economic and historical practices relating to production, preparation, consumption, and power struggles associated with food. Students explore local and global foodscapes to inspect the contemporary cultural and ethical ramifications of food choice, food advocacy, and social justice through cooking.

Prerequisite(s): BPA2720 (or concurrent) or (CUL1100, CUL1210, CUL1320, CUL1410).  
Offered at Charlotte, Providence  
3 Semester Credits

## **SFS3001 Sustainability in the Culinary Kitchen**

This course defines and explores food sustainability through hands-on experiences with local food producers and artisans. It examines the roles and responsibilities of chefs and food service professionals as they relate to sustainable food systems. Students research the local, national, and global economic, agricultural, political and ethical issues regarding the sourcing, use and disposal of foods.

Offered at Charlotte, Providence  
3 Semester Credits

## **SFS3002 Ancient Grains & Hearth Breads**

This course takes students on a baking journey from seed to loaf. Properties and characteristics of ingredients, the baker's percentage system, and the fundamentals of yeasted bread production, including mixing techniques, controlled fermentation, and baking methodology are studied. Students culture their own naturally leavened sourdough starter for use in a bread of their own creation. The history and process of milling are examined, as well as today's farmer/miller/baker relationships and role in society. Products include yeasted breads, naturally leavened breads, leavened and unleavened whole grain snacks and traditional baked goods reinterpreted with a whole grain emphasis.

Prerequisite(s): Completion of all freshman culinary or baking labs.  
Offered at Charlotte, Providence  
3 Semester Credits

## **SFS3144 Farm to Table Desserts**

This course focuses on the creation of plated desserts centered around seasonal produce and artisan products from a modern perspective. Emphasis is placed on incorporating local fruits and vegetables, whole grains, and artisan items by using fundamental and innovative pastry techniques. Students also explore extending the seasonality of desserts through food preservation methods and apply their knowledge by creating and executing a contemporary multi-course dessert tasting menu.

Prerequisite(s): Completion of all freshman culinary or baking labs.  
Offered at Charlotte, Providence  
3 Semester Credits

## **SFS3200 Plant-Based Cuisine**

Daily production focuses on the types, preparation and nutritional aspects of plant-based foods, diets and cuisines ranging from vegetarian to meat-minimalistic. Students investigate the reasons why people choose plant-based diets and how to prepare and market plant-based menu items across various cuisine concepts. Topics include cultural and global perspectives, economics, health, growing conditions, farm-to-table cuisine, sustainability, and current industry trends.

Prerequisite(s): BPA2720 or completion of all freshman culinary labs.  
Offered at Charlotte, Providence  
3 Semester Credits

## **SFS3244 Cuisine & Culture of the Mediterranean**

This course introduces students to Mediterranean cuisine and culture through innovative experiential educational activities via study abroad. Guided by resident specialists, students explore archaeological and historical sites, nature reserves, organic farms, vineyards, farmers' markets, village ports, taverns, bakeries and artisan food production facilities. Students also participate in cooking classes taught by regional and provincial chefs. Through activities and exploration of Mediterranean foodways, students engage with local communities to learn how culture, community and cuisine intersect.

Prerequisite(s): ENG1020 or ENG1024 or English placement or instructor approval.  
Offered at Charlotte, Providence  
3 Semester Credits

**SFS3254 Mediterranean Breads, Pastries & Sweets**

This course introduces students to Mediterranean breads, pastries and sweets through innovative experiential educational activities via study abroad. Students examine how distinction in foodstuffs are shaped by cultural influences, and consider the notion of authenticity as it relates to regional specialties. The concept of artisan is explored and its association to time-honored methods employed in traditional foods. Students gain knowledge through participating and observing methods and techniques employed in traditional breads, pastries and sweets by local artisans. This course is open to students from any discipline that would like to explore foodways via study abroad.

Prerequisite(s): ENG1020 or ENG1024 or English placement or instructor approval.

Offered at Charlotte, Providence

3 Semester Credits

**SFS3260 Food System Journeys**

Students enrolled in Food System Journeys engage in experiential learning while exploring the complexities within the global food system through curated food system tours that include agricultural, food distribution, food retail, restaurant, governmental and nonprofit organizations. Students gain valuable applied experience while making connections across the food system, learning about the challenges and nuances involved in producing food and how their actions influence the system. Additionally, through problem-based learning and reflective assignments, students gain greater insight into systemic issues related to building a more resilient and regenerative food system and how their actions in the food system can help create a more sustainable food future.

Prerequisite(s): SFS1001 or SFS3001 or department chair approval.

Offered at Charlotte, Providence

3 Semester Credits

**SFS3300 Conscious Cuisine**

Students employ techniques of advanced food preparation while researching, adapting, designing and producing full-flavored, locally sourced, sustainable recipes and menus. The ability to articulate how these dishes are connected to local farms, locally raised animals and surrounding waters is demonstrated. Food cost and food waste management are emphasized, including product use and cross utilization, such as snout-to-tail cookery, and the production of artisan charcuterie and condiment products.

Prerequisite(s): BPA2720 or completion of all freshman culinary labs.

Offered at Charlotte, Providence

3 Semester Credits

**SFS4001 Cultivating Local Food Systems**

Students explore the correlation between food policy and its impact on a local food system, as well as apply sustainability principles through collaboration with local food-connected organizations. Emphasis is placed on building relationships within the community, and in exploring ecological and socio-economic impacts. Students investigate governmental, nonprofit and other organizations to evaluate the influence of sustainability concepts on their mission and work. Insight into food policy and food justice, combined with a comprehensive sustainability plan, afford students the ability to evaluate the vitality and the promotion of a local food system.

Prerequisite(s): SFS3001.

Offered at Charlotte, Providence

3 Semester Credits

**SFS4110 Health & the Harvest**

Students explore the correlation between health, wellness and the vitality of a local food system. Emphasis is placed on designing full-flavored recipes and menus that align with current dietary guidelines, support the local food system and meet the expectations of today's consumer. Advanced techniques of nutritionally sound food preparation as reflected in current research are discussed and practiced.

Prerequisite(s): CULN3155 or SFS3001.

Offered at Charlotte, Providence

3 Semester Credits

**SFS4280 Capstone Seminar in Sustainable Food Systems**

This capstone seminar is the culmination of the learning experiences and skills students have acquired throughout the course of their Sustainable Food Systems program. Students develop a research thesis and professional portfolio in preparation for practicing sustainable food system policy in a variety of professional settings and graduate school programs. The emphasis of this research/professional seminar is three-fold: 1) to support students in designing and making operational a research project, 2) to produce a portfolio and professional development plan, and 3) to write an effectively articulated research thesis. Students engage in ongoing peer-review and consultation sessions with the purpose of encouraging a resourcefulness-approach to professionalism and personal skills enhancement, both in future career and academic pursuits. Throughout the seminar, emphasis is on supporting students to conceive of and articulate the applicability of their acquired skills and program-related experiences to their developing career and future study.

Prerequisite(s): HSC1230, PSCI1001, SFS1001, (SFS3001 or CUL3250).

Offered at Charlotte, Providence

3 Semester Credits