



TRINITY OPEN UNIVERSITY OF ASIA

The University of the Future: Leading to a Resilient, Sustainable and Viable Premier Christian University
Open Distance e-Learning | Extension Program | Certification Program | Microcredentialing | Continuing Professional Development Program



Course Title	Sustainable Gastronomy: Creating Culinary Practices for a Resilient Future
Course Instructor	Assoc. Prof. Mark Daevid M. Adem, PhD Manager, Trinity Innovation Hub Trinity University of Asia, Quezon City Philippines
Duration	15 Weekdays (3 hours per day)
Target Audience	College Students
Course Description	Sustainable Gastronomy: Creating Culinary Practices for a Resilient Future course provides an in-depth exploration about gastronomy such as the intersection of food, culture, and sustainability. Students will examine the environmental, social, and economic dimensions of gastronomy and how the culinary industry can support sustainable development goals. Through lectures, discussions, case studies, and practical applications, the learners will gain the knowledge and skills to design sustainable menus, reduce food waste, source ethically, and advocate for food systems that are resilient and equitable.
Course Learning Outcomes	At the end of the course, participants will be able to <ol style="list-style-type: none"> 1. Define sustainable gastronomy and explain its role in the global food system. 2. Analyze food production and consumption patterns in relation to environmental impact. 3. Design sustainable and culturally appropriate menus. 4. Propose strategies to reduce food waste and carbon footprint in culinary operations. 5. Advocate for sustainable food practices in local communities and institutions.
Course Structure	Week 1: Foundation of Sustainable Gastronomy Week 2: Sustainable Practices in the Kitchen Week 3: Innovation, Application, and Gastronomic Concept

Course Syllabus

Module	Topic	Learning Outcome	Objectives	Activities	Assessment Method	Time Allocation
-	Course Orientation	Understand the course structure, expectations, and outcomes	<ul style="list-style-type: none"> - Introduce course goals and deliverables - Build rapport among students 	Welcome message, syllabus walk-through, icebreaker ("My Favorite Sustainable Dish"), initial reflection writing	Participation in icebreaker; reflection: <i>"What does sustainable gastronomy mean to me?"</i>	Day 1 (1.5 hrs)



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Module 1	Foundations of Sustainable Gastronomy	Understand the foundational concepts of sustainability in gastronomy.	<ul style="list-style-type: none"> - Explore key concepts and global sustainability goals - Analyze environmental impact of food systems 	Lecture-discussion; food systems, with carbon footprint calculator activity	Self-Assessment: Am I sustainable?	Day 1 (1.5 hrs) –
	Nutrition Month Celebration	Define sustainable gastronomy and global food issues.	- Reflect on initial understanding of sustainable gastronomy	Case Study Global Food Issues		Day 2 (3 hrs)
		Advocate for healthy eating habits by creating and sharing culturally appropriate, nutritious meal plans that reflect the theme of National Nutrition Month.	- Prepare nutritious meal plans based on student background or culture	Online Celebration (wear national costumes) Highlights the concept of sustainability in terms of the food prepared by the students and share about the food background, culture or tradition	Nutritious Food from individual background and tradition	Day 3 (3hrs)
Module 2	Sustainable Menu Planning	Create menus aligned with sustainable and cultural principles.	<ul style="list-style-type: none"> - Understand nutritional balance, minimal waste, and cultural relevance. 	Menu design workshop using local ingredients.	Sustainable menu plan with justification; waste reduction proposal	Day 4-6 (9 hrs)
Module 3	Menu Innovation & Waste Reduction	Create sustainable, culturally appropriate menus and manage food waste.	<ul style="list-style-type: none"> - Design nutritionally balanced menus with low waste - Apply zero-waste and upcycling techniques 	Menu workshop; kitchen waste audit; composting talk or guest speaker	Sustainable menu plan with justification; waste reduction proposal	Day 7-8 (6 hrs)
Module 4	Sourcing & Supply Chain Sustainability	Evaluate sustainable sourcing practices.	<ul style="list-style-type: none"> - Identify local, seasonal, ethical food sources - Understand food traceability and fair-trade systems 	Supplier analysis activity; local market visit or case study; sustainable sourcing plan	Procurement plan; sourcing matrix	Day 9–11 (9 hrs)



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Module 5	Culinary Sustainability & Innovations	Design a food concept applying principles of sustainable gastronomy.	<ul style="list-style-type: none"> - Synthesize learning into a project - Develop a gastronomic concept - Communicate and pitch concept effectively 	Group project development; innovation; pitch rehearsals and presentation	Final group presentation; peer and instructor evaluation	Day 12–14 (9 hrs)
-	Course Evaluation	Reflect on course learning and self-assess growth.	<ul style="list-style-type: none"> - Evaluate course outcomes - Share feedback and insights and zero-waste kitchens. 	Cooking demo or virtual tour of sustainable restaurants.	Post-course survey; final self-reflection	Day 15 (3 hrs)

References:

1. Bon Appétit. (2025, March 15). How food innovation is shaping our future. *Bon Appétit*. <https://www.bonappetit.com/story/how-food-innovation-is-shaping-our-future>
2. Food & Wine. (2025, April 28). The most exciting food at restaurants starts in the trash bin. *Food & Wine*. <https://www.foodandwine.com/sustainability-zero-waste-restaurants-11721401>
3. Govindan, K., Rajeev, A., Padhi, S. S., & Pati, R. K. (2020). Supply chain sustainability and performance of firms: A meta-analysis of the literature. *Transportation Research Part E: Logistics and Transportation Review*, 137, 101923. <https://doi.org/10.1016/j.tre.2020.101923>
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5. Rogers, A. (2021). Reimagining our menu for sustainable development. In S. Flood, Y. Jerez Columbié, M. Le Tissier, & B. O'Dwyer (Eds.), *Increasing resilience to climate change: Integrating disaster risk reduction, sustainable development goals and climate change adaptation agendas* (pp. 225–240). Palgrave Macmillan. https://doi.org/10.1007/978-3-030-80791-7_11
6. Tate, W. L., Ellram, L. M., & Dooley, K. J. (2023). Supply chain sustainability: Strategies for enhancing environmental and social responsibility across the value chain. *Academy of Strategic Management Journal*, 22(1), 1–10. <https://www.abacademies.org/articles/supply-chain-sustainability-strategies-for-enhancing-environmental-and-social-responsibility-across-the-value-chain-16983.html>

Websites:

1. Designing and assessing an interactive artefact: https://dl.acm.org/doi/fullHtml/10.1145/3588001.3609366?utm_source=chatgpt.com
2. Food and Agriculture Organization of the United Nations: <https://www.fao.org/sustainable-gastronomy-day/en>
3. Planet-Based Diet: <https://planetbaseddiets.panda.org/impacts-action-calculator/philippines>
4. Sustainable Food Systems Network: <https://fit4food2030.eu/sustainable-food-systems-network/>
5. The Agri-food Map: <https://www.foodfortransformation.org/full-article/the-agri-food-map-an-interactive-map-to-explore-sustainable-agri-food-systems.html>
6. World Food Forum: <https://youth.world-food-forum.org/culture/sustainable-gastronomy-week/>




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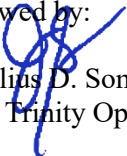
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