



# Essentials of Nutrition & Sustainability

—with Bruce German, Professor & Chemist,  
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**COURSE  
DETAILS:**

**OCTOBER 3–NOVEMBER 4, 2016**  
ALL ONLINE (mostly asynchronous)

**\$295 USD THROUGH SEPTEMBER 19**  
**\$450 USD AFTER SEPTEMBER 19**

## WEEKLY COURSE SAMPLING

### WEEK ONE

- Exploring the groundwork
- Creating a common language
- Forming your teams

**SAMPLE ACTIVITY:**

Watch The [Inner Life of the Cell](#) from the [Harvard BioVisions](#) website.

Imagine how food impacts cellular health and life – then **write** or **storyboard** the impact you expect to see in the next generation of food – including how it will impact the ways we will think about sustainability.

### WEEK TWO

- Food & Sustainability in context
- Science of the 20<sup>th</sup> Century
- Better living through Chemistry

**SAMPLE ACTIVITY:**

Consider and then **critique** a food-based example where chemistry has been transformative for good and for ill (for example, in the case of [hydrogenation](#) or [sugar](#)). **Analyze** how people were helped or harmed as a result of this chemistry-connected transformation and **present your analysis** as a case-study or caselet.

### WEEK THREE

- The crisis of sustainability
- The emergence of Big Agriculture
- The emergence of Big Food

**SAMPLE ACTIVITY:**

Consider our current state and **discuss**, in teams, the reasons global food companies have grown so successfully. **Analyze** the data (like the [Big Food Map from OxFarm](#)).

**Design** a food map that tracks the points of origin of your own food consumption over 72 hours. Report to your groups on what you learned.

### WEEK FOUR

- Integrating diet, health, and sustainability
- Working with big data and social networks
- Genomics and the concept of personalization

**SAMPLE ACTIVITY:**

Explore some common, contemporary myths about current health trends. **Identify** one specific trend that you know is not true and **critique** its success and credibility as connected to the product's social currency and global influence.

### WEEK FIVE

- Disrupting existing enterprises
- Envisioning a sustainable planet
- Nourishing a healthier population

**SAMPLE ACTIVITY:**

Design a [diet map](#) and **build an audio-visual / media-enhanced walkthrough** of the map. **Highlight lessons learned** in the course and **illustrate** your plans for connecting the content of the course to your future as a food-system disrupter and innovator.

*“New discoveries, particularly in biology, are transforming everything about the food system. Every innovator in food should have a solid understanding of the latest science and how to apply it to business.”*

—Will Rosenzweig, FBS Dean