

Electives Reflection

Throughout my sustainability dual major, I had to take 5 elective courses to support my knowledge of the subject. These courses supplemented my knowledge of areas of sustainability that were not deeply covered in the core courses of the dual major. My favorite of these courses was Ecogastronomy. Introduction to Ecogastronomy taught me about processes involving food, from production to consumption and waste. The course also taught me about ethics, health, and nutrition. The biggest takeaways I got from ecogastronomy were from the documentaries we had to watch every couple weeks. Shocking truths about the real story of our food were revealed. Viewing the film "King Corn", a 2007 documentary about the origin of our food, I learned that our nation's livestock is fed a diet for months before they are slaughtered that is so poor in nutrition that they would not be able to survive on it for long. This diet consists mostly of subsidized corn variants that are not even really edible. These cheap, starchy grains have little to no nutrition and over time cause livestock to become diseased and riddled with tumors.

The most important knowledge I learned was about ethics regarding food. Ethical concerns about food a key topic in sustainability. Food access, the ability for people to obtain safe and nutritious food is crucial in our society. The course also delved into food knowledge, the knowledge required to obtain and prepare foods. This knowledge might not be something we often think about, but it plays a large role in how people can access healthy foods.

Overall, I learned a lot about food-related sustainability from ecogastronomy. This course enhanced my knowledge about a new area in sustainability. We learned real-world problems we are faced with in an engaging and thought-provoking environment.