



# Gastronomy & Nutrition

## Understanding Food and Health Trends

SAMANTHA GOWING

### Learning Themes & Aims

This course is designed to contribute to further education and ethical awareness with applications and relevance for business, commerce, education, training, manufacturing, policy writing and logistical support. It further aims to encourage research of nutritional claims, promote an awareness of the difference between food trends, facts and fads, spotlight the hidden profits in accurate menu detail and strengthen the duty of care a health-conscious café/restaurant provider has to the community.

### Who Is This Course For?

Restaurateurs, chefs, food service staff, menu developers, food and health bloggers, bar staff, F&B managers, product development creators in hospitality, spas with food outlet and edible retail products, fitness and wellness professionals wanting to enter or add a food service stream to their existing business model and the lifelong learner interested in nutritional health trends.

### Weekly Topics

1. Food Facts, Fads and Fiction
2. Menus & Marketing: Claim vs Aim
3. Macro & Micronutrients
4. Gastronomic Nutrition

### Key Facts

<b>Duration</b>	:	4 weeks
<b>Language</b>	:	Courses in English only
<b>Teaching method</b>	:	Web-based tutorials and activities, recorded interviews, one-on-one feedback from teaching staff, optional reading, resources, activities
<b>Award</b>	:	Upon successful achievement of this course, participants will receive a Certificate of Completion and Statement of Results



### Instructor: Samantha Gowing

*Before nutrition became trendy, before kale became the superfood superstar, and before the green juice Instagram selfie was ever a 'thing', there was Sam Gowing, spreading the word on healthy cuisine and all that it encompasses. The Chef hat-winning restaurateur retrained as a clinical nutritionist, and kick-started the 'food as medicine' movement.*

Global media is full of reports of ultra-healthy foods, from blueberries to chia seeds. Often these articles claim to reflect the latest scientific evidence and assure readers that eating these foods will provide 'health kicks', strong immunity and youthfulness. However, actual evidence concerning the benefits of these foods is harder to identify. Buzzwords such as superfood, clean eating and powerfood for example are becoming increasingly popular worldwide and are used as influential sales pitches while often misunderstood in the marketing of nutritional menu items.

With the aim of developing consumer trust this course explores the scientific evidence that corroborates the classification of certain foods as more powerful than others and will assist food service business operators to apply astute, legally sound food and health facts to menu development and selling their unique value proposition in the marketplace.