

Eco-Cooking Unit

Students interview chefs from farm to table restaurants in the Austin community to better understand farm to table menu options. With their newly acquired knowledge on the benefits of using local produce, students plan and prepare an eco-friendly menu and then present their creation in video format. As part of the overall unit, students also learn about Fair Trade. The Jewish studies teacher incorporates the resource; Jewish *Food Rules* published by the Jewish Farm School (Sustainable Agriculture Rooted in Jewish Traditions) studying relevant texts and food ethics. Students learn the laws of Kashrut and the concept of *Tzedek Tzedek Tirdof*, “the biblical imperative to pursue justice” and how it relates food justice and economic fairness.

Activity: Interview local farm to table restaurants.

Students create a list of questions for their interviews. Following is a student created questionnaire:

1. How long has your restaurant been in business? Is this your main job? What was your inspiration-why did you decide this career path? What is your favorite part of your job? Did you start for.... Family? Economic? Personal?
2. What inspired you to start a farm to table restaurant?
3. What makes your restaurant special? Unique?
4. Does your menu change? (daily/weekly/annually/no change) Why or why not?
5. Where do you purchase/buy the majority of your ingredients?
6. Would you buy from large farms or do you only support local?
7. In your opinion, how local is local? What does buying local mean to you?
8. What are your views on GMO's? Do you use GMO products in your menu? Is it hard/easy to avoid?
9. Do you compost your waste or reuse in any way within your restaurant? Why or why not?
10. How does your restaurant incorporate sustainable methods? Do you use green electricity? Solar panels? Wind energy? Cooking techniques? Etc. Please elaborate.
11. How do you keep your ingredients fresh?
12. Are all of your menu items organic? Which ones?
13. What is your view on the treatment of the livestock from your buyers?
14. What are some of the challenges your restaurant faces?
15. Do you see faults in the way that an average American eats? In your eyes, are things changing? Have you seen a higher/lower demand for farm to table on your products in the last decade/years? Please elaborate.

16. Additional important facts or comments you want the public to know about your restaurant.

Activity: Students prepare a meal for four from an eco-cooking menu they create. The students then interview those people using their prepared questionnaire. Following is a student created questionnaire:

1. What part of the dishes (taste/menu idea/presentation) did you find creative and why?

2. Do you think these dishes could be served at a local farm to table restaurant? Why or why not?

3. How did this meal experience from your student chef teach you about the local food movement/incorporate their learning from school?

4. How did this meal experience from your student chef teach you about the local food movement/incorporate their learning from school?

5. Do you think this meal was 'kid-friendly'? Explain.

6. Did you feel that the chef preparing the meal had a good understanding of cooking with local ingredients? Why or why not.

7. On a scale from 1-5 on overall taste of the meal, what would you rate it and explain your answer.

1 - Incredible meal! 2 3 4 5 - Did not connect with my taste palate

8. Did the flavors of the meal work well together for you? How?

9. Did the ingredients of the meal taste fresh? Explain.

10. In your honest opinion, did you taste a difference with this local focused meal compared to one that is not? Explain.

Activity: Cooking/Green Screen - Eco Education

Problem Solution-Informational Cooking Element

This activity is inspired by local farm to table research or food based documentary and connected to one of the subjects below.

Farm to Table	Backyard Gardens	School Lunches	Hydroponics	Foodscaping and Vertical Farms (Food Ideas for the Future)
DIY and Homesteading	Power of Farmers Markets	Grow/Eat to Heal-The Power of Food	Farm to School	CSA (Community Supported Agriculture)

INSERT: Student YouTube video culminating these lessons.

YouTube video: <https://youtu.be/TzJE7yHUals>

INSERT: foodsecurityinthestoryofYosef.pdf

INSERT: KashrutandEthics.pdf