

**CAREER AND TECHNICAL EDUCATION  
PHASE IV: MAY 18 – JUNE 5, 2020  
CULINARY ARTS**



**STUDENT ACTIVITY:** During this learning phase, you will read an overview related to six different food trends. After reading all overviews presented below, you will have an opportunity to select four trends of interest to further research. For the week of May 18-25, 2020, you will focus on your first two trends of interest and then for May 26 -June 5, 2020 you will continue with selecting an additional two trends. During each period, locate online articles that show how your selected trends are moving forward. Based on what you have read, compose a response to these questions for each trend. Each response should be written in paragraph form. You will also identify the article and site used to research your selected trend.

Questions for reflection: Is the trend showing promise of continuing? What do you see as advantages and disadvantages to each trend? Do you think the trends will become an everyday occurrence or disappear? Are there any foreseen barriers to this trend becoming a widely recognized practice within the field of culinary?

### 2020 FOOD TRENDS FROM THE CULINARY PRO

Out with the teens and in with the 20's, get ready for the next decade and food trends to match. While predictions are always dicey, there are definite trends that have emerged over the past decade that point to where we are going and what people are interested in eating. Here are just a few.

#### **TREND OPTION 1: FOOD PREFERENCES-PLANT-BASED TECH VS FARMERS**

**Plant-based meats** crushed it in 2019, especially with fast food operators like Burger King getting into the game. Impossible Foods and Beyond Meat, two of the biggest players right now, are on a roll with burgers and other meatless products including sausage, meatless balls, plant-based loaf, and chili. Other players include **Just Egg**, made from mung beans that boast scrambled eggs like the real thing. Plant-based milk beverages derived from beans, nuts and seeds continue to be popular. In addition to soymilk and almond milk, **oat milk** is being noticed along with other varieties made from hemp seeds, peas, and flax seeds. **Vegan cheese** makers are churning out creative non-dairy cheese varieties produced from nuts, nutritional yeast, pea protein, tapioca, coconut oil, hemp, fermented soybean curd, and chickpea miso paste, that often mimic their dairy counterpart in texture, mouthfeel and taste.

**Cell-cultured meats**, chicken and fish are also on the horizon. Various companies, including Memphis Meats, Finless Foods, and Mosa Meats, have debuted prototypes including

chicken, duck, steak, pork sausage, and fish cakes. However, rollout is not expected before 2021.

Dairy and cattle farmers are not sitting idle. Between 2012 and 2017, sales of non-dairy milks grew over 60%, while dairy milk sales dropped by 15% during that same period. Farmers associations have petitioned the Food and Drug Administration to restrict plant-based food and beverages from using names like milk or burger in their labeling. A number of states have passed laws regarding labeling arguing that only foods made from animals can hold the names burger, hot dog, jerky and sausage, milk, and even rice (think cauliflower rice).

It should be noted that while plant-based burgers may be better for the planet, they are not necessarily better for you since they are processed foods with higher-saturated fats than the real thing.

#### **TREND OPTION 2: REGENERATIVE AGRICULTURE**

The evolution of organic farming continues with *Regenerative Agriculture*, a system that increases biodiversity, enriches soils, improves watersheds, and enhances ecosystem services. The practice also aims to capture carbon in the soil and aboveground biomass, reversing current global trends of atmospheric accumulation. Food giants like *General Mills*, through their Cascadian Farms and Annie's brands, have invested in the promotion of this practice.

#### **TREND OPTION 3: GENE-EDITED FOODS**

We're all now aware of Genetically Modified Foods (GMO), now *CRISPR* gene-editing technology promises to save foods that are in danger of becoming extinct because of climate change through modifying them so they can grow and thrive in altered climates. Already in the works tomatoes, mushrooms, rice, citrus fruits, chocolate, and a gluten-free wheat. Other foods being studied are apples, corn, wine grapes, bananas, soybeans, and potatoes.

#### **TREND OPTION 4: GASTRO-PHYSICS**

The late Chef Paul Bocuse once said that more than half of the dining experience is about something other than food. *Gastro-physics* is the scientific study of how food and drink is influenced by our senses and our surroundings. This small but growing area of research brings together psychologists, neuroscientists, marketers, chefs, product designers, and even musicians.

#### **TREND OPTION 5: ECO FRIENDLY**

*Zero-waste cooking* is the latest trend in restaurants that include on-site composters and biofuel production, to foraged ingredients and a whole-plant (and animal) approach to food preparation. More operators will be using compostable service ware, while others will provide discounts for bringing your own. State and Federal legislatures are also considering passing laws to limit single-use containers or other disposables.