### 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 20th 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 enterprises  
  - 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