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Capstone Directions, Simplified Example and Rubric: Footprinting Your Favorite Meal – Due

Formatting: **4-5 pages 1500 word MINIMUM**, double spaced, 1 inch margins, 12 font size, plus all article(s), journal(s), lecture(s) you refer to cited in APA format. <http://www.library.arizona.edu/search/reference/citation-apa.html>

Expectations: You will be using your observation, analysis, research, critical thinking, and scientific writing skills to complete this assignment.

1. Research the concept of “ecological footprinting” using your research skills and the links on D2L
2. Complete at least 2 ecological footprint quizzes by following the links provided on D2L to report the number of earths needed to support your lifestyle, the number of hectares you require for your lifestyle, or the number of days it would take to support your lifestyle.
3. Take a moment to think about your favorite meal (a meal = everything required to create that meal for you: all courseware, plates/utensils, ingredients, transportation of the ingredients that are grown, labor, land and water and fertilizer to grow the food, for the laborers who tend the fields, and for the restaurant chefs and staff, or for you to go to the store to buy the ingredients, who harvested the food etc.)
4. Evaluate the footprint of your favorite meal” by listing all of the footprinting aspects you believe you should consider when thinking about the essentials that go into the preparation of your favorite meal.
5. Being as thorough as possible - list everything you need to create, serve and enjoy your favorite meal – then after determine the environmental impacts of each ingredient and the overall footprint of the meal. Think about its life and transport cycle by asking what it takes to produce, package, transport, store, prepare and then recycle.
6. Researching recipes/nutritional facts/restaurant/grocery store chain web pages/produce and vegetable sites etc., research the humane/inhumane/chemical/chemical free conditions in which your food is produced, how far these items travel to be produced or grown, and how much water and energy are needed, to help you evaluate each ingredient. Be sure to include the ingredient AND all of the materials needed to create your favorite meal – don’t forget the serving ware and glasses and the energy used to produce them.
7. Using your library research skills evaluate all of the global impacts and footprinting factors that are required to produce your favorite meal. Summarize your findings, reaction to your impacts, and how this research exercise has improved your ability to self-evaluate and analyze your own footprint.
8. This should be easy for you – its your favorite meal so you should be able to describe it, share all of the details about how it is produced, and discuss the global tradeoffs/impacts YOUR lifestyle choices are contributing to.

Tradeoffs/Solutions: After thinking about and researching all the meals and products and things you enjoy every day, perhaps favorite meal YET reduce your footprint by riding your bike to the store with your own bag, splitting a larger package of butter to reduce waste and packaging, not using plastic cups or straws, using cloth napkins, drinking cool but not iced water flavored with fresh fruit, buying a meal instead of a coke, and buy locally sourced meat products at the farmers market on campus or at the grocery store. Suggested toppings that may have been grown thousands of miles away picked early, sprayed with preservation chemicals and shipped with whatever local chilies that are in season.

Sonoran Hot Dog: What is the life cycle and impact of enjoying that one Sonoran Dog?

For the Salsa Verde: 1 lb. tomatillos, husked and washed 1 cup chopped fresh cilantro leaves 3 fresh serrano chilies, seeded and finely minced 2 tsp. minced garlic pinch of sugar 1/4 cup freshly squeezed lime juice sea salt For the Hot Dogs 4 tsp. mayonnaise 1 tsp. Tabasco sauce 1/2 cup finely diced red onion 1/2 cup finely diced ripe avocado 1/2 cup finely diced lemon juice 4 all beef wieners (fat ones work better than long ones) 4 slices extra thin bacon 4 torpedo rolls or bolillos 4 Tbs. warm red salsa (or guacamole) 4 heaping Tbs. grated Monterey jack or cheddar cheese 4 Tbs. chopped onion 4 Tbs. chopped tomato 4 Tbs. Salsa Verde

Make the Salsa Verde: Put the cleaned tomatillos in a saucepan and cover with water. Bring to a boil, then turn off the heat and let them sit for 10 minutes. Remove from the heat, drain, and puree the tomatillos in a food processor. Add the cilantro, serranoes, onion, garlic, and jalapeño to the food processor and pulse three or four times to combine. Season with salt to taste.

Make the Hot Dogs: Mix the mayo, Tabasco, and lemon juice and use a funnel to put the mayo blend in a squeeze bottle. Wrap the sausages in bacon so the sausage is completely covered. Cook the wieners, rolling them over until the bacon is crunchy on all sides, about 7 minutes. Place the rolls in a 400° oven to warm. Place the beans in the oven to warm. Place the rolls on the grill and toast them. When the wieners are cooked, divide the beans and avocado among the four rolls, spreading on either side. Spread the cheese down the middle. Using tongs put one piping hot bacon wrapped wiener into the center of each roll. Top with onions and tomatoes. Spread the Salsa Verde across the top. Apply the mayo blend in squiggles across the top of the hot dogs.

I Can of Coke: What is the life cycle and impact of enjoying that one Coke? See Aluminum Production or CocaCola Website
Coke Ingredients: Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors, Caffeine.

Capstone Rubric (the criteria that will be used for grading)

Criteria	Your Pre-Submission Checklist
Describe the concept of ecological footprinting and the type of decisions and impacts that are made by individuals	Did you describe footprinting and what factors increase or decrease footprint and how footprints may be measured in different ways?
Describe your daily choices/lifestyle, discuss the methods used to measure and evaluate your ecological footprints and report on at least three measurements of your personal ecological footprint	Did you connect lifestyle choices to footprints? Did you analyze and report your average footprint in multiple ways? Did you evaluate your choices and how they impact others/resources/poor or good practices?
Describe your favorite meal and all of the necessary materials and ingredients required to create and enjoy this fabulous meal	Did you make us want to stop grading and go out and have your meal because you described it so well? Did you include an exhaustive list of everything we would need to create and enjoy your favorite meal?
Describe all of the impacts you are making when creating and enjoying this meal and cite the research you have done to identify these impacts	Did you describe and discuss the impacts and how you researched these impacts?
Discuss your personal reaction to your impacts on the planet, and how this research exercise has improved your ability to self-evaluate and adjust your lifestyle choices.	Did you provide a thorough analysis of your habits and choices and the trade-offs associated with your choices?
Discuss how you might be able to reduce the global and environmental impacts of your favorite meal	Did you provide alternatives, solutions, suggestions?
A minimum of 6 sources cited issues	Have you conducted scholarly research? Cited 6+ sources all of your research including your ingredient list or recipe? Citations in text and listed in a separate works cited page? Minimal spelling and grammar errors?
Provide critical feedback and reflection to a peer's capstone project	In class on 5.1.17 you will be required to read a peer's capstone project and YOU are graded on your ability to critique and provide scholarly feedback on ways to improve.



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