Top 10 food trends for 2014

1. Locally sourced meats and seafood
2. Locally grown produce
3. Environmental sustainability
4. Healthful kids’ meals
5. Gluten-free cuisine
6. Hyper-local sourcing (restaurant gardens)
7. Children’s nutrition
8. Sustainable seafood
9. Farm/estate branded items
10. Non-wheat starch options (quinoa, buckwheat)

Research four of the above food trends for 2014. Take notes from your research (your hand written notes will be part of your grade) and then write a summary for each trend.

Be sure to answer what caused the trend and give examples of how restaurants/fast food establishments are changing things to address the trend. Be creative but give enough information to make the summaries informative. Each trend should be addressed in separate paragraphs (at least 5 sentences).