



Erasmus+

Project: „**Ecofriendly worker 1.0**” Erasmus +, Key Action 2 VET, Small-scale Partnerships

**(2021-1-PL01-KA210-VET-000032894)**

**“Less waste in Gastronomy”**

1.	The title of the lesson	Less waste in Gastronomy
2.	Annotation (what will be the topic discussed)	The lesson of less waste in Gastronomy is focused on cooking diverse recipes applying scientific methods. Participants will train several technologies with which innovative recipes of Less waste in Gastronomy will be elaborated. The aim of the course is to learn how to cook in a new and creative way. With the plant diet gastronomy we take advantage of the properties of food and technological processes, for example the batter, the gelation, the increase of the viscosity etc. We will submerge in culinary contemporary and innovative technologies, exploring the waste in gastronomy and his new technologies.
3.	The lesson structure (plan of the lesson)	<p>This lesson will bring new concepts related to sustainable food, the green certification process and circular economy as a new vision and process where the market is entering.</p> <p>The theoretical part of the lesson:</p> <ul style="list-style-type: none"><li>• Analysis of new concepts: biodiversity, sustainability, development objectives sustainable in food,</li><li>• Inspiration and reflection on practical cases and social experiments in relation to food sustainability issues,</li><li>• Introduction to a practical method of social innovation: Design Thinking,</li><li>• Reflection on our environment and the challenges of the food</li></ul>

		<p>industry,</p> <ul style="list-style-type: none"> <li>• Progress in phases of the method for the co-creation of initiatives that address issues of sustainability in the educational environment: Empathize,</li> <li>• Development of a prototype model of the idea generated in work groups,</li> <li>• Preparation and development of the team presentation of project ideas,</li> <li>• Identification of useful educational resources for classrooms,</li> </ul> <p>The practical part of the lesson (tasks, exercises, tests,workshops):</p> <ul style="list-style-type: none"> <li>• Basics of cuisine based on a sustainable approach to cooking: <ul style="list-style-type: none"> <li>- Food waste</li> <li>- Batch cooking</li> <li>- Plastic waste</li> <li>- Desserts without sugar and gluten</li> </ul> </li> <li>• Balance process and evaluation of the course.</li> </ul>
4.	The goals of the lesson	<p>Main objectives:</p> <p>To acquire the basic knowledge about technologies used in the waste in Gastronomy and the inclusion of new products used in this new cuisine.</p> <p>Specific objectives:</p> <p>After this course the participant will:</p> <p>Get the knowledge, skills and necessary technologies to cook recipes considered as new creation based on traditional plates.</p> <p>Get familiarized with the use of tools and basic utensils of the creative cuisine, so that the pupil could innovate for both dishes and culinary specialties.</p> <p>Use new skills in cuisine with the most idealistic and imaginative intentions, to obtain the most creative results.</p> <p>The aim of the course is get knowledge:</p> <ul style="list-style-type: none"> <li>- the main principles of healthy eating based on plant-based diets;</li> <li>- the latest discoveries and trends in health nutrition;</li> <li>- diet menu: for medical purposes due to fashion;</li> </ul>

		<ul style="list-style-type: none"> <li>- cooking methods that preserve nutrients;</li> <li>- organic food production methods, including plants and herbs;</li> <li>- modern food and its disadvantages and impact on humans;</li> <li>- food and civilization diseases.</li> </ul>
5.	The theoretical part of the lesson	<p>The theoretical part will be treated as an on-line form by means of an educational platform destined exclusively for this course. Many different materials will be loaded and will allow the participant to familiarize with the most modern culinary terminology, as well as the different ingredients and uses in the Gastronomy.</p> <p>The mass media used in the virtual classroom will be the following: communication tools (chat, forum, e-mail, voting, webinars), educational materials (dictionary, ppt presentation, articles, videos), practical asks (Exam and / or test)</p> <p>The content of every module will be the quite integral one and will have to be followed in the correct order. The practical tasks will allow the participant to acquire skills to use the tools TIK.</p> <p>Compulsory tasks will be qualified in the scale of points according to the correction of the realized activity. The practical part will be developed in a workshop destined for the use of new technologies.</p>
6.	The practical part of the lesson (tasks, exercises, tests, workshops)	<p>Basics of cuisine based on a sustainable approach to cooking</p> <ul style="list-style-type: none"> <li>• Food waste <ul style="list-style-type: none"> <li>- Compost</li> <li>- Leftover menu</li> <li>- Recipes: homemade pickles, vegetables broth made from rice and leftovers and vegan croquetas</li> </ul> </li> <li>• Batch cooking <ul style="list-style-type: none"> <li>- Learn not to overpay</li> <li>- Organize shopping list and optimize time</li> <li>- Recipes: marinated salmon, poke bowl, baked chicken, tacos, lasagna, vegetable quinoa salad and dressings</li> </ul> </li> <li>• Plastic waste <ul style="list-style-type: none"> <li>- Recycle, reuse and buy in bulk</li> <li>- Recipes: healthy and balanced salads</li> </ul> </li> <li>• Desserts without sugar and gluten <ul style="list-style-type: none"> <li>- How to reduce sugar</li> <li>- How to do sweets healthier</li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>- Recipes: Date brownie, orange cake, vegan granola, apple crumble and energy bars</li> </ul>
7.	Sources of information (links of videos, researches, the project website ...)	<p>Participants should be able to use the computer and the Internet with ease:</p> <ul style="list-style-type: none"> <li>- Know how to use the computer in terms of operating system, e-mail, communicators, e-learning platform, etc.</li> <li>- Reading comprehension</li> <li>- Carry out the exercises and test on line.</li> </ul> <p>In the website of the course will be do the technical requests and the freeware essential to use the materials of the course, such as:</p> <ul style="list-style-type: none"> <li>- Adobe Acrobat -<a href="https://get.adobe.com/pl/reader/">https://get.adobe.com/pl/reader/</a></li> <li>- Webbrowser recommended – Chrome</li> <li>- Have passed previous training online course.</li> <li>- Correct dress code (uniform)</li> </ul>
8.	Methods, tools, approaches	<p>Working in the groups, individual work, situational method, guided conversation, role playing, talk, preparation of dishes according to recipes, presentation, exchange of ideas, practical activities in the field - trip, observation, brainstorming, interview, evaluation of practical classes through answers to surveys and prepared dishes.</p> <p>A blackboard or a large sheet of paper, felt-tip pens or chalk, camera phone or photo camera, computers, television monitor, projector, screen, kitchen, oven, access to the sinks, products and semi-finished products and kitchen tools for preparing dishes.</p>
9.	Conclusions of the lesson (the main learning results from the lesson)	<p>Less waste (or zero waste) is a movement that is committed to reducing waste in day to day and in its maximum exponent, simplifying the life of the person who carries it out and helping to improve the environment.</p> <p>There are also many local activities and cultural practices in that aim to address this challenge. For example, there are a growing number of organizations and initiatives focused on reducing food waste in the gastronomy sector, such as the "Zero Waste" movement, which promotes sustainable practices in the restaurant industry.</p>

		<p>The result of our lesson will be learning the main principles of using waste in gastronomy, including restaurants and local activities.</p> <p>One of the main results of the lesson will be learning the recipes of dishes and practical preparation of meals based on the above principles of less waste in gastronomy.</p>
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