



<b>Module Title:</b> Plant-based diet	
<b>Academic Year:</b> 2020	<b>Semester:</b>
<b>WP5/WP6:</b> Cooking competition and Pop-up event	
<b>Module Leader:</b> Estonia	

### Purpose

The purpose of this module is to plan food products based on plant based diets. The student at the same time learns to understand what is meant by different vegetarian diets. The student gets to know future trends.

### Learning outcomes

On successful completion of this module student is able to:

- understand what is meant by different vegetarian diets
- understand what is meant by healthy food choices
- understand the importance of nutrition in a vegetarian diet (vegetable-enhanced diet)
- understand and appreciate nature as a part of food making and as a source for raw materials (respect of local products)
- come up with ideas for, plan and put together suitable seasonal food products based on natural produce/plant-based food
- change menu items into vegan or vegetarian options
- use plant based raw materials in innovative way
- be aware of food trends /trends in food/ (compare past and present food trends)
- follow instructions, select natural ingredients, cooking implements and serving dishes suitable for the situation

### Key skills

The key skills that are acquired by the student will be recognised and will form a part of his/her final learning portfolio.

- nutrition aspects in vegetarian menus
- understands and appreciates nature as a part of food making and source for raw materials
- use of vegetarian or plant based ingredients in cooking



- converting non-vegetarian menus to vegetarian menus

### **Teaching and learning strategy**

The student learns the skills in practice by working in versatile food preparation tasks. Student plans, procures and handles vegetarian or plant based ingredients and makes and sets out products made from them.

Students produce and share digital material using a creative commons (CC) license in different networks and social media platforms.

Teaching and learning strategy combines pedagogical models that simulate working life and encourage students' team spirit, motivation and activity.

### **Evaluation**

Student is evaluated by the skills he/she has on use of vegetarian and plant based ingredients in cooking.

The knowledge, skills and competence acquired during the module will be demonstrated by open badges.

Student is also evaluated by his/her portfolio and the use of different social media channels. Also student's teamwork skills and entrepreneurial attitude are evaluated.