

Module 5. Plant based diet

Assessment criteria	1	3	5
<p>Knowledge The student</p> <ul style="list-style-type: none"> - knows different vegetarian diets, healthy food choices, nutrition in a vegetarian diet (vegetable-enhanced diet) - identifies current trends in food, food service and food presentation) - understands and appreciates nature as a part of food making and as a source for raw materials - understands what means plant based raw materials 	<p>Understands the concept of innovation</p> <p>Identifies current trends in food, food service and food presentation</p> <p>Uses plant based raw materials in innovative way as a part of team</p>	<p>Is familiar with the concept of innovation and nature as a part of food making.</p> <p>Is familiar with current trends in food, food service and food presentation</p> <p>Uses plant based raw materials in innovative way</p>	<p>Assimilates with the concept of innovation and nature as a part of food making.</p> <p>Is familiar with current trends in food, food service and food presentation</p> <p>Uses plant based raw materials independently in innovative way</p>
<p>Skills The student</p> <ul style="list-style-type: none"> - comes up with ideas for, plans and puts together suitable seasonal food products based on natural produce/plant-based food (respect of local products) -Change menu items into vegan or vegetarian options 	<p>Uses different methods to prepare components for plated dishes or menus under guidance.</p> <p>Uses different methods to change items into vegan or vegetarian options under guidance.</p>	<p>Uses different methods to prepare components for plated dishes or menus as instructed.</p> <p>Uses different methods to change items into vegan or vegetarian options as instructed.</p>	<p>Recognizes and uses own strengths in teamwork.</p> <p>Uses independently different methods to change items into vegan or vegetarian options</p>



<p>- use plant based raw materials in innovative way</p>			
<p>Competence The student</p> <p>-follow instructions, select natural ingredients, cooking implements and serving dishes suitable for the situation</p>	<p>Identify the most common natural ingredients and products relevant to their tasks and, under supervision, evaluate their quality before and during use</p> <p>Together with others, process the quantity of ingredients required for a recipe</p>	<p>Identify ingredients and products relevant to their tasks and assess their quality with initiative based on sensory evaluation as well as work out the ingredients' carbon footprints using a calculator</p> <p>Showing initiative, process the quantity of ingredients required for a recipe</p>	<p>Identify ingredients and products relevant to their tasks and assess their quality based on sensory evaluation as well as report quality deviations on their own initiative and work out the ingredients' carbon footprints using a calculator</p> <p>Participate in preliminary preparation tasks actively and with initiative</p>