

Module 3. Sustainable gastronomy



Welcome! Starting this Course:

The course is compulsory for all students attending the CORE- Cooking for the future.

This course will use different “classroom-based activities” and “workshop assessments” to support the learning outcomes. All activities and materials will be found from our web site under the **Module 3. Sustainable gastronomy** / 360° Thinglink platform. Please contact CORE-team members via closed Facebook group if you have any questions. To make it easier to study, we have also created a closed Facebook group (TASTE OF FUTURE COOKING, EVENT 2021) where you are reminded of different assignments. Via closed Facebook group you will also find the latest instructions for the next online lesson. (See also Popular Topics in Post.)

Please contact CORE-team members via closed Facebook group if you have any questions.

The first step in completing this course is to begin. Here is how to proceed:

Please review all the modules from the Modules starting page drop-down menu (the second module from the Modules menu) including reading through the Part 1&2: Learning outcomes (EQF Level 4) after which continue to the 360° Thinglink platform.

The greater value of the **Sustainable gastronomy** module is that it works seamlessly with the other Cooking for the future modules. Here are a few words about how the Cooking for the future project’s modules 1-5 function in general.

In this module students will attach all the assignments they do to their own professional portfolios (blogs) to the sub-page that is called **Sustainable gastronomy**.

The purpose of this third lesson is that the students will continue to plan the event by implementing the element of sustainable development for the upcoming event menu and poster. At this point of the course students implement healthy food choices (e.g. healthy eating plate) and climate changes (e.g. how to eat environmentally friendly) for the upcoming event poster to advertise the event. Students can also add possible environmental indicators (e.g. carbon footprint, the water footprint, green gas emissions, the ecological footprint) to the document (poster) and to their blogs/portfolios. (PART 1).

At the same time, they are able to recognise the EU and national organic food and organic farming labels. If organic food has been used in the event's dishes, students need to add this information to the poster. (PART 2).

Recycling, recovering and preventing food waste is part of the evaluation of the event. The students need to think about how they can use all the raw materials in their upcoming event's menu to avoid food waste. (PART 2).

At this point, students have started to design the food recipes. One of the recipes needs to include some kind of sustainable innovation. (NOTE: use plant based raw materials in innovative way taking the requirements of Modules 4 and 5 into account/Module 4. Plant based diet; Module 5. Traditional and Professional cooking skills with modern technologies). Students also need to understand the meaning of the use of renewable materials for packaging. In this section, they need to think about what kind of display utensils they will use and why in the upcoming event. (PART 2).

NOTE. Social media plays an increasingly prominent role in the interaction between different modules.

Module 4. Plant based diet: The purpose of this fourth lesson is that the students will implement nutritional information to the previously created upcoming event's menu and change one of the upcoming event's menu's dish to vegetarian dish or to vegan dish.

Module 5: Traditional and Professional cooking skills with modern technologies: The purpose of this fifth lesson is that the students will plan and create a component or element using various cooking methods for the previously created upcoming event's menu. They also plan their mis-en-place/ workplace for the upcoming event.