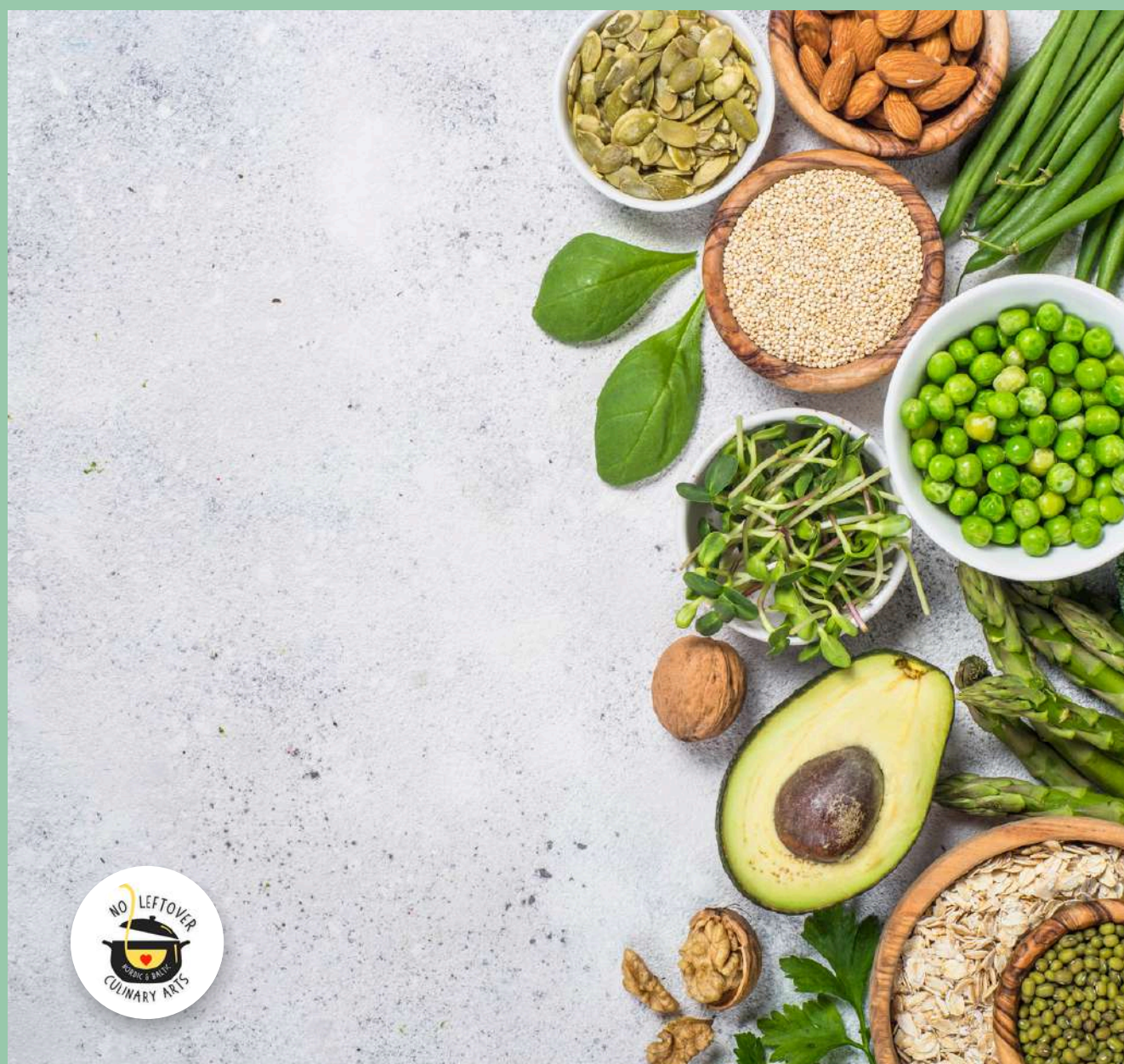


DIGITAL COURSE WITH TRAINING MATERIALS
AND TOOLS FOR ADULT EDUCATORS

COURSE GUIDELINES ON THE DIGITAL COURSE WITH TRAINING MATERIALS AND TOOLS FOR ADULT EDUCATORS

NO LEFTOVER NORDIC/BALTIC CULINARY ARTS:
DIGITAL COURSE
WITH TRAINING MATERIALS AND TOOLS
FOR ADULT EDUCATORS



COURSE GUIDELINES ON THE "NO LEFTOVER NORDIC/BALTIC CULINARY ARTS: DIGITAL COURSE WITH TRAINING MATERIALS AND TOOLS FOR ADULT EDUCATORS"

Abstract



"Course guidelines on the "NO LEFTOVER Nordic/Baltic Culinary Arts: digital course with training materials and tools for adult educators" provide the guidelines about the components of the digital course and explain how to use them. This comprehensive layout ensures that each topic is thoroughly covered, with clear objectives and practical outcomes to help participants integrate no leftover principles into their professional culinary practices.

Nordic/Baltic Value: Nordic/Baltic cuisine has very old interesting history, traditions, recipes, methods. Nowadays Culinary Arts involve old traditions, sustainability aspects such as keeping cultural heritage and using local products, integration of the modern technologies, innovations and digitalisation, avoiding and minimising waste.

We intend to strengthen the ideology of NO LEFTOVER not only at household and amateur level, but also at professional level within the adult educational programmes. The project partners will demonstrate the approaches to integrate the classy and modern traditional Nordic/Baltic culinary arts with mastery of NO LEFTOVER at all levels of culinary arts in a detailed, creative, informative and inspirational way.



Reference: Zvereva, O. et al (2024). "Course guidelines". Nordplus Adult. NO LEFTOVER Nordic/Baltic Culinary Arts: digital course with training materials and tools for adult educators. Publisher: "HOTEL SCHOOL" Viesnīcu biznesa koledža, SIA. Project ID: NPAD-2022/10049. ISBN Code: ISBN 978-9934-643-06-4 Website: www.no-leftover-nordic-baltic-culinary-arts.com



HOTEL SCHOOL
VIESNĪCU BIZNESĀ KOLEDŽĀ

Mitra

Sfs

com&train
Start dia kompetencerejsje med os

100% NO LEFTOVER

Vik
VILNIAUS KOLEGIJA

Project Partners

COUNTRY	PARTNER NAME	WEBSITE
LATVIA	"HOTEL SCHOOL" Viesnīcu biznesa koledža	www.hotelschool.lv
LITHUANIA	Vilniaus kolegija	www.viko.lt
ESTONIA	MITRA	www.mitra.ee
ICELAND	STEP BY STEP CONSULTING	www.sfsradgjof.is
DENMARK	Com&Train	www.comtrain.dk

Project ID: NPAD-2022/10049

100% NO LEFTOVER



HOTEL SCHOOL
★★★★★
VIESNĪCU BIZNESĀ KOLEDŽĀ

com&train 
Start din kompetencerejse med os

Viko
VILNIAUS
KOLEGIJA

Mitra



Photo:
by Nikolay
Vorobyev from
Getty Images
Canva



COURSE GUIDELINES:

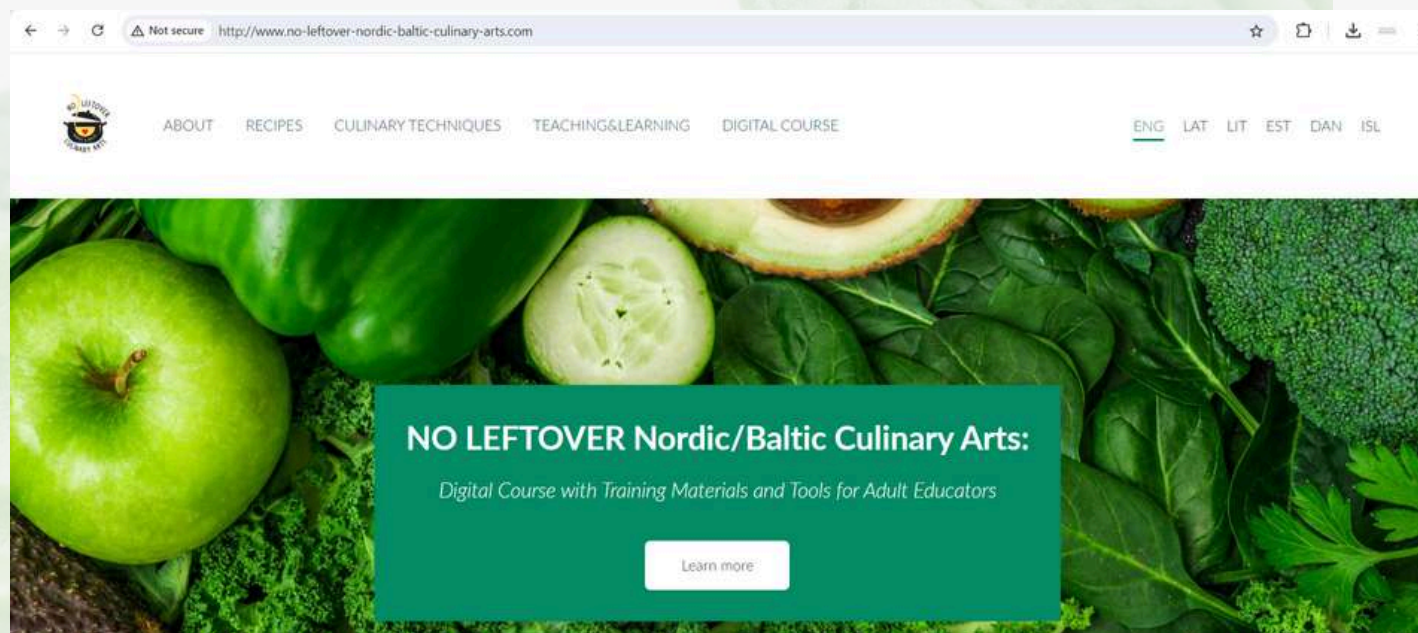
NO LEFTOVER NORDIC/BALTIC CULINARY ARTS: DIGITAL COURSE WITH TRAINING MATERIALS AND TOOLS FOR ADULT EDUCATORS



WEBSITE:

THE PROJECT WEBSITE WITH THE AVAILABLE MATERIALS FOR DOWNLOAD:
Digital Course Website:

www.no-leftover-nordic-baltic-culinary-arts.com



The website consists of the following subsections:

ABOUT

Partners: here you can find more details on the five partners, the coordinating organisation of the project and the authors, contributors to the developed teaching and learning materials.



HOTEL SCHOOL Hotel Management College (Latvia)

HOTEL SCHOOL Hotel Management College is a private education institution that offers higher education programmes in Hospitality Management, Business, Culinary Arts Management, as well as professional qualifications in Culinary Arts and Hospitality. The College's study programmes are accredited in the EU and the UK.



ABOUT

COURSE GUIDELINES:

NO LEFTOVER NORDIC/BALTIC CULINARY ARTS: DIGITAL COURSE WITH TRAINING MATERIALS AND TOOLS FOR ADULT EDUCATORS

WEBSITE:

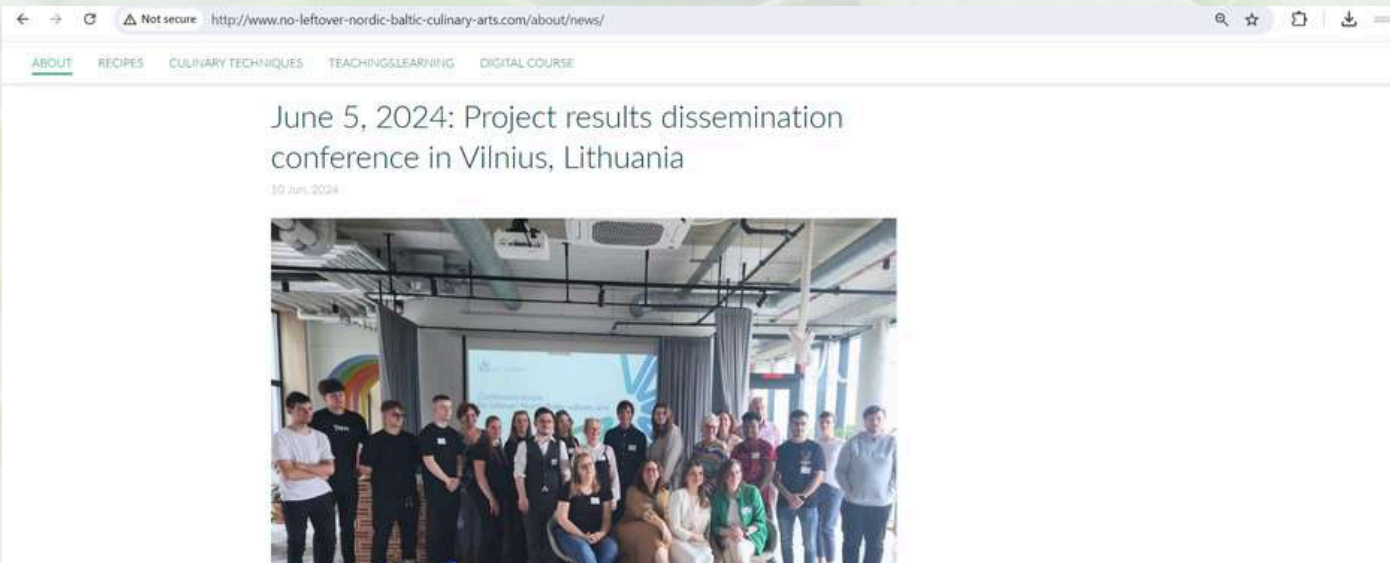
THE PROJECT WEBSITE WITH THE AVAILABLE MATERIALS FOR DOWNLOAD:
Digital Course Website:



www.no-leftover-nordic-baltic-culinary-arts.com

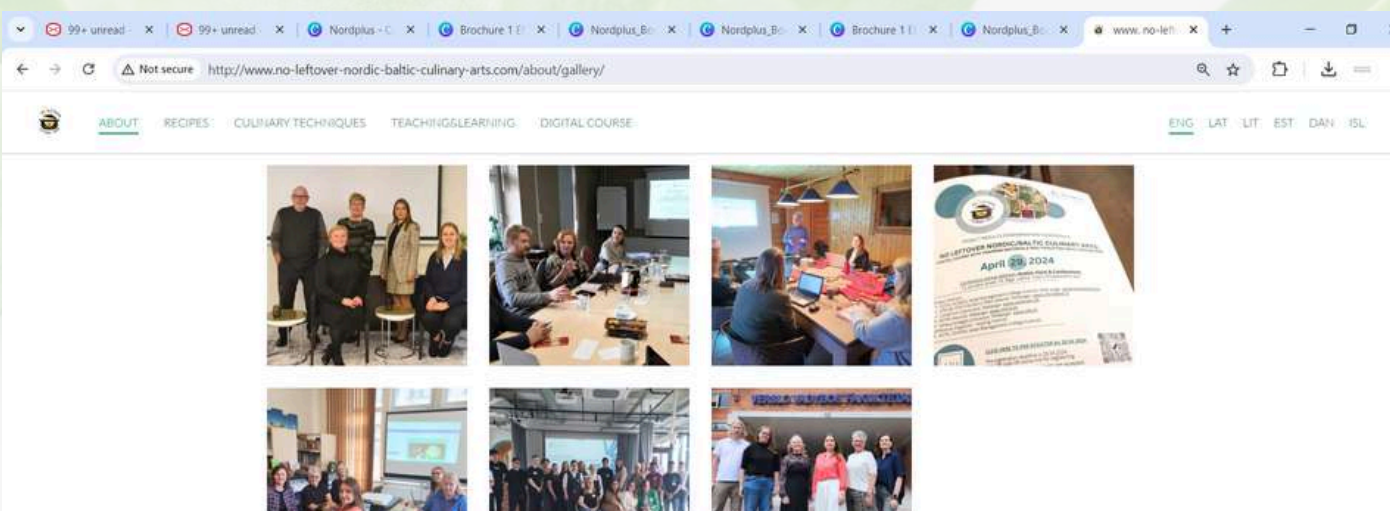
ABOUT

NEWS: You can find information on the partners' transnational meeting events for the development of the project, dissemination conferences, forums with the photos and descriptions of the activities.



ABOUT

GALLERY: You can find information on the partners' transnational meeting events for the development of the project, dissemination conferences, forums with the photos and descriptions of the activities.





RECIPES

COURSE GUIDELINES:

NO LEFTOVER NORDIC/BALTIC CULINARY ARTS: DIGITAL COURSE WITH TRAINING MATERIALS AND TOOLS FOR ADULT EDUCATORS



WEBSITE:

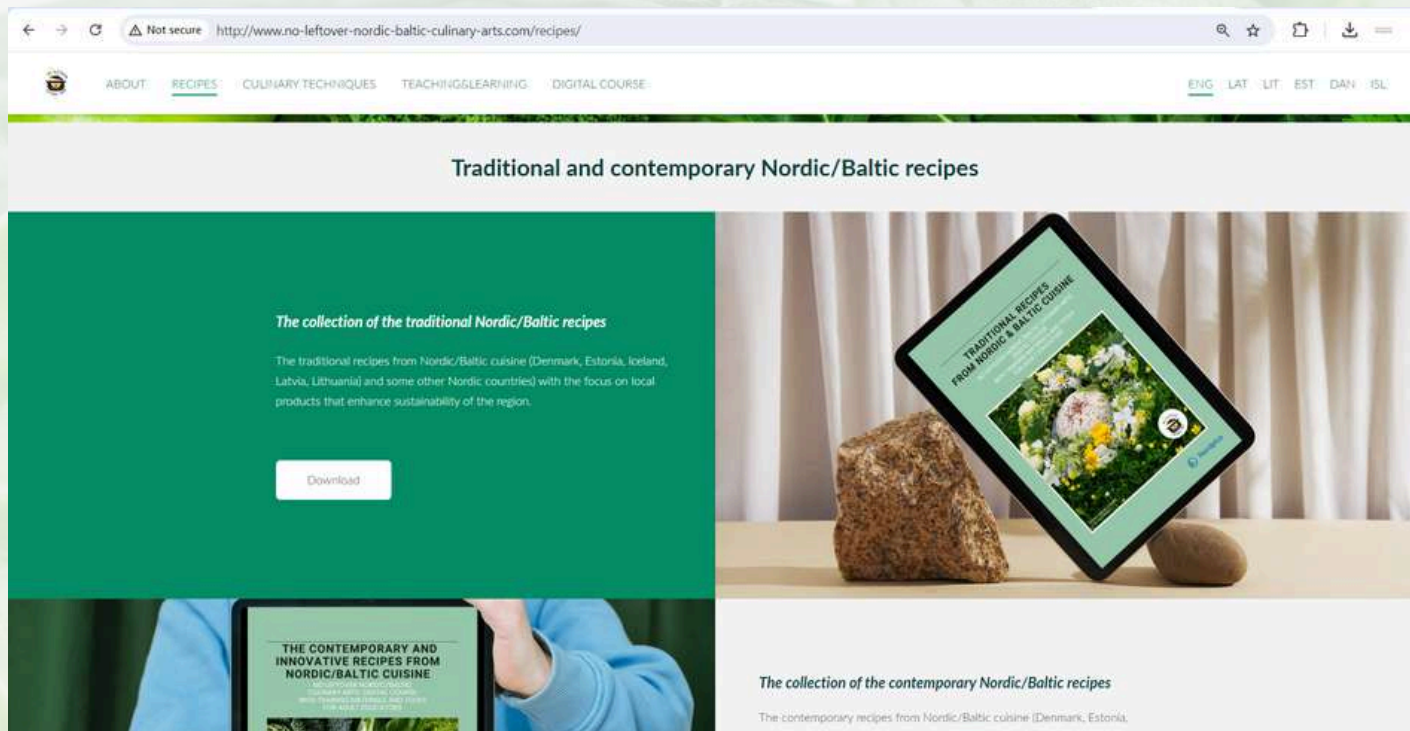
THE PROJECT WEBSITE WITH THE AVAILABLE MATERIALS FOR DOWNLOAD:

Digital Course Website:

www.no-leftover-nordic-baltic-culinary-arts.com

RECIPES

The section **RECIPES** includes the two digital brochures on the Nordic and Baltic recipes and the 10 recipe videos developed.



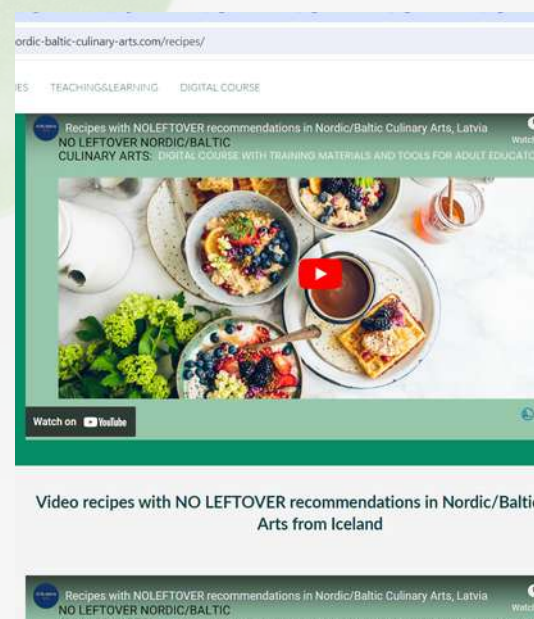
DIGITAL BROCHURES WITH NORDIC AND BALTIC NO LEFTOVER RECIPES:

The collection of the traditional Nordic/Baltic recipes includes over 50 recipes from Latvia, Lithuania, Estonia, Denmark Iceland, 131 page.

The collection of the contemporary Nordic/Baltic recipes includes over 50 recipes from Latvia, Lithuania, Estonia, Denmark Iceland, 133 pages.

VIDEOS WITH NORDIC AND BALTIC NO LEFTOVER RECIPES:

5 VIDEOS 15 minutes long each on the traditional and contemporary recipes with focus NO LEFTOVER from Latvia, Lithuania, Denmark, Iceland, Estonia.



Video recipes with NO LEFTOVER recommendations in Nordic/Baltic Arts from Iceland



CULINARY TECHNIQUES

COURSE GUIDELINES:

NO LEFTOVER NORDIC/BALTIC CULINARY ARTS: DIGITAL COURSE WITH TRAINING MATERIALS AND TOOLS FOR ADULT EDUCATORS



WEBSITE:

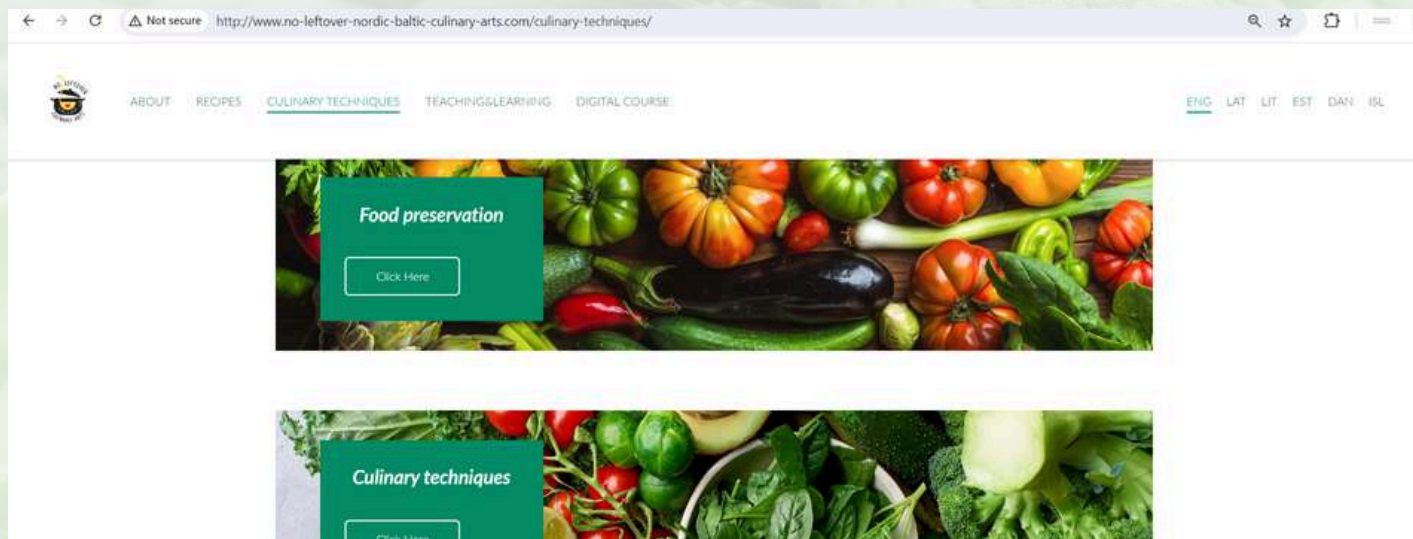
THE PROJECT WEBSITE WITH THE AVAILABLE MATERIALS FOR DOWNLOAD:

Digital Course Website:

www.no-leftover-nordic-baltic-culinary-arts.com

CULINARY TECHNIQUES

The section CULINARY TECHNIQUES includes the subsection on the PRESERVATION TECHNOLOGIES and CULINARY TECHNIQUES at various stages like planning, purchasing, storing, marketing, selling, serving, after-serving, cleaning, leftover and waste handling.



DIGITAL BROCHURE ON THE PRESERVATION TECHNIQUES:

The traditional and contemporary food preservation technologies from Nordic/Baltic cuisine includes the detailed collection of the preservation techniques, technologies, methods with the descriptions and the photos, recipe examples from Latvia, Lithuania, Estonia, Denmark, Iceland, 87 pages.

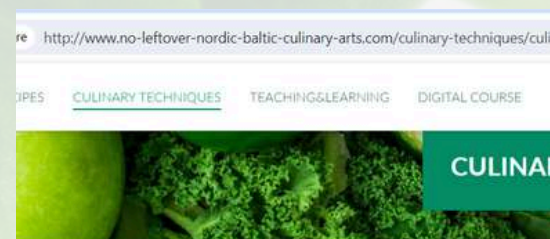
VIDEOS WITH NORDIC AND BALTIC PRESERVATION TECHNOLOGIES:

5 VIDEOS 15 minutes long each on the preservation technologies with recipe examples focused NO LEFTOVER from Latvia, Lithuania, Denmark, Iceland, Estonia.

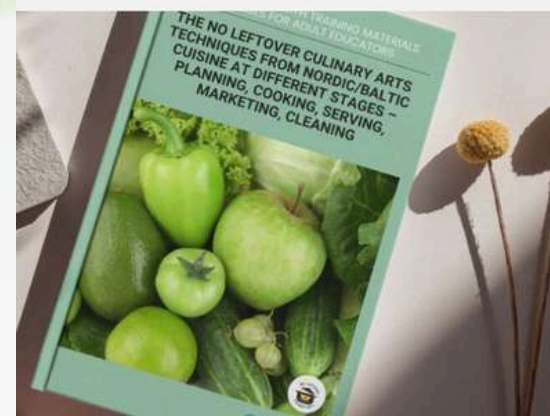
DIGITAL BROCHURE ON THE CULINARY TECHNIQUES NO LEFTOVER AT DIFFERENT STAGES:

This brochure includes CULINARY TECHNIQUES at various stages like **planning, purchasing, storing, marketing, selling, serving, after-serving, cleaning, leftover and waste handling**. 132 pages.

4 VIDEOS 15 minutes long each on the culinary techniques at different stages like 1) Planning, Purchase and Storing, 2) Marketing and Selling, 3) Cooking, 4) Serving, 5) After-serving Stage – Leftover and Waste Handling



NO LEFTOVER Culinary Arts techniques at different stages – planning, cooking, serving, cleaning, leftover and waste handling



DIGITAL COURSE

COURSE GUIDELINES:

NO LEFTOVER NORDIC/BALTIC CULINARY ARTS: DIGITAL COURSE WITH TRAINING MATERIALS AND TOOLS FOR ADULT EDUCATORS



WEBSITE:

THE PROJECT WEBSITE WITH THE AVAILABLE MATERIALS FOR DOWNLOAD:

Digital Course Website:

www.no-leftover-nordic-baltic-culinary-arts.com

DIGITAL COURSE

The section DIGITAL COURSE includes the full collection of the eight brochures developed, 16 videos produced and the Access to Moodle page in e-learning environment, where you can find all the materials with the link and guest login. The digital course includes the links to the resources, questions for the group and individual activities in formal and non-formal learning.

[over-nordic-baltic-culinary-arts.com/digital-course/](http://www.no-leftover-nordic-baltic-culinary-arts.com/digital-course/)



MOODLE ACCESS TO THE COURSE:

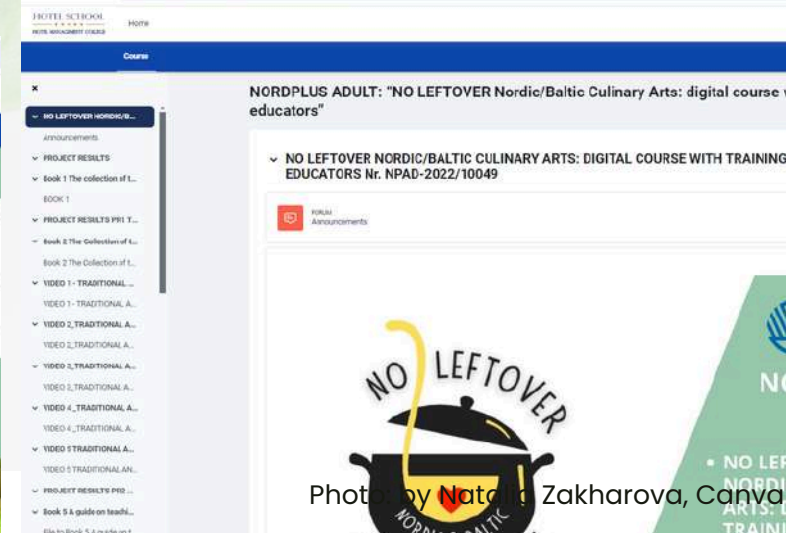
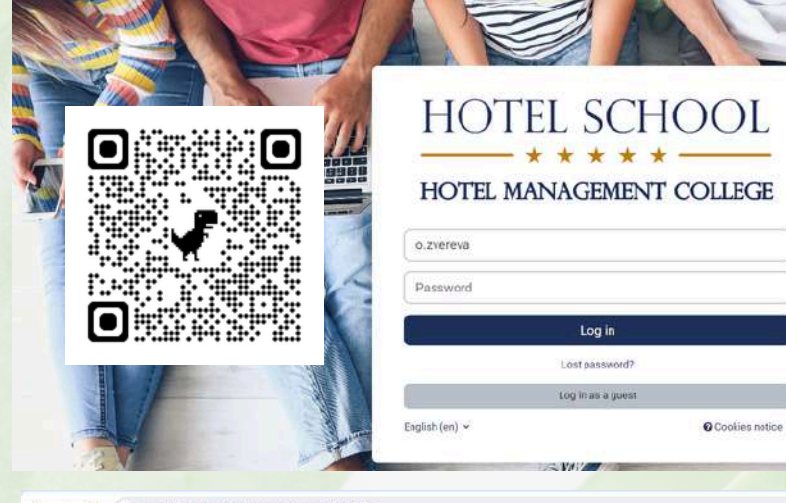
USE THIS LINK TO CONNECT TO THE MOODLE COURSE

<https://e-hotelschool.lv/course/view.php?id=1357#section-30>

GUEST USER

with this login you will have free access materials of the whole course and tests with the questions to test yourself, learners and think wider and deeper on different topics.

Many of the questions provide an options for a wider and deeper considering on the topics offered for a deeper studies.





NO LEFTOVER CULINARY ARTS DIGITAL COURSE COMPONENTS' CATALOGUE

The Collection
of the Traditional
Nordic/Baltic
Recipes.



ISBN 978-9934-643-00-2

The Collection of
the Contemporary
Nordic/Baltic
Recipes



ISBN 978-9934-643-01-9

The Traditional and
Contemporary Food
Preservation Technologies
from Nordic/Baltic Cuisine



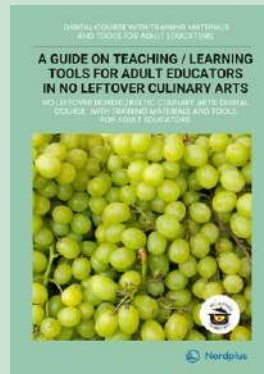
ISBN 978-9934-643-02-6

The NO LEFTOVER Culinary Arts
Techniques from Nordic/Baltic
Cuisine at Different Stages –
Planning, Cooking, Serving,
Marketing, Cleaning



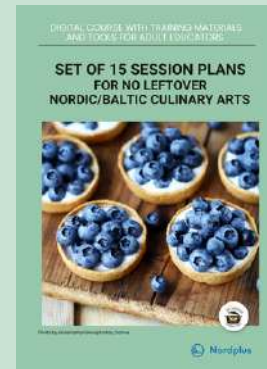
ISBN 978-9934-643-07-1

A Guide on Teaching /
Learning Tools for Adult
Educators in (NO LEFTOVER)
Culinary Arts



ISBN 978-9934-643-03-3

Set of 15 Session Plans
in NO LEFTOVER
Culinary Arts



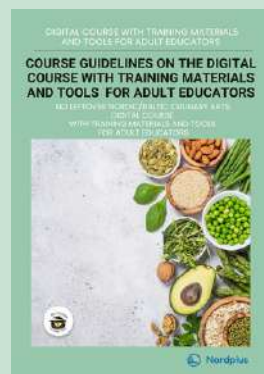
ISBN 978-9934-643-04-0

Set of Assignments in NO
LEFTOVER Culinary Arts



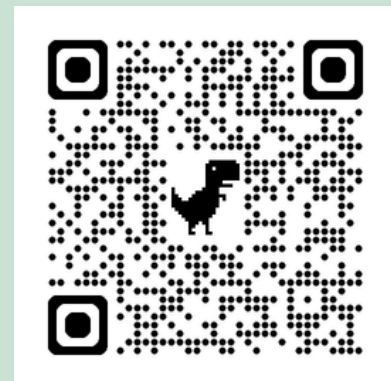
ISBN 978-9934-643-05-7

Course Guidelines



ISBN 978-9934-643-06-4

Website Access QR Code

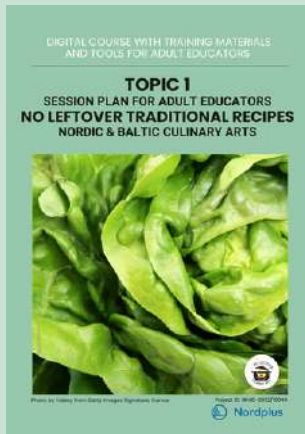


<http://www.no-leftover-nordic-baltic-culinary-arts.com/digital-course/>

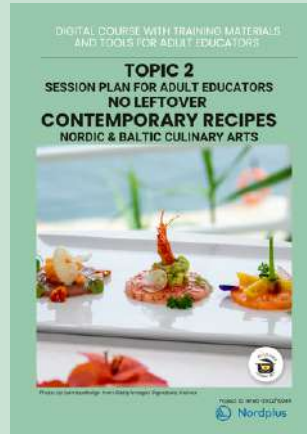


15 TOPICS SESSION PLANS NO LEFTOVER CULINARY ARTS DIGITAL COURSE COMPONENTS' CATALOGUE

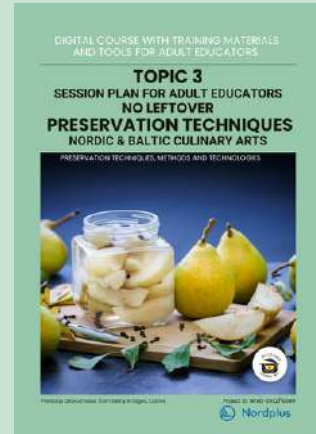
Session Plan on NO LEFTOVER
Nordic and Baltic Traditional
Recipes: Denmark, Estonia,
Iceland, Latvia, Lithuania



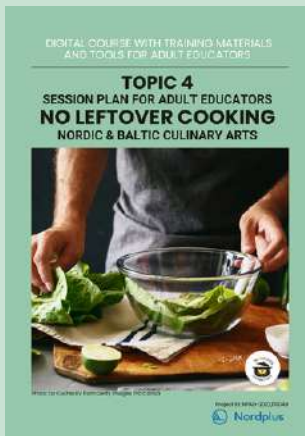
Session Plan on NO LEFTOVER
Nordic and Baltic Contemporary
Recipes: Denmark, Estonia,
Iceland, Latvia, Lithuania



Session Plan on NO LEFTOVER
Nordic and Baltic Preservation
techniques: Denmark, Estonia,
Iceland, Latvia, Lithuania



Session Plan on
NO LEFTOVER
Cooking



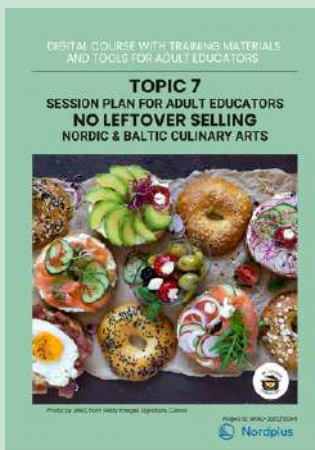
Session Plan on
NO LEFTOVER
Serving



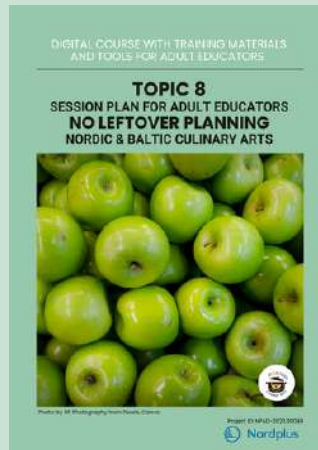
Session Plan on
NO LEFTOVER
Marketing



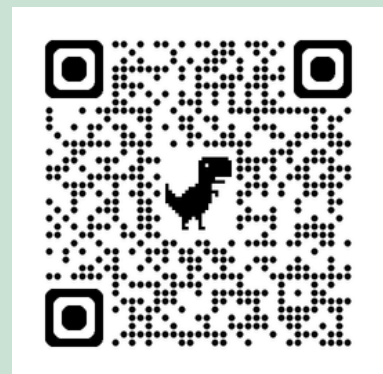
Session Plan on
NO LEFTOVER
Selling



Session Plan on
NO LEFTOVER
Planning



Website Access QR Code

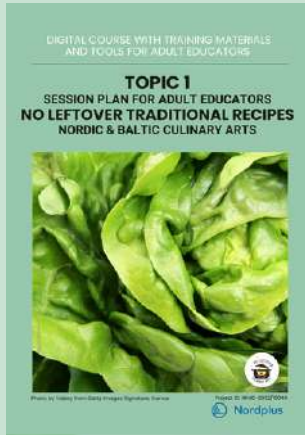


<http://www.no-leftover-nordic-baltic-culinary-arts.com/digital-course/>

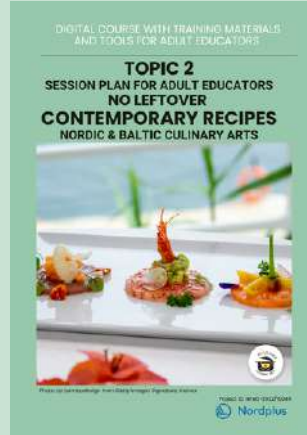


15 TOPICS SESSION PLANS NO LEFTOVER CULINARY ARTS DIGITAL COURSE COMPONENTS' CATALOGUE

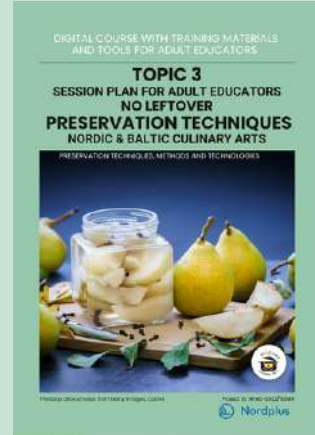
Session Plan on NO LEFTOVER
Nordic and Baltic Traditional
Recipes: Denmark, Estonia,
Iceland, Latvia, Lithuania



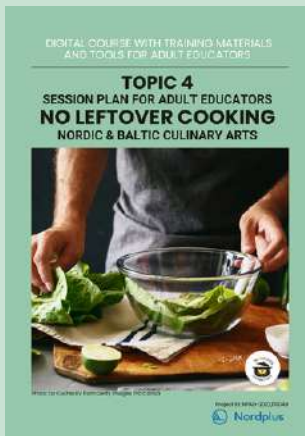
Session Plan on NO LEFTOVER
Nordic and Baltic Contemporary
Recipes: Denmark, Estonia,
Iceland, Latvia, Lithuania



Session Plan on NO LEFTOVER
Nordic and Baltic Preservation
techniques: Denmark, Estonia,
Iceland, Latvia, Lithuania



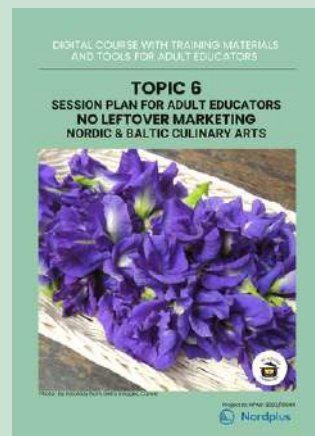
Session Plan on
NO LEFTOVER
Cooking



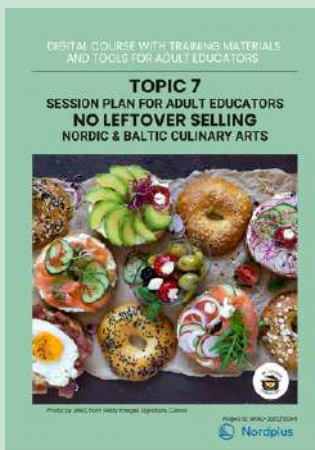
Session Plan on
NO LEFTOVER
Serving



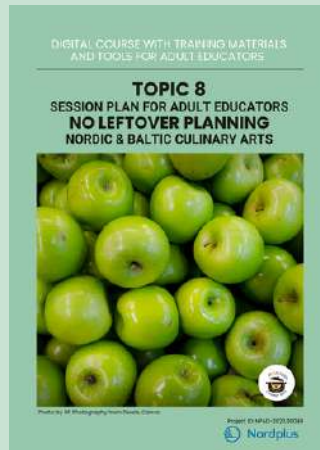
Session Plan on
NO LEFTOVER
Marketing



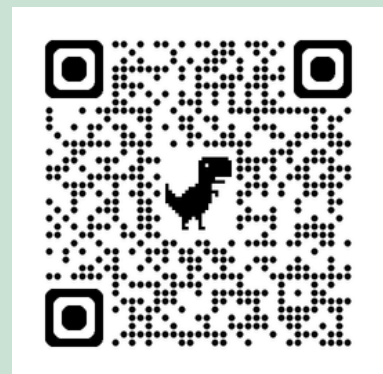
Session Plan on
NO LEFTOVER
Selling



Session Plan on
NO LEFTOVER
Planning



Website Access QR Code

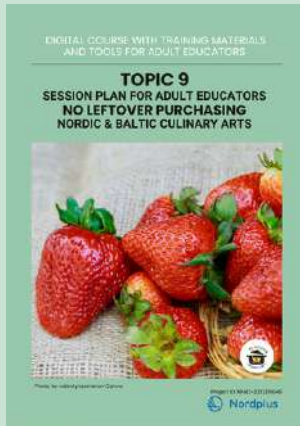


<http://www.no-leftover-nordic-baltic-culinary-arts.com/digital-course/>

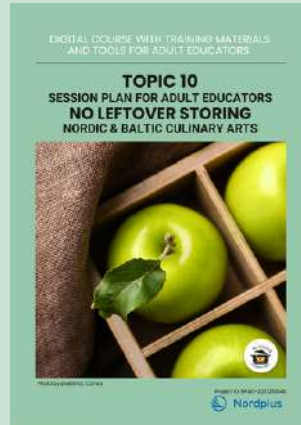


15 TOPICS SESSION PLANS NO LEFTOVER CULINARY ARTS DIGITAL COURSE COMPONENTS' CATALOGUE

Session Plan on
NO LEFTOVER
Purchasing



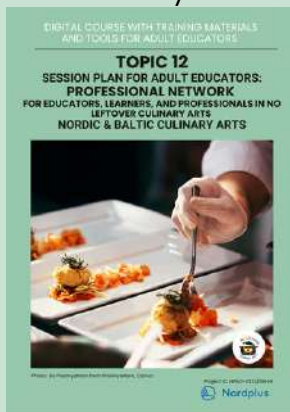
Session Plan on
NO LEFTOVER
Storing



Session Plan on Digital
Apps, Platforms for NO
LEFTOVER Culinary Arts



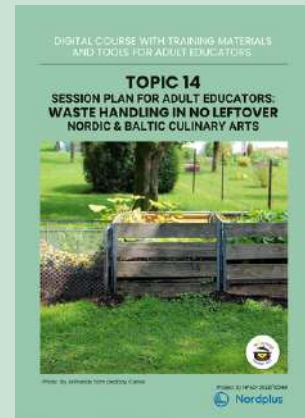
Session Plan on Professional
Network for Educators, Learners
and Professionals in NO LEFTOVER
Culinary Arts



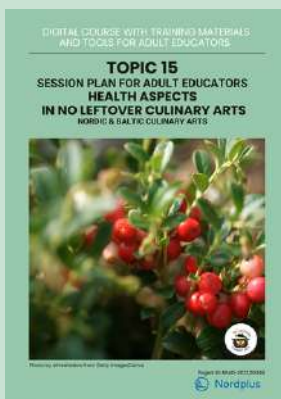
Session Plan on
Creating a Professional
Portfolio for Educators in
Culinary Arts



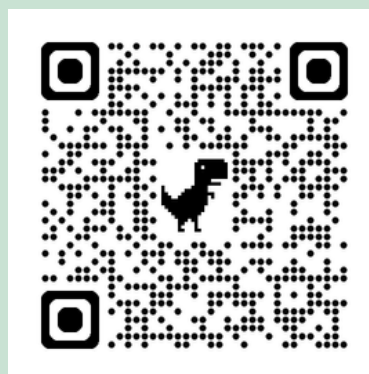
Session Plan on Waste
Handling in NO LEFTOVER
Culinary Arts



Session Plan on Health
Aspects in NO LEFTOVER
Culinary Arts



Website Access QR Code



<http://www.no-leftover-nordic-baltic-culinary-arts.com/digital-course/>



VIDEOS NO LEFTOVER CULINARY ARTS DIGITAL COURSE COMPONENTS' CATALOGUE

TRADITIONAL AND CONTEMPORARY CULINARY ARTS, recipes with NO LEFTOVER recommendations in Nordic/Baltic Culinary Arts, **Latvia**



video 15 minutes

TRADITIONAL AND CONTEMPORARY CULINARY ARTS, recipes with NO LEFTOVER recommendations in Nordic/Baltic Culinary Arts, **Iceland**



video 15 minutes

TRADITIONAL AND CONTEMPORARY CULINARY ARTS, recipes with NO LEFTOVER recommendations in Nordic/Baltic Culinary Arts, **Denmark**



video 15 minutes

TRADITIONAL AND CONTEMPORARY CULINARY ARTS, recipes with NO LEFTOVER recommendations in Nordic/Baltic Culinary Arts, **Estonia**



video 15 minutes

TRADITIONAL AND CONTEMPORARY CULINARY ARTS, recipes with NO LEFTOVER recommendations in Nordic/Baltic Culinary Arts, **Lithuania**



video 15 minutes

FOOD PRESERVATION TECHNOLOGIES for NO LEFTOVER, **Latvia**



video 15 minutes

FOOD PRESERVATION TECHNOLOGIES for NO LEFTOVER, **Iceland**



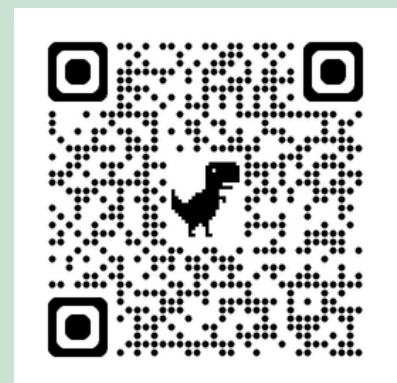
video 15 minutes

FOOD PRESERVATION TECHNOLOGIES for NO LEFTOVER, **Denmark**



video 15 minutes

Website Access QR Code



<http://www.no-leftover-nordic-baltic-culinary-arts.com/digital-course/>



VIDEOS NO LEFTOVER CULINARY ARTS DIGITAL COURSE COMPONENTS' CATALOGUE

FOOD PRESERVATION
TECHNOLOGIES for NO
LEFTOVER,
Estonia



video 15 minutes

FOOD PRESERVATION
TECHNOLOGIES for NO
LEFTOVER,
Lithuania



video 15 minutes

NO LEFTOVER
Planning,
Purchase and Storing



video 15 minutes

NO LEFTOVER
Marketing and Selling



video 15 minutes

NO LEFTOVER
Cooking



video 15 minutes

NO LEFTOVER
Serving



video 15 minutes

NO LEFTOVER
After-serving Stage – Leftover
and Waste Handling



video 15 minutes

Teaching / learning
methods and
course guidelines
for NO LEFTOVER Culinary Arts



video 15 minutes

Website Access QR Code



<http://www.no-leftover-nordic-baltic-culinary-arts.com/digital-course/>

Description of the Project

'The aim of the project "NO LEFTOVER Nordic/Baltic Culinary Arts: Digital Course with Training Materials and Tools for Adult Educators", No. NPAD-2022/10049, is to enhance teaching methods of adult educators in Culinary Arts focusing on Nordic/Baltic traditional and contemporary cuisine with approach of NO LEFTOVERS at different stages including planning ingredients and portions, cooking, serving, selling, marketing the dishes and cuisine concepts, finding reasonable consumption ways for leftovers, responsible handling of final stage waste.

Nordic/Baltic added value

The Culinary Arts, and specifically Nordic/Baltic cuisine, has very old interesting history, traditions, recipes, methods, and the contemporary Culinary Arts involve these old traditions, sustainability aspects such as keeping cultural heritage and using local products, integration of the modern and traditional preservation and no leftover techniques, innovations and digitalisation.

Project ID: NPAD-2022/10049
100% NO LEFTOVER



HOTEL SCHOOL
★★★★★
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 VILNIAUS
KOLEGIJA

Mitra



Photo:
by by Salima Senyavskaya
from Getty Images
Signature, Canva



Project ID: NPAD-2022/10049



Authors and Contributors:

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Smulski, Aleksei, MITRA (Estonia)

Högnadóttir, Anna, Com&Train (Denmark)





Project ID: NPAD-2022/10049



Nordplus

COURSE GUIDELINES NO LEFTOVER NORDIC/BALTIC CULINARY ARTS: DIGITAL COURSE WITH TRAINING MATERIALS AND TOOLS FOR ADULT EDUCATORS

Reference: Zvereva, O. et al (2024). "Course guidelines". Nordplus Adult. NO LEFTOVER Nordic/Baltic Culinary Arts: digital course with training materials and tools for adult educators. Publisher: "HOTEL SCHOOL" Viesņīcu biznesa koledža, SIA. Project ID: NPAD-2022/10049. ISBN Code: ISBN 978-9934-643-06-4. Website: www.no-leftover-nordic-baltic-culinary-arts.com



Photo: by
natalyadanko, Canva