A GUIDE ON TEACHING / LEARNING TOOLS FOR ADULT EDUCATORS IN NO LEFTOVER CULINARY ARTS

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

Nordplus

A GUIDE ON TEACHING / LEARNING TOOLS FOR ADULT EDUCATORS IN (NO LEFTOVER) CULINARY ARTS

Abstract

A guide on teaching / learning tools for adult educators in NO LEFTOVER Nordic / Baltic culinary arts including Denmark, Estonia, Iceland, Latvia, Lithuania with the focus on "use local" and relation to sustainability.

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.

100% NO LEFTOVER

Photo: Raspberries, Canva, by Carlo_Nogaroto from pixabay

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Photo: RGooseberry, Avalon_Studio from Getty Images Signature

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

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The 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

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Introduction

The project NPAD-2022/10049 outcomes of the development projects lead to the developed new course 'Digital Course in NO LEFTOVER Nordic/Baltic Culinary Arts for Adult Educators' including the development of the course content and module setup, choice of digital format, methods and materials to be used.

The purpose is to improve methods of adult teaching, adults' access to learning, improving the quality of adult learning and meeting new or changing needs for the changing environment of specifics of hospitality business offers, culinary arts variety and diversification approaches, trends in tourism for new experiences and tastes, modern society needs for technical and digital enhancement and reformatting, the focus on sustainability to sustain the traditions and cultural heritage as well as global and national resources by responsible consumption and using local ingredients and other resources. The course development supports the development of training opportunities for teachers, mentors and other pedagogical staff in adult education of the project coordinator, all project partners and other organizations and private companies, public organizations as the course will be optimized product for different categories of adult educators.

Nordic/Baltic added value
Project ID: NPAD-2022/10049

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100% NO LEFTOVER

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. The five project results shaping the course will serve as attractive materials, tools to aid adult educators for raising extrinsic and intrinsic motivation of their adult learners in applying the principles of NO LEFTOVER in Culinary Arts.

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Nordic/Baltic added value
Project ID: NPAD-2022/10049

Description of the target audience for the guidebook and Learning Outcomes, expected results after reading the Guidebook

Primary target group of adult educators include adult educators working with Culinary Arts programmes at professional and amateur level.

·In addition, secondary target group are adult educators working with adults within the social programmes, leisure activities, business trainings and coaching, lifelong learning workshops, seminars, networking events, where the activities of culinary arts, events with serving food are embedded.

·Across formal, informal and/or non-formal adult learning;

·Both general and vocational learning;

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Project ID: NPAD-2022/10049

Photo: Dill by Magmark76 from Getty Images Signature .
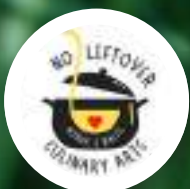
TEACHING AND LEARNING TOOLS

Teaching and learning tools for adult educators focused on the NO LEFTOVER philosophy in Nordic/Baltic culinary arts.

These resources are categorized into educational platforms, recipe websites, sustainability-focused tools, food waste management solutions, zero-waste cooking resources, and more.

TEACHING AND LEARNING TOOLS

EDUCATIONAL PLATFORMS
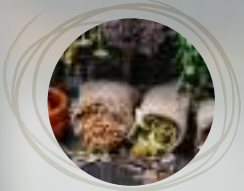
RECIPE WEBSITES

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FOOD WASTE MANAGEMENT TOOLS

COOKING AND CULINARY SKILLS

FOOD POLICY AND ADVOCACY

Photo by naveebird from Getty Images, Canva

TEACHING AND LEARNING TOOLS

FARM-TO-TABLE MOVEMENTS
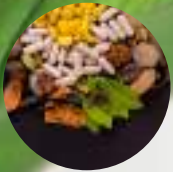
FOOD ETHICS

URBAN FARMING AND GARDENING

LEARNING MANAGEMENT SYSTEMS (LMS)

COLLABORATION AND COMMUNICATION

CONTENT CREATION AND PRESENTATION

ASSESSMENT AND QUIZZES

READING AND WRITING

NOTE-TAKING AND ORGANIZATION

TEACHING AND LEARNING TOOLS

INTERACTIVE LEARNING AND GAMIFICATION

SCIENCE AND MATH TOOLS

READING AND LITERACY APPS

SPECIAL EDUCATION TOOLS

COMMUNITY ENGAGEMENT

SUPPORTIVE TECHNOLOGIES

CURRICULUM DEVELOPMENT

COLLABORATIVE PROJECTS

COMPETITIONS AND CERTIFICATIONS

Photo by irynamelnykphotos, Canva

TEACHING TOOLS

FOR NORDIC / BALTIC "NO LEFTOVER" CULINARY ARTS

Nordplus

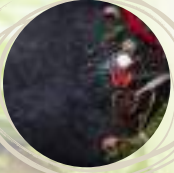The Nordic/Baltic "No Leftover" culinary arts focus on sustainable cooking practices that minimize food waste. Here are some key teaching tools for this culinary approach.

By integrating these tools into teaching and learning environments, educators can effectively promote the principles of NO LEFTOVER, no-waste cooking and foster a culture of sustainability in the culinary arts.

WORKSHOPS AND CLASSES

HANDS-ON WORKSHOPS
Practical sessions where participants learn techniques for using entire ingredients, such as nose-to-tail butchery or root-to-stem cooking.

COOKING CLASSES
Structured courses that teach recipes and methods to utilize leftovers creatively.

CURRICULUM DEVELOPMENT

SUSTAINABLE COOKING CURRICULUM
Incorporate lessons on food preservation, fermentation, pickling, and other techniques that extend the life of food.

ENVIRONMENTAL IMPACT EDUCATION
Modules that explain the ecological benefits of reducing food waste.

RESOURCE MATERIALS

COOKBOOKS AND GUIDES
Publications specifically focused on no-waste cooking, offering recipes and tips.

ONLINE TUTORIALS AND VIDEOS
Accessible multimedia resources that demonstrate NO LEFTOVER, NO-WASTE techniques.

COMMUNITY ENGAGEMENT

FOOD SHARING NETWORKS
Platforms where communities can share surplus food.

LOCAL FARM COLLABORATION
Partnerships with local farms on using misshapen or surplus produce.

Photo by ayub sallim from Pexels, Canva

LEARNING TOOLS

FOR NORDIC / BALTIC "NO LEFTOVER" CULINARY ARTS

Nordplus

INTERACTIVE LEARNING PLATFORMS

ONLINE COURSES

E-learning modules that cover theoretical and practical aspects of no-waste cooking

VIRTUAL COOKING CLASSES

Live or recorded sessions that allow learners to follow along from home.

MOBILE APPS

RECIPE APPS

Apps that suggest recipes based on leftover ingredients.

WASTE TRACKING APPS

Tools to help track and reduce personal food waste.

PRACTICAL EXERCISES

COOKING CHALLENGES

Encourage learners to create meals using only what is available in their pantry or fridge.

WASTE AUDITS

Activities where learners analyze their own food waste and find ways to reduce it.

COLLABORATIVE PROJECTS

GROUP COOKING EVENTS

Events where participants cook together using available ingredients, promoting teamwork and creative problem-solving.

COMMUNITY KITCHENS

Spaces where people can come together to learn and practice sustainable cooking.

FIELD TRIPS AND IMMERSIVE EXPERIENCES

FARM VISITS

Tours of local farms to understand the journey of food from farm to table.

MARKET TOURS

Visits to local markets to learn about selecting Nord utilizing seasonal produce.

SUPPORTIVE TECHNOLOGIES

FOR NORDIC / BALTIC "NO LEFTOVER" CULINARY ARTS

FERMENTATION KITS   **COMPOSTING SYSTEMS**   **FOOD DEHYDRATORS**

Tools and kits that enable learners to practice fermentation at home.

Simple systems for turning food scraps into compost.

Equipment for preserving surplus food through dehydration.

ASSESSMENT AND FEEDBACK TOOLS

PROGRESS TRACKING:

Personal Journals: Encouraging learners to document their journey and improvements in reducing food waste.

Feedback Forms: Regular feedback from instructors to help learners refine their techniques.

COMPETITIONS AND CERTIFICATIONS:

Cooking Competitions: Friendly contests to motivate and inspire creative no-waste cooking.

Sustainability Certifications: Recognition for mastering sustainable cooking practices.

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EDUCATIONAL PLATFORMS

Nordplus

Nordic Food Lab

Explores food diversity and sustainability in Nordic cuisine with research and resources.

https://nordicfoodlab.org/

University of Gastronomic Sciences

Programs focusing on sustainable culinary arts, including Nordic food traditions (Italy)

www.unisg.it

Roskilde University

Courses on sustainable development and food systems relevant to culinary educators.

https://ruc.dk/en

Copenhagen House of Food (Københavns Madhus)

Focuses on sustainable food education and improving public meals.

https://kbh-madhus.webflow.io/english/aboutus

Aalto University

Courses and research in sustainable culinary practices within design and innovation.

https://www.aalto.fi/en

Coursera

Online courses on sustainable food systems and culinary arts from top universities

https://www.coursera.org/

edX

Courses in sustainable agriculture, food ethics, and culinary arts.

https://www.edx.org/

FutureLearn

Courses on sustainability, food systems, and culinary skills.

https://www.futurelearn.com

Skillshare

Classes on culinary techniques, sustainable cooking, and food photography.

https://www.skillshare.com/en/

CLICK ON THE LINKS TO VISIT THE WEBSITES

RECIPE WEBSITES

Nordplus

Nordic Food Living

Traditional and modern Nordic recipes with a focus on sustainability and minimal waste.

https://nordicfoodliving.com

Scandi Kitchen

Variety of Nordic recipes and articles on sustainable cooking.

https://www.scandikitchen.co.uk/

New Nordic Kitchen Manifesto

Guide to New Nordic cuisine principles emphasizing local, seasonal, and sustainable ingredients.

https://www.norden.org/en/information/new-nordic-food-manifesto

Balticseaculinary

The culinary routes of the Baltic Sea countries

https://www.balticseaculinary.com/baltic-sea-cuisine

Arctic Grub

Focuses on Norwegian cuisine with an emphasis on traditional recipes and sustainability.

https://arcticgrub.com/

BBC Good Food

Collection of recipes focusing on healthy and sustainable eating.

https://www.bbcgoodfood.com/

Epicurious

Thousands of recipes, including sections for seasonal and sustainable cooking.

https://www.epicurious.com/

AllRecipes
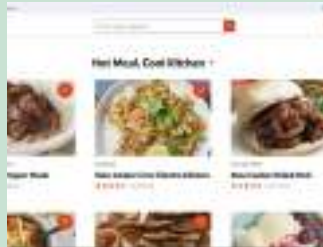
User-generated recipes with options for sustainable and eco-friendly dishes.

https://www.allrecipes.com/

Food52

Community-driven recipes with a focus on sustainability and responsible sourcing.

https://www.food52.com/

CLICK ON THE LINKS TO VISIT THE WEBSITES

SUSTAINABILITY-FOCUSED TOOLS

Nordplus

Eaternity

Tools to measure the environmental impact of recipes and promote sustainable cooking.

https://www.eaternity.org/

Sustainable Restaurant Association (SRA) Nordic Guide

Sustainability rating system for restaurants, including guidelines for Nordic culinary practices.

https://thesra.org/

MatLust

Swedish initiative supporting sustainable food innovation and development.

https://matlust.eu/

Local Food Nodes

Platform connecting local food producers with consumers, promoting sustainable food sourcing.

https://localfoodnodes.org/en

Nordic Co-operation

Resources and reports on sustainable food systems and policies in the Nordic region.

https://www.norden.org/en

Too Good To Go - Nordic/Baltic

App to reduce food waste by allowing users to purchase surplus food from local businesses.

https://www.toogoodtogo.com/en-us

OLIO - Nordic/Baltic

Food-sharing app connecting neighbors and local businesses to share surplus food and reduce waste.

https://olioapp.com/en/

Karma

Swedish app helping reduce food waste by allowing users to buy unsold food from restaurants at reduced prices.

https://karma.life/

Refood

Danish organization focused on reducing food waste through awareness campaigns and practical solutions.

https://www.refood.dk/

CLICK ON THE LINKS TO VISIT THE WEBSITES

ZERO-WASTE COOKING

Nordplus

Nordic Zero Waste

Resources and workshops on living a zero-waste lifestyle, including sustainable cooking practices.

https://www.nordiczerowaste.no/

Real Food Media

Educational materials and media projects focusing on sustainable food and zero-waste cooking.

https://realfoodmedia.org

Green Kitchen Stories

Blog featuring vegetarian recipes with a focus on seasonal and sustainable ingredients.

https://greenkitchenstories.com/

The Nordic Kitchen

Recipes and articles emphasizing zero-waste cooking and sustainable Nordic ingredients.

https://thenordickitchen.com/

Ethical Influencers Nordic

Network of influencers promoting sustainable and ethical lifestyles, including zero-waste cooking tips.

https://ethicalinfluencers.co.uk/

The Zero-Waste Chef

Recipes and tips for reducing waste in the kitchen.

https://zerowastechef.com/

Wasted! The Story of Food Waste

Documentary exploring the issue of food waste and how it can be reduced.

https://play.google.com/store/movies/details/Wasted_The_Story_of_Food_Waste?id=kLXgXmnKVzE&hl=en

Zero Waste Home

Guidance on living a zero-waste lifestyle, including tips for sustainable cooking.

https://zerowastehome.com/

Trash is for Tossers

Practical advice for reducing waste in everyday life, including in the kitchen.

https://www.trashisfortossers.com/

CLICK ON THE LINKS TO VISIT THE WEBSITES

SUSTAINABLE INGREDIENTS AND COOKING

Nordplus

Seasonal Food Guide

Helps users find out what produce is in season in their area to encourage seasonal eating.

https://www.seasonalfoodguide.org/

Eater's Guide to Climate Change

Explores the impact of food choices on climate change and provides tips for sustainable eating.

https://foodforallnb.ca/focus/food-and-climate-change

Meatless Monday

Encourages reducing meat consumption for health and environmental benefits, with vegetarian recipes.

https://www.mondaycampaigns.org/meatless-monday

Love Food Hate Waste

Offers tips and recipes to reduce food waste at home

https://www.lovefoodhatewaste.com/

Sustainable Table

Offers resources on understanding the impact of food choices on the environment and sustainability.

https://foodprint.org/

Eat This Much

Meal planning app that helps users create healthy and sustainable meal plans.

https://www.eatthismuch.com/

Happy Cow

Directory of vegan and vegetarian restaurants worldwide, promoting plant-based and sustainable eating.

https://www.happycow.net/

The Spruce Eats

Recipes and cooking tips with a focus on healthy, seasonal, and sustainable ingredients.

https://www.thespruceeats.com/

Environmental Working Group (EWG)

Provides guides on healthy eating and sustainable food choices.

https://www.ewg.org/

CLICK ON THE LINKS TO VISIT THE WEBSITES

FOOD EDUCATION AND AWARENESS

Slow Food International

Promotes local food cultures and traditions with an emphasis on sustainability.

https://www.slowfood.com/

Farm to School

Program connecting schools with local farms to serve healthy meals and educate students about agriculture.

https://groundworkcenter.org/farm-to-school/#:~:text=Farm%20to%20School%20financially%20supports,for%20health%2C%20environment%20and%20economy.

FoodCorps

Organization working to connect kids to healthy food in schools.

https://foodcorps.org/

Institute of Culinary Education

Culinary school offering programs in sustainability and culinary arts.

https://www.ice.edu/

The Culinary Institute of America

Offers courses and programs focusing on sustainable food practices.

https://www.ciachef.edu/

Green Schools Alliance

Network of schools promoting sustainability in education and operations.

https://www.greenschoolsalliance.org/

School Garden Project

Provides resources and support for integrating garden-based learning in schools.

https://www.schoolgardenproject.org/

The Edible Schoolyard Project

Promotes edible education through school gardens and kitchens.

https://edibleschoolyard.org/

Sustainable Agriculture Research & Education (SARE)

Offers resources and grants for sustainable agriculture research and education.

https://www.sare.org/

CLICK ON THE LINKS TO VISIT THE WEBSITES

FOOD WASTE MANAGEMENT TOOLS

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Feedback

Campaigns against food waste at every level of the food system.

https://feedbackglobal.org/

FoodCloud

Connects businesses with surplus food to charities in need.

https://food.cloud/

Leanpath

Technology solutions for food waste prevention in commercial kitchens.

https://www.leanpath.com/

ReFED

Provides data and solutions for reducing food waste.

https://refed.org/

Second Harvest

Organization focused on food rescue and distribution to those in need.

https://2-harvest.org/

Stop Wasting Food

Danish organization raising awareness about food waste

https://www.stopwastingfood.org/lander

WRAP (Waste and Resources Action Programme)

Works with governments, businesses, and communities to improve resource efficiency.

https://www.wrap.ngo/

Food Rescue US

Uses technology to match food donors with food recipients.

https://foodrescue.us/

The Natural Resources Defense Council (NRDC)

Works on various environmental issues, including food waste.

https://www.nrdc.org/

CLICK ON THE LINKS TO VISIT THE WEBSITES

COOKING AND CULINARY SKILLS

MasterClass

Online classes from world-renowned chefs focusing on various culinary techniques.

https://www.masterclass.com/

America's Test Kitchen

Provides recipes, cooking techniques, and product reviews.

https://www.americastestkitchen.com/

The Kitchn

Recipes, cooking tips, and kitchen hacks.

https://www.thekitchn.com/

Serious Eats

Recipes and articles focused on food science and cooking techniques.

https://www.seriouseats.com/

Tasty

Popular recipe site with step-by-step video instructions.

https://tasty.co/

Bon Appétit

Recipes, cooking tips, and food trends.

https://www.bonappetit.com/

Saveur

Recipes and stories exploring global cuisines.

https://www.saveur.com/

ChefSteps

Innovative recipes and cooking techniques using modernist cuisine methods.

https://www.chefsteps.com/

Cook's Illustrated

Detailed recipes and product reviews.

https://www.cooksillustrated.com/

CLICK ON THE LINKS TO VISIT THE WEBSITES

FOOD POLICY AND ADVOCACY

Food Policy Alliance

Advocates for sustainable food policies and practices.

https://foodpolicyalliance.org/

Food Tank

Think tank focused on building a sustainable food system.

https://foodtank.com/

The Good Food Institute

Promotes plant-based and cell-based meat alternatives.

https://www.gfi.org/

Center for Science in the Public Interest (CSPI)

Advocates for nutrition and food safety policies.

https://www.cspinet.org/

Union of Concerned Scientists (UCS)

Focuses on scientific solutions for environmental and food system issues.

https://www.ucsusa.org/

Slow Food USA

Promotes local food cultures and biodiversity.

https://slowfoodusa.org/

National Sustainable Agriculture Coalition (NSAC)

Advocates for policies that promote sustainable agriculture.

https://sustainableagriculture.net/

Environmental Defense Fund (EDF)

Guidance on living a zero-waste lifestyle, including tips for sustainable cooking.

https://www.edf.org/

Food+Tech Connect

News and analysis on food innovation and technology

https://foodtechconnect.com/

CLICK ON THE LINKS TO VISIT THE WEBSITES

ADDITIONAL RESOURCES

EatForum

Global platform for transforming the food system to sustainably feed the planet.

https://eatforum.org/

Food and Agriculture Organization of the United Nations (FAO)

Provides data and resources on global food and agriculture issues.

https://www.fao.org/home/en/

World Resources Institute (WRI)

Research organization focusing on food, water, and environmental sustainability.

https://www.wri.org/

Global Alliance for the Future of Food

Works to accelerate the transition to sustainable food systems.

https://futureoffood.org/

International Food Policy Research Institute (IFPRI)

Provides research-based policy solutions to sustainably reduce poverty and end hunger.

https://www.ifpri.org/

The Food Foundation

Campaigns for better food policies and practices.

https://foodfoundation.org.uk/

CLICK ON THE LINKS TO VISIT THE WEBSITES

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AND MORE:

EDUCATIONAL PLATFORMS

Udemy

Courses on culinary arts, sustainable cooking practices, and nutrition.

https://www.udemy.com/

ZERO-WASTE COOKING

Zero Waste Chef YouTube Channel

Videos on zero-waste cooking and sustainable living.

https://www.youtube.com/user/ZeroWasteChef

FOOD WASTE MANAGEMENT TOOLS

Food for Soul

Non-profit organization founded by chef Massimo Bottura to fight food waste and feed the hungry.

https://www.foodforsoul.it/.

RECIPE WEBSITES

Smitten Kitchen

Homemade recipes emphasizing seasonal and sustainable ingredients.

https://smittenkitchen.com/

SUSTAINABILITY-FOCUSED TOOLS

Food Waste Reduction Alliance

Collaborative platform offering resources and best practices for reducing food waste in the Nordic/Baltic region.

https://www.foodwastealliance.org/

FOOD EDUCATION AND AWARENESS

Agroecology Europe

Promotes agroecology as a sustainable approach to farming and food production.

https://www.agroecology-europe.org/

COOKING AND CULINARY SKILLS

Yummly
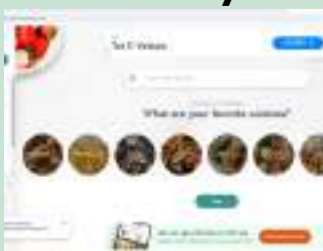
Personalized recipe recommendations and meal planning tools.

https://www.yummly.com/

ADDITIONAL RESOURCES

EatForum

Global platform for transforming the food system to sustainably feed the planet.

https://eatforum.org/

Food and Agriculture Organization of the United Nations (FAO)

Provides data and resources on global food and agriculture issues.

https://www.fao.org/home/en/

World Resources Institute (WRI)

Research organization focusing on food, water, and environmental sustainability.

https://www.wri.org/

CLICK ON THE LINKS TO VISIT THE WEBSITES

Photo: by bowonpat, Canva

DigComp 2.2. ONLINE TOOL

AN ONLINE TESTING TOOL THAT MAPS YOUR DIGITAL COMPETENCIES USING THE DIGCOMP FRAMEWORK

DigComp 2.0, 2.1, 2.2 The Conceptual Reference Model for the Digital Competence Framework for Citizens,
HYPERLINK: https://www.site.digcomptest.eu/
The DigComp framework identifies the key components of digital competence in 5 areas (Dimension 1). The areas are summarised below:

Information and data literacy: To articulate information needs, to locate and retrieve digital data, information and content. To judge the relevance of the source and its content. To store, manage, and organise digital data, information and content.

Communication and collaboration: To interact, communicate and collaborate through digital technologies while being aware of cultural and generational diversity. To participate in society through public and private digital services and participatory citizenship. To manage one's digital presence, identity and reputation.

Digital content creation: To create and edit digital content. To improve and integrate information and content into an existing body of knowledge while understanding how copyright and licences are to be applied. To know how to give understandable instructions for a computer system.

Safety: To protect devices, content, personal data and privacy in digital environments. To protect physical and psychological health, and to be aware of digital technologies for social well-being and social inclusion. To be aware of the environmental impact of digital technologies and their use.

Problem solving: To identify needs and problems, and to resolve conceptual problems and problem situations in digital environments. To use digital tools to innovate processes and products. To keep up-to-date with the digital evolution.

There are **21 competences** that are pertinent to these areas, their titles and descriptors are outlined in Dimension 2. Taken together, Dimension 1 and 2 form the conceptual reference model. Additional Dimensions outline Proficiency levels (Dimension 3), Examples of knowledge, skills and attitudes (Dimension 4) and Use cases (Dimension 5).
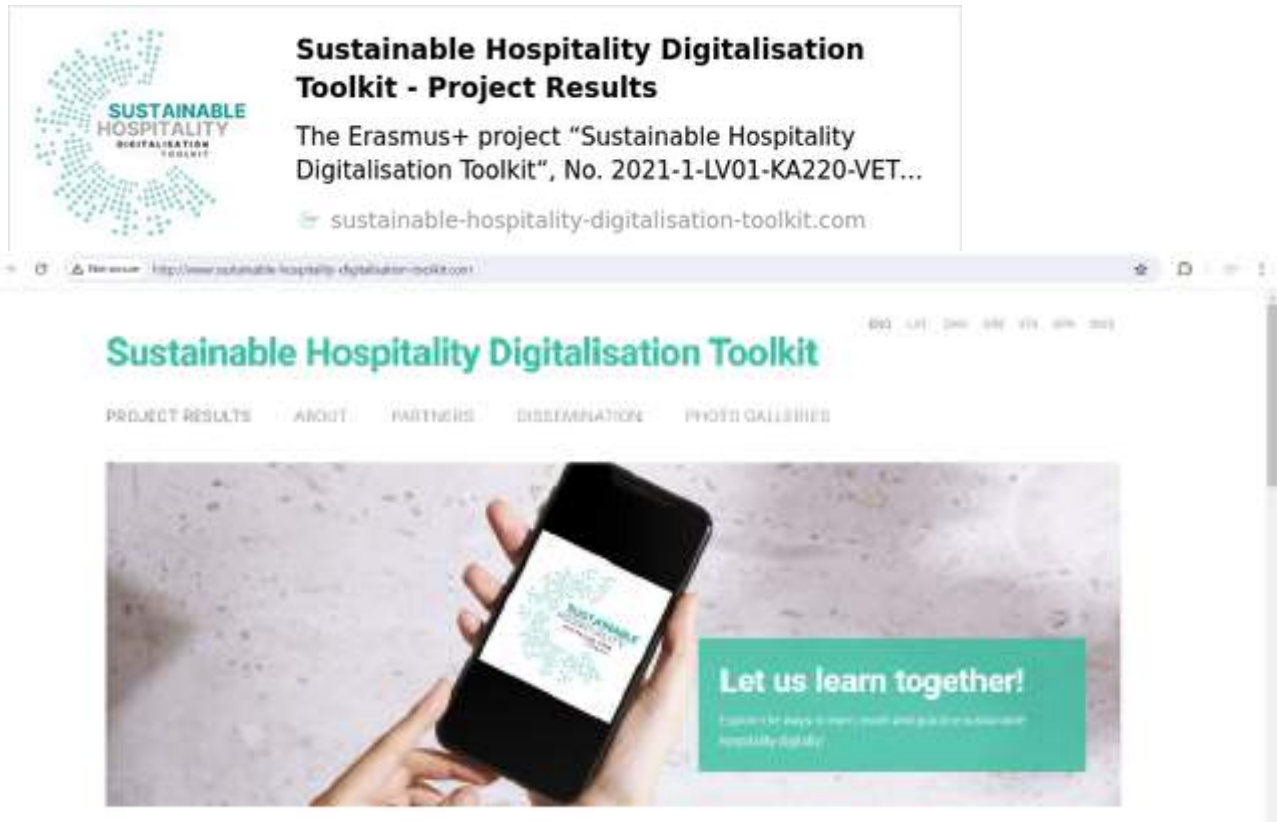
The latest publication, DigComp 2.2, presents the consolidated framework.

SUSTAINABLE HOSPITALITY DIGITALISATION TOOLKIT

http://www.sustainable-hospitality-digitalisation-toolkit.com

Sustainable Hospitality Digitalisation Toolkit - Project Results

The Erasmus+ project "Sustainable Hospitality Digitalisation Toolkit", No. 2021-1-LV01-KA220-VET...

sustainable-hospitality-digitalisation-toolkit.com

Sustainable Hospitality Digitalisation Toolkit

PROJECT RESULTS   ABOUT   PARTNERS   DISSEMINATION   PHOTO GALLERIES

Let us learn together!

Sustainable Hospitality Digitalisation Guidebook for VET Learners and Professionals	Pedagogy of Sustainable Hospitality Digitalisation	Course "Sustainable Hospitality Digitalisation Toolkit"	Series of Webinars on Sustainable Hospitality Digitalisation
Audio Book for: The initial and continuous VET learners. Hospitality industry employees	Audio Book for: for: VET educators, Programme leads, Hospitality field coaches, Trainers, Team leads from professional hospitality environment	The course includes 15 digital session plans, digital session materials.	A series of webinars on Sustainable Hospitality Digitalisation consists of five webinars
http://www.sustainable-hospitality-digitalisation-toolkit.com/digitalisation-guidebook/	http://www.sustainable-hospitality-digitalisation-toolkit.com/pedagogy-of-sustainable-hospitality-digitalisation/	http://www.sustainable-hospitality-digitalisation-toolkit.com/course-sustainable-hospitality-digitalisation-toolkit/	http://www.sustainable-hospitality-digitalisation-toolkit.com/series-of-webinars/

PLATFORMS FOR CHEFS FOR CULINARY CALCULATIONS AND MANAGEMENT

Paprika Recipe Manager: Organize recipes, plan meals, and create shopping lists with a built-in timer and recipe scaling.

Meazure: A kitchen calculator app for unit conversions and ingredient scaling, ideal for precise measurements.

Cook'n Recipe Organizer: Manage recipes, plan meals, create grocery lists, and perform nutritional analysis with cross-device syncing.

ChefTap: Clip recipes from any website, organize and manage culinary creations easily.

KitchenCalc: A calculator designed for culinary professionals offering conversions for volume, weight, temperature, and more.

BigOven: An all-in-one recipe organizer and meal planning app with grocery list creation and menu planning.

Evernote: A powerful tool for organizing recipes, planning menus, and keeping track of culinary ideas.

SousChef: A comprehensive kitchen assistant for recipe management, meal planning, grocery list creation, scaling recipes, and converting measurements.

Recipe Cost Calculator: Calculate the cost of recipes, manage inventory, and ensure profitability in culinary operations.

Photo: by SDI Productions from Getty Images Signature

PLATFORMS FOR CULINARY MANAGERS

Mela: A recipe manager app that imports recipes from the web, organizes them, and supports recipe scaling and ingredient conversion.

Upserve: A restaurant management platform that offers tools for managing inventory, staff scheduling, sales analytics, and customer insights.

MarketMan: An inventory management and purchasing software designed to streamline supply chain operations and reduce food costs.

7shifts: A labor management tool that helps culinary managers with employee scheduling, time tracking, communication, and labor cost control.

BlueCart: An all-in-one procurement and inventory management platform for restaurants and food suppliers.

ChefMod: A recipe and inventory management system designed to improve operational efficiency and cost control in the kitchen.

Compeat: Provides accounting, back office, and workforce management solutions tailored for the foodservice industry.

Jolt: A comprehensive management platform for managing tasks, inspections, and training, enhancing kitchen operations and compliance.

CrunchTime: A back-office software for managing food costs, labor, and operational efficiency in restaurants.

Photo:by Lunamarina, Canva

PLATFORMS FOR CULINARY MANAGERS

Toast: A comprehensive restaurant POS system that helps with order management, inventory tracking, payroll, and reporting.

Revel Systems: A POS and business management platform that integrates with various tools to help manage inventory, staff, and sales analytics.

These platforms offer a range of tools to help culinary managers streamline operations, improve efficiency, and maintain control over various aspects of kitchen and restaurant management.

Photo:by SOMNATH MAHATA from Getty Images, Canva

LEARNING MANAGEMENT SYSTEMS (LMS)
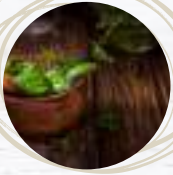
Google Classroom: Streamlines the process of sharing files between teachers and students.

Moodle: An open-source learning platform designed to provide educators with a single robust, secure, and integrated system.

Blackboard: Provides a virtual learning environment and learning management system.

Canvas: A flexible and scalable platform for learning management.

Schoology: Combines LMS with advanced assessment management to improve student performance.

Edmodo: Connects all learners with the people and resources needed to reach their full potential.

D2L Brightspace: An online learning management system to support continuous learning.

Sakai: An open-source LMS created by the Sakai Project for collaborative learning.

Khan Academy: Provides free, world-class education for anyone, anywhere.

Photo:by fortyforks, Canva

COLLABORATION AND COMMUNICATION

Microsoft Teams: A collaboration app that helps your team stay organized and communicate.

Slack: A messaging app for teams that brings all your communication together in one place.

Zoom: Video conferencing, web conferencing, and webinar services.

Skype: Provides video chat and voice call services.

Google Meet: Secure video conferencing for teams and businesses.

Discord: Voice, video, and text communication service used by over a hundred million people to talk and hang out with their communities and friends.

Remind: A communication platform that helps educators reach students and parents.
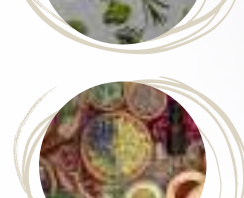
ClassDojo: Connects teachers with students and parents to build classroom communities
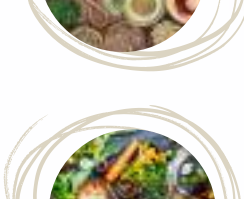
Piazza: A Q&A platform to facilitate interaction among students and instructors.

Photo:by bowonpat from bowonpat, Canva

CONTENT CREATION AND PRESENTATION

Google Slides: Create, edit, and collaborate on presentations online.

Microsoft PowerPoint: Presentation program to create slide shows composed of text, graphics, and other objects.

Prezi: Presentation software that uses motion, zoom, and spatial relationships.

Canva: A graphic design platform to create social media graphics, presentations, posters, documents, and other visual content.

Keynote: Presentation software developed by Apple.

Nearpod: A student engagement platform with interactive lessons.

Explain Everything: An interactive whiteboard for recording everything and sharing.

Pear Deck: Adds interactive questions and activities to presentations.

Haiku Deck: A simple way to create beautiful presentations.

Photo: by fortyforks, Canva

ASSESSMENT AND QUIZZES

Kahoot!: A game-based learning platform that makes learning fun.
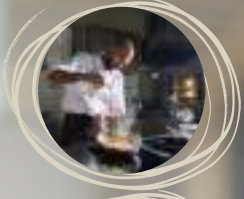
Quizlet: A tool for studying and learning, featuring flashcards, games, and tests.

Socrative: A smart student response system that empowers teachers to engage their classrooms.
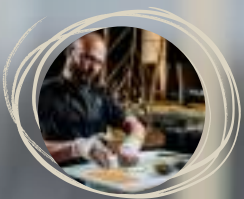
Google Forms: Allows you to create and analyze surveys directly in your web browser.
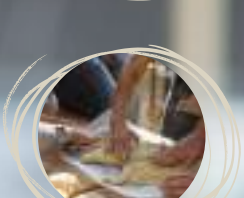
Formative: Helps teachers transform assessments and assignments into learning opportunities.

Edpuzzle: Enables teachers to make interactive video lessons.
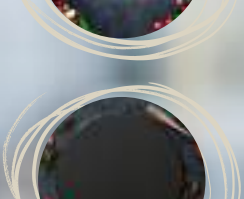
Quizizz: A learning platform that uses gamification to make content more engaging.
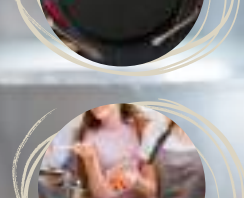
Mentimeter: An interactive presentation software for real-time polling.

Poll Everywhere: Allows you to create live polls, quizzes, Q&As, and word clouds.

Photo: Kampus Production from Pexels, Canva

READING AND WRITING

Grammarly: An AI-powered writing assistant that helps with spelling, grammar, and clarity.

Hemingway Editor: A writing enhancement tool that highlights complex sentences and errors.
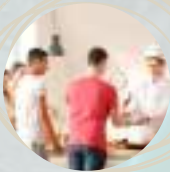
Turnitin: An Internet-based plagiarism detection service.

ProWritingAid: A style editor and writing mentor in one package.

NoRedInk: Helps students improve their writing and grammar skills
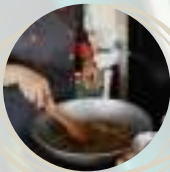
Scrivener: A content-generation tool for long documents.

Blogger: A blog-publishing service that allows multi-user blogs with time-stamped entries.

ReadWorks: Provides free, high-quality articles and question sets to enhance reading comprehension.

CommonLit: Offers free digital lessons and literacy resources for grades 3-12.

Photo: , Canvaby 5PH

NOTE-TAKING AND ORGANIZATION

Evernote: A note-taking app to organize ideas, lists, and tasks.

Microsoft OneNote: A digital notebook for organizing notes across devices.
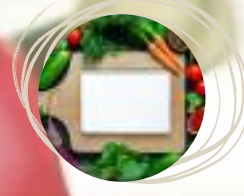
Notion: An all-in-one workspace for notes, tasks, and database management.

Trello: A project management tool using boards, lists, and cards for task organization.
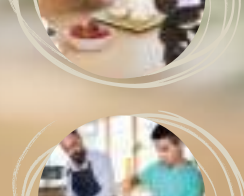
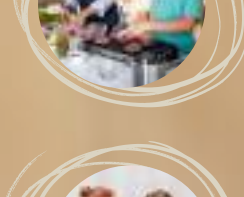**Todoist:** A task management application to organize and prioritize tasks.
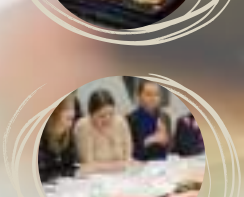
Asana: A collaboration tool for managing projects and tasks.
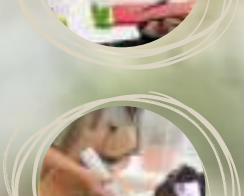
Google Keep: A note-taking service with real-time collaboration.

Coggle: A mind-mapping tool for brainstorming and idea organization.

MindMeister: An online mind-mapping tool for visualizing ideas and tasks.

INTERACTIVE LEARNING AND GAMIFICATION

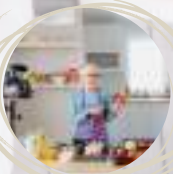**Duolingo:** A free language learning app that gamifies language education.

Coursera: An online learning platform offering courses from universities and companies.

edX: Provides online courses from top universities and organizations worldwide.

Khan Academy: A non-profit educational platform offering free video lessons and exercises.

Brainscape: A study platform that uses spaced repetition for effective learning.

Codecademy: An interactive platform that teaches coding in various programming languages.

Tynker: A platform for kids to learn coding through games and puzzles.

Scratch: A free programming language and online community where you can create your own interactive stories, games, and animations.

Code.org: A nonprofit dedicated to expanding access to computer science in schools and increasing participation by women and underrepresented minorities.

SCIENCE AND MATH TOOLS FOR CULINARY AND MANAGERIAL CALCULATIONS

GeoGebra: Dynamic mathematics software for all levels of education.

Wolfram Alpha: An online service that answers factual queries directly by computing the answer from externally sourced data.
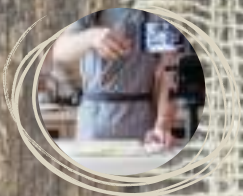
Desmos: A graphing calculator for math students to plot graphs, create tables, and explore equations.
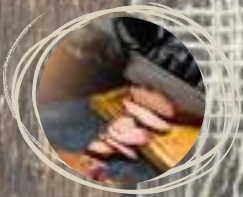
PhET Interactive Simulations: Provides free interactive math and science simulations.

Khan Academy: Offers practice exercises, instructional videos, and a personalized learning dashboard for various subjects.

Mathway: An online math problem solver.

Symbolab: A math solver that helps students find solutions to algebra, calculus, and other math problems.

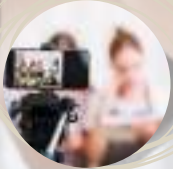**Brilliant:** Offers interactive learning in math, science, and engineering.

Photo: by AksanaYasiucheia from Getty Images

READING AND LITERACY APPS

Libby: A free app for borrowing digital books and audiobooks from your public library.

OverDrive: Provides access to eBooks, audiobooks, and videos from your library.

Newsela: An instructional content platform that brings together engaging, accessible content with integrated assessments.

Book Creator: A simple tool for creating digital books.

Vocabulary.com: An interactive tool to learn and improve vocabulary.

SPECIAL EDUCATION TOOLS
FOR ENGAGING IN CULINARY ARTS

Learning Ally: Provides audiobooks for students with learning disabilities.

Kurzweil 3000: An assistive technology providing reading, writing, and study support.

Read&Write: A literacy support tool for dyslexia and English language learners.

ModMath: A math app designed for students with dyslexia and dysgraphia.

ClaroRead: A reading and writing support tool.

Voice Dream Reader: A text-to-speech app for reading and comprehending text.

Bookshare: An online library of accessible ebooks for people with print disabilities.

Seeing AI: An app that narrates the world around you for the visually impaired.

Microsoft Learning Tools: Free tools that implement proven techniques to improve reading and writing skills for students of all ages and abilities.

Conclusion

This digital brochure **"A guide on teaching / learning tools for adult educators in NO LEFTOVER culinary arts"** as the part of the project NPAD-2022/10049 contains a detailed review of the teaching and learning tools for adult educators. These resources are categorized into educational platforms, recipe websites, sustainability-focused tools, food waste management solutions, zero-waste cooking resources, and more.

By integrating these tools into teaching and learning environments, educators can effectively promote the principles of NO LEFTOVER, no-waste cooking and foster a culture of sustainability in the culinary arts.

In addition, the brochure includes the useful links to the digital tools for teaching and learning such asLearning Management Systems (LMS), Collaboration and Communication, Content Creation and Presentation, Assessment and Quizzes, Reading and Writing, Note-taking and Organization, Interactive Learning and Gamification, Science and Math Tools, Reading and Literacy Apps, Special Education Tools that can be used for the formal and informal education processes.

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Reference List

- **This brochure includes built-in references provided for each source in every page individually with the hyperlink.**
- **Please click on the active hyperlinks and see the original sources of information in detail.**
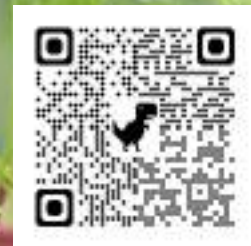
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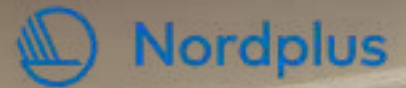
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A Guide on Teaching and Learning Tools for Adult Educators in NO LEFTOVER Culinary Arts

Project ID: NPAD-2022/10049

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