

DIGITAL COURSE WITH TRAINING MATERIALS
AND TOOLS FOR ADULT EDUCATORS

TOPIC 10

SESSION PLAN FOR ADULT EDUCATORS

NO LEFTOVER STORING

NORDIC & BAL TIC CULINARY ARTS



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Optional Length: 90 MINUTES

Overview:

Participants will explore proper storage techniques that extend the shelf life of ingredients and prevent waste. The session includes demonstrations of best practices in storing various types of food, with a focus on maintaining quality and minimizing spoilage. Participants will develop and present comprehensive storage plans tailored to different ingredients, ensuring that storage practices align with no leftover goals and reduce waste in culinary operations.

Agenda:

- Introduction to Proper Storage Techniques (5 min)
- Discussion: Extending Shelf Life and Preventing Waste (5 min)
- Practical Session: Demonstrating Storage Techniques (30 min)
- Development of a Comprehensive Storage Plan (10 min)
- Group Activity: Creating a Storage Strategy for Different Ingredients (15 min)
- Presentation and Peer Review of Storage Plans (15 min)
- Individual Feedback and Evaluation (5 min)
- Conclusion and Next Steps (5 min)

Learning outcome:

Participants will optimize storage techniques to extend the shelf life of ingredients, ensuring minimal waste and maintaining food quality.

STAGE: INTRODUCTION TO THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Introduce the importance of proper storage in preventing food waste.	Quick discussion on current storage practices.	Video , brochure or infographic on best no leftover storage practices.



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STAGE: UNDERSTANDING THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Discuss techniques for extending the shelf life of ingredients through proper storage.	Q&A to assess understanding.	Handouts, video and brochure on no leftover storage techniques.

STAGE: UNDERSTANDING THE TOPIC IN THEORY AND PRACTICE (30 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Demonstration of storage techniques, such as vacuum sealing and proper refrigeration.	Feedback during and after the demonstration.	Feedback during and after the demonstration.

STAGE: DEVELOPMENT OF THE TOPIC (10 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Research, analyse. brainstorm additional storage solutions for different types of ingredients.	Review and discuss ideas.	Flipchart for notes, research database, video and brochure on no leftover storing.



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STAGE: VALUE CREATION (15 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Develop a comprehensive storage plan for a kitchen or restaurant.	Peer review of storage plans	Storage plan templates , video, brochure on no leftover storing.

STAGE: VALUE CREATION + TESTING THE LEARNING OUTCOME (15 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Implement the storage plan in a simulated environment.	Evaluate based on efficiency and effectiveness.	Storage tools and equipment.

STAGE: INDIVIDUAL FEEDBACK AND EVALUATION (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Provide feedback on the storage plan and its execution.	Rubric-based evaluation.	Feedback forms or digital feedback tools.

STAGE: CONCLUSION (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Summarize the session's key points and introduce the next topic.	Final questions and reflection. Conduct a brief exit survey to gather feedback on the session.	Closing slide. Use can use digital brochures, videos, own materials.



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QUESTIONS ON THE TOPIC: NO LEFTOVER STORING

1. What are the best practices for storing food in Danish kitchens to prevent waste?
2. How can Estonian households store ingredients to extend their shelf life and avoid leftovers?
3. What are some effective methods for Icelandic restaurants to store food and reduce waste?
4. How can Latvian chefs optimize their storage facilities to prevent food spoilage?
5. What are the traditional and modern food storage techniques used in Lithuania to minimize waste?
6. How can proper refrigeration practices in Denmark help in reducing food waste?
7. What are the best ways to store root vegetables in Estonian homes to avoid waste?
8. How do Icelandic chefs store their ingredients to maintain freshness and reduce leftovers?
9. What role does food preservation play in Latvian food storage practices?
10. How can Lithuanian households effectively store dairy products to prevent spoilage?
11. How can Danish food producers store surplus to ensure it's used before expiration?
12. What are the benefits of vacuum sealing in Estonian food storage practices?
13. How can Icelandic communities use shared storage spaces to reduce food waste?
14. What are the traditional methods of fermenting and storing food in Latvia?
15. How can Lithuanian food businesses improve their storage systems to minimize waste?

Comment: these questions are provided in the set of assignments on the same topic.

Recommendation: You can always change the details of the questions: countries, type, etc;



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RESOURCES ON THE TOPIC: NO LEFTOVER STORING

Check other resources and references in the brochures on the NO LEFTOVER radiational and contemporary recipes.

Environment Protection Authority. (2021). Reducing business waste – Cafés and restaurants. Available at <https://www.epa.nsw.gov.au/-/media/epa/corporate-site/resources/managewaste/bintrim-cafes-restaurants-factsheet-160773.pdf>

Video: Peters, D. (2024), 6 Ways to Cut Restaurant Waste and Boost Your Bottom Line

. Available at <https://www.youtube.com/watch?v=GuufDnoAGow>

Sakaguchi, L, Pak, N., Potts, M.D. (2018). Tackling the issue of food waste in restaurants: Options for measurement method, reduction and behavioral change. Journal of Cleaner Production. Volume 180, 10 April 2018, Pages 430-436

. Available at

https://escholarship.org/content/qt8fs0r102/qt8fs0r102_noSplash_b419916727de59d9fa3434fd0c3e71c7.pdf?t=p5k4cs

Urban Green Lab. (n/d/). FOOD WASTE PREVENTION RESOURCE GUIDE SERIES: STORAGE AND FREEZING. Available at <https://urbangreenlab.org/wp-content/uploads/2023/09/UGL-StorageAndFreezing-Interactive.pdf>

Check other resources and references in the brochures on the NO LEFTOVER radiational and contemporary recipes.