

DIGITAL COURSE WITH TRAINING MATERIALS
AND TOOLS FOR ADULT EDUCATORS

TOPIC 11

SESSION PLAN FOR ADULT EDUCATORS

DIGITAL APPS, PLATFORMS FOR NO LEFTOVER CULINARY ARTS NORDIC & BALTIC CULINARY ARTS



Photo: by AndreyPopov from Getty Images, Canva

Project ID: NPAD-2022/10049



TOPIC 11

SESSION PLAN FOR ADULT EDUCATORS

DIGITAL APPS, PLATFORMS FOR NO LEFTOVER CULINARY ARTS

NORDIC & BALTIC CULINARY ARTS

Optional Length: 90 MINUTES

Overview:

This session introduces participants to digital tools and platforms that enhance no leftover practices in culinary operations. Through practical demonstrations, participants will learn how to use digital apps for meal planning, inventory management, and more. They will develop digital plans tailored to no leftover culinary arts, exploring the potential of various tools to streamline operations and minimize waste. Group activities will encourage the discovery and sharing of additional digital resources.

Agenda:

- Introduction to Digital Tools for No Leftover Practices (5 min)
- Overview of Relevant Apps and Platforms (5 min)
- Practical Session: Demonstrating a Digital Tool (30 min)
- Development of a Digital Plan for No Leftover Culinary Arts (10 min)
- Group Activity: Exploring Additional Digital Tools (15 min)
- Presentation and Feedback on Digital Plans (15 min)
- Individual Feedback and Evaluation (5 min)
- Conclusion and Next Steps (5 min)

Learning outcome:

Participants will proficiently use digital tools and platforms to enhance no leftover practices in culinary operations, from meal planning to inventory management.

STAGE: INTRODUCTION TO THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Introduce the various digital tools and platforms available for culinary arts, focusing on no leftover strategies.	Quick poll on participants' use of culinary apps.	• Slideshow, video and brochure of popular apps and platforms. Use our developed materials and your own with updates. There are ongoing updates..



TOPIC 11

SESSION PLAN FOR ADULT EDUCATORS

DIGITAL APPS, PLATFORMS FOR NO LEFTOVER CULINARY ARTS

NORDIC & BALTIC CULINARY ARTS

STAGE: UNDERSTANDING THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Discuss how these digital tools can assist in meal planning, inventory management, and waste reduction.	Q&A to reinforce understanding.	Handouts, slides, video and brochure on no leftover digital tools and their benefits.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Demonstration of a digital tool or app, showing how to plan a no leftover meal.	Feedback on how well participants grasp the tool's features.	Digital devices with the app installed.

STAGE: DEVELOPMENT OF THE TOPIC (10 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Research, analyse and brainstorm other ways that digital tools can help in achieving no leftover goals.	Review and discuss ideas.	Flipchart for notes



TOPIC 11

SESSION PLAN FOR ADULT EDUCATORS

DIGITAL APPS, PLATFORMS FOR NO LEFTOVER CULINARY ARTS

NORDIC & BALTIC CULINARY ARTS

STAGE: VALUE CREATION (15 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Create a no leftover digital plan for a restaurant or event using the tools demonstrated.	Peer review of digital plans.	Planning software or apps.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Implement the digital plan in a simulated environment.	Evaluate based on the practicality and effectiveness of the digital tools.	Simulation software or tools, video and brochure on the digital tools.

STAGE: INDIVIDUAL FEEDBACK AND EVALUATION (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Provide feedback on the digital plan and its implementation.	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 survey. Conduct a brief exit survey to gather feedback on the session.	Closing slide. Use can use digital brochures, videos, own materials.



TOPIC 11

SESSION PLAN FOR ADULT EDUCATORS

DIGITAL APPS, PLATFORMS FOR NO LEFTOVER CULINARY ARTS

NORDIC & BALTIC CULINARY ARTS

QUESTIONS ON THE TOPIC:

DIGITAL APPS, PLATFORMS FOR NO LEFTOVER CULINARY ARTD

1. What are the most popular digital apps in Denmark for food waste reduction?
2. How can Estonian chefs use online platforms to share no leftover recipes?
3. What role do digital apps play in Icelandic meal planning to avoid leftovers?
4. How can Latvian consumers use technology to track their food inventory and reduce waste?
5. What are the best digital tools for Lithuanian chefs to optimize ingredient usage?
6. How do Danish apps help connect consumers with leftover food from restaurants?
7. What role do online platforms play in Estonian food education about reducing waste?
8. How can Icelandic food bloggers use digital platforms to promote no leftover cooking?
9. What are the benefits of using AI in Latvian kitchens to minimize food waste?
10. How can Lithuanian families use meal planning apps to ensure no food is wasted?
11. How can Danish food delivery platforms help reduce waste by offering smaller portions?
12. What are the best digital resources for Estonian food professionals to learn about sustainability?
13. How can Icelandic restaurants use digital reservation systems to reduce food waste?
14. What are some innovative digital solutions for waste management in Latvian culinary arts?
15. How can Lithuanian food networks use social media to promote no leftover practices?

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;



TOPIC 11

SESSION PLAN FOR ADULT EDUCATORS

DIGITAL APPS, PLATFORMS FOR NO LEFTOVER CULINARY ARTS

NORDIC & BALTIC CULINARY ARTS

RESOURCES ON THE TOPIC: DIGITAL APPS, PLATFORMS FOR NO LEFTOVER CULINARY ARTS

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

APPLICATION: Too Good To Go: End Food Waste. Available at https://play.google.com/store/apps/details?id=com.app.tgtg&hl=en_US&pli=1

Video: Intel Newsroom. (2022). How can restaurants use tech to reduce food waste?. Available at <https://www.youtube.com/watch?v=eiBamZfQn0I>

For more links to the useful applications, please review our brochure on Teaching and Learning Tools for NO LEFTOVER Culinary Arts.

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