

DIGITAL COURSE WITH TRAINING MATERIALS
AND TOOLS FOR ADULT EDUCATORS

TOPIC 12

SESSION PLAN FOR ADULT EDUCATORS: PROFESSIONAL NETWORK FOR EDUCATORS, LEARNERS, AND PROFESSIONALS IN NO LEFTOVER CULINARY ARTS NORDIC & BALTIC CULINARY ARTS



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NORDIC & BALTIC CULINARY ARTS

Optional Length: 90 MINUTES

Overview:

Participants will explore the importance of professional networking in promoting no leftover practices within the culinary arts. The session includes practical exercises on building a network profile and connecting with industry professionals. Through discussions and group activities, participants will develop strategies to engage with and contribute to professional networks that support sustainable culinary practices, fostering collaboration and ongoing learning in the field.

Agenda:

- Introduction to Professional Networking in Culinary Arts (5 min)
- Discussion: Benefits of Networking for No Leftover Initiatives (5 min)
- Practical Session: Building a Network Profile (30 min)
- Development of Networking Strategies (10 min)
- Group Activity: Connecting with Industry Professionals (15 min)
- Presentation and Feedback on Networking Approaches (15 min)
- Individual Feedback and Evaluation (5 min)
- Conclusion and Next Steps (5 min)

Learning outcome:

Participants will build and engage with professional networks that support ongoing learning, collaboration, and advocacy for sustainable, no leftover culinary practices.

STAGE: INTRODUCTION TO THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Introduce the importance of networking within the NO LEFTOVER culinary arts community. Definition and importance of professional networks.	Quick discussion on participants' current involvement in professional networks. o Discussion: How networks can enhance career opportunities and development in the culinary arts.	Overview video of NO LEFTOVER culinary arts community and networking benefits.



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STAGE: UNDERSTANDING THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Discuss the key benefits of networking for professional development and collaboration in culinary arts. Overview of professional networks and online platforms (LinkedIn, industry-specific forums, etc.).	Q&A to assess understanding of networking advantages.	Handouts with networking strategies and tips.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Practical demonstration on how to use LinkedIn and other platforms for networking in culinary arts. o Hands-on Activity: Creating or refining a profile on a selected platform.	Feedback during and after the demonstration on platform usage.	Computers, LinkedIn profiles, and other professional networking tools.

STAGE: DEVELOPMENT OF THE TOPIC (10 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Research, analyse and brainstorm strategies for effectively engaging with NO LEFTOVER culinary professionals online and offline. Case Studies: Examples of successful networking in the culinary arts.	Review and discuss the brainstormed strategies. Group Discussion: How to utilize networks for learning, collaboration, and career advancement.	Flipchart for notes on networking strategies. Interactive Networking Exercise. Participants exchange contact information and discuss potential collaboration opportunities.



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STAGE: VALUE CREATION (15 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Develop a personal networking plan tailored to culinary arts with a focus on NO LEFTOVER principles.	Peer review of networking plans.	Networking plan templates and tools.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Implement the networking plan by connecting with professionals in a simulated or real online environment. Activity: Role-playing/networking scenarios—how to approach and connect with others in the field.	Evaluate the effectiveness of networking strategies based on interactions and connections made.	Access to a real or simulated online networking environment

STAGE: INDIVIDUAL FEEDBACK AND EVALUATION (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Provide feedback on the networking plan and its implementation.	Rubric-based evaluation of networking effectiveness.	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.	Closing slide. Use can use digital brochures, videos, own materials.



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QUESTIONS ON THE TOPIC:

PROFESSIONAL NETWORK FOR EDUCATORS, LEARNERS AND PROFESSIONALS IN NO LEFTOVER CULINARY ARTS

1. What are the key culinary arts networks available for educators in Denmark?
2. How can Estonian culinary professionals benefit from joining international networks?
3. What are the top networking platforms for Icelandic chefs and culinary educators?
4. How can Latvian culinary students connect with professionals through online networks?
5. What are the most valuable professional associations for culinary arts in Lithuania?
6. How can Danish culinary educators collaborate with their Baltic counterparts through professional networks?
7. What role does mentorship play in Estonian culinary arts networks?
8. How can Icelandic culinary professionals access global opportunities through networking?
9. What are the benefits of joining a regional culinary network for Latvian chefs?
10. How can Lithuanian culinary educators find resources and support through professional networks?
11. What are the best ways for Danish culinary students to build their professional networks?
12. How can Estonian chefs leverage networking events to advance their careers?
13. How do Icelandic culinary professionals share knowledge and best practices through networks?
14. What are some success stories of Latvian culinary professionals who have benefited from networking?
15. How can Lithuanian culinary schools partner with international networks to enhance education?

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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NORDIC & BALTIC CULINARY ARTS**RESOURCES ON THE TOPIC:****PROFESSIONAL NETWORK FOR EDUCATORS, LEARNERS AND PROFESSIONALS IN NO
LEFTOVER CULINARY ARTS**

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

Please visit our digital brochure for more links on the professional networking IN NO LEFTOVER CULINARY ARTS "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.