

DIGITAL COURSE WITH TRAINING MATERIALS
AND TOOLS FOR ADULT EDUCATORS

TOPIC 14

SESSION PLAN FOR ADULT EDUCATORS: WASTE HANDLING IN NO LEFTOVER NORDIC & BALTIC CULINARY ARTS



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WASTE HANDLING IN NO LEFTOVER CULINARY ARTS

NORDIC & BALTIC CULINARY ARTS

Optional Length: 90 MINUTES

Overview:

Participants will learn advanced waste handling techniques to ensure kitchen operations align with sustainability goals. The session includes practical demonstrations of waste sorting, composting, and other methods to reduce overall waste production. Participants will develop comprehensive waste management plans tailored to culinary environments and engage in group activities to analyze and optimize waste reduction opportunities. Peer reviews will help refine these plans, ensuring they are effective and practical.

Agenda:

- Introduction to Waste Handling Techniques (5 min)
- Discussion: Sustainable Waste Management Practices (5 min)
- Practical Session: Demonstrating Waste Sorting and Composting (30 min)
- Development of a Waste Management Plan (10 min)
- Group Activity: Analyzing Waste Reduction Opportunities (15 min)
- Presentation and Peer Review of Waste Management Plans (15 min)
- Individual Feedback and Evaluation (5 min)
- Conclusion and Next Steps (5 min)

Learning outcome:

Participants will implement advanced waste handling techniques, ensuring that kitchen operations align with sustainability goals and reduce overall waste production.

STAGE: INTRODUCTION TO THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Introduce the importance of waste management in achieving no leftover goals.	Quick discussion on current waste management practices.	Video and brochure on sustainable waste management in no leftover culinary arts



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STAGE: UNDERSTANDING THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Discuss key waste management strategies, such as composting and recycling.	Q&A to assess understanding.	Video, brochure , handouts on waste management techniques for no leftover culinary arts.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Demonstration of waste management practices, such as sorting and composting.	Feedback during and after the demonstration.	Waste management tools and materials.

STAGE: DEVELOPMENT OF THE TOPIC (10 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Research, analyse and brainstorm additional waste management solutions for a kitchen or restaurant.	Review and discuss ideas.	E-notes, flipchart for notes, research database, video and brochure on leftover management and waste handling.



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STAGE: VALUE CREATION (15 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Develop a comprehensive waste management plan for a kitchen or restaurant.	Peer review of waste management plans.	Planning templates and tools.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Implement the waste management plan in a simulated environment.	Implement the waste management plan in a simulated environment.	Waste management tools and equipment.

STAGE: INDIVIDUAL FEEDBACK AND EVALUATION (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Provide feedback on the waste management 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.	Collect final thoughts and questions. 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: WASTE HANDLING IN NO LEFTOVER CULINARY ARTS

1. What are the most effective waste handling practices in Danish restaurants?
2. How do Estonian chefs manage food waste in their kitchens?
3. What are the regulations on food waste disposal in Icelandic culinary establishments?
4. How can Latvian schools reduce food waste through better waste handling practices?
5. What are the best practices for composting food waste in Lithuania?
6. How can Danish culinary schools teach students about sustainable waste handling?
7. What are some innovative waste management techniques used in Estonian culinary arts?
8. How do Icelandic restaurants collaborate with local communities to manage food waste?
9. What role does government policy play in waste handling in Latvian culinary arts?
10. How can Lithuanian restaurants reduce their environmental impact through better waste handling?
11. What are the benefits of food waste audits in Danish kitchens?
12. How can Estonian culinary professionals educate their teams about waste reduction?
13. What are the challenges of implementing zero waste practices in Icelandic restaurants?
14. How can Latvian culinary arts students learn about sustainable waste management?
15. What are the future trends in waste handling for Lithuanian culinary professionals?

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: WASTE HANDLING IN NO LEFTOVER CULINARY ARTS

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

CES Warren. (2024). Reducing Food Waste. Available at

<https://www.youtube.com/watch?v=IhfXaekh04Y>

European Commission. Food Waste, Available at

https://food.ec.europa.eu/safety/food-waste_en

Video: Financial Times. (2020). The restaurants moving towards zero waste | FT Food Revolution

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

Gunnerød, S. (2019). No Waste Cooking – An Exploration of Politics as Redistribution of the Sensible. *Nordic Journal of Art & Research*, 8(1). Available at

<https://doi.org/10.7577/information.3634>, also at

<https://journals.oslomet.no/index.php/ar/article/view/3634>

Kadri, K. et al. (2016). Food Leftover Practices among Consumers in Selected Countries in Europe, South and North America. Available at

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5302397/>

Nordic Council of Ministers. (2021). Great taste-zero waste.

Available at

<https://norden.lv/en/projects/sustainable-development/great-tastezero-waste/>

Nordic Council of Ministers. (2022). Lets not waste food. ISBN 978-92-893-7407-1

PDF, ISBN 978-92-893-7408-8 ONLINE, Available at

<http://dx.doi.org/10.6027/nord2022-020> and <https://pub.norden.org/nord2022-020/#>

Oklin. (2019). Nolla – the first zero waste restaurant in the Nordic region. Available at <https://oklininternational.com/nolla-the-first-zero-waste-restaurant-in-nordic/>

Video: Proverbs 31Woman CIC. (2023). 9 Ways restaurants can reduce food waste. <https://www.youtube.com/watch?v=8LFiPiZy-Xw>

ReFed. (2018). Restaurant Food Waste Action Guide. Available at

https://refed.org/downloads/Restaurant_Guide_Web.pdf