

DIGITAL COURSE WITH TRAINING MATERIALS  
AND TOOLS FOR ADULT EDUCATORS

# TOPIC 2

## SESSION PLAN FOR ADULT EDUCATORS

### NO LEFTOVER

# CONTEMPORARY RECIPES

## NORDIC & BALTIC CULINARY ARTS



Photo: by bambodesign from Getty Images Signature, Canva

Project ID: NPAD-2022/10049





## TOPIC 2

### SESSION PLAN FOR ADULT EDUCATORS

# NO LEFTOVER CONTEMPORARY RECIPES

## NORDIC & BALTIC CULINARY ARTS

### Denmark, Estonia, Iceland, Latvia, Lithuania

Optional Length: 90 MINUTES

#### Overview:

Participants will explore and create contemporary no leftover recipes inspired by Nordic and Baltic culinary traditions. The session blends modern culinary trends with sustainability practices, encouraging innovation. Through practical cooking exercises, participants will develop and present fusion dishes that minimize waste, applying modern techniques while staying true to the no leftover philosophy. Collaborative discussions will help refine ideas, leading to the creation of a contemporary no leftover menu.

#### Agenda:

- Introduction to Contemporary No Leftover Recipes (5 min)
- Understanding Modern Culinary Trends in Nordic and Baltic Regions (5 min)
- Practical Session: Innovating Contemporary Dishes (30 min)
- Development of Fusion Recipes (10 min)
- Group Collaboration: Creating a Modern No Leftover Menu (15 min)
- Presentation and Peer Review of Dishes (15 min)
- Individual Feedback and Evaluation (5 min)
- Conclusion and Next Steps (5 min)

#### Learning outcome:

Participants will be able to create innovative contemporary dishes using no leftover principles, integrating modern culinary trends with sustainable practices.

### STAGE: INTRODUCTION TO THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Introduce the concept of contemporary no-leftover recipes and how they've evolved in these countries.	Quick poll on familiarity with modern Nordic/Baltic cuisine.	Slideshow of contemporary dishes. use digital brochure and video on the contemporary recipes and assignment list with the questions.



## TOPIC 2

### SESSION PLAN FOR ADULT EDUCATORS

# NO LEFTOVER CONTEMPORARY RECIPES

## NORDIC & BALTIC CULINARY ARTS

Denmark, Estonia, Iceland, Latvia, Lithuania

### STAGE: UNDERSTANDING THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Discuss current trends in these countries' culinary scenes that emphasize no leftovers.	Q&A session to confirm understanding	Articles or blogs on contemporary culinary trends. Use digital brochures and videos.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Group activity to create a contemporary dish that uses all ingredients effectively.	Observation and feedback during the group activity.	Ingredients and modern cooking tools.

### STAGE: DEVELOPMENT OF THE TOPIC (10 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Discuss how to further innovate contemporary recipes to reduce waste.	Review group ideas for innovation.	Flipchart for ideas.



## TOPIC 2

### SESSION PLAN FOR ADULT EDUCATORS

# NO LEFTOVER CONTEMPORARY RECIPES

## NORDIC & BALTIC CULINARY ARTS

Denmark, Estonia, Iceland, Latvia, Lithuania

### STAGE: VALUE CREATION (15 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Design a menu featuring no-leftover contemporary recipes.	Peer assessment of the menus.	Menu planning templates.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Implement one of the menu items in a simulated environment or actual cooking demo.	Evaluate the dish based on presentation, taste, and waste minimization.	Cooking or simulation tools.

### STAGE: INDIVIDUAL FEEDBACK AND EVALUATION (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Provide individualized feedback on the creative process and execution.	Rubric-based feedback.	Feedback forms or digital feedback tools.

### STAGE: CONCLUSION (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Recap the session and preview the next one.	Collect final thoughts and questions. Conduct a brief exit survey to gather feedback on the session.	Closing slide. You can use digital brochures, videos, own materials.





## TOPIC 2

### SESSION PLAN FOR ADULT EDUCATORS

# NO LEFTOVER CONTEMPORARY RECIPES

## NORDIC & BALTIC CULINARY ARTS

Denmark, Estonia, Iceland, Latvia, Lithuania

### QUESTIONS ON THE TOPIC:

#### NO LEFTOVER NORDIC AND BALTIC CONTEMPORARY RECIPES: DENMARK, ESTONIA, ICELAND, LATVIA, LITHUANIA

1. How has the New Nordic Cuisine movement influenced contemporary Danish recipes?
2. What are some modern twists on traditional Estonian dishes?
3. How are Icelandic chefs incorporating sustainability into contemporary recipes?
4. How do contemporary Latvian recipes reflect global culinary trends?
5. What role do foraged ingredients play in contemporary Lithuanian cuisine?
6. How are traditional Danish dishes being reinvented in modern fine dining?
7. What are some popular contemporary desserts in Estonia?
8. How do Icelandic chefs balance tradition and innovation in their recipes?
9. What are some contemporary uses of ancient grains in Latvian cuisine?
10. How is fermentation being used in modern Lithuanian cooking?
11. What are the signature dishes of contemporary Danish cuisine?
12. How are contemporary Estonian chefs experimenting with Nordic flavors?
13. How do modern Icelandic recipes reflect the country's focus on local produce?
14. What are some examples of fusion cuisine in contemporary Latvian cooking?
15. How is technology influencing contemporary Lithuanian culinary 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 2

### SESSION PLAN FOR ADULT EDUCATORS

# NO LEFTOVER CONTEMPORARY RECIPES

## NORDIC & BALTIC CULINARY ARTS

Denmark, Estonia, Iceland, Latvia, Lithuania

#### RESOURCES ON THE TOPIC:

#### NO LEFTOVER NORDIC AND BALTIC CONTEMPORARY RECIPES: DENMARK, ESTONIA, ICELAND, LATVIA, LITHUANIA

Firstly, please review our designed brochures and videos on the traditional and contemporary recipes, preservation techniques and other.

**Bech-Larsen, T. , Mørk, T., Kolle, S. (2016).** New Nordic Cuisine: Is there another back to the future? – An informed viewpoint on NNC value drivers and market scenarios. Trends in Food Science & Technology. Volume 50, April 2016, Pages 249-253. Available at <https://www.sciencedirect.com/science/article/abs/pii/S0924224415300212>

**Latvia.eu (n/d)** "Latvian Modern Dishes" . available at <https://www.latvia.eu/arts-culture/latvian-cuisine/>

**Noma restaurant. (n/d).** "New Nordic Cuisine" by René Redzepi – Contemporary Danish cuisine from the Noma chef. Available at <https://noma.dk/>

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