

DIGITAL COURSE WITH TRAINING MATERIALS
AND TOOLS FOR ADULT EDUCATORS

TOPIC 5

SESSION PLAN FOR ADULT EDUCATORS

NO LEFTOVER SERVING

NORDIC & BALTIC CULINARY ARTS



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NO LEFTOVER SERVING TECHNIQUES

NORDIC & BALTIC CULINARY ARTS

Optional Length: 90 MINUTES

Overview:

This session focuses on serving strategies that align with the no leftover approach, emphasizing portion control and creative use of surplus ingredients. Participants will engage in practical exercises to design and implement waste-free serving techniques, ensuring that every dish served minimizes waste. Group activities will foster the development of innovative serving concepts, and presentations will allow for peer feedback and refinement of ideas.

Agenda:

- Introduction to No Leftover Serving Strategies (5 min)
- Understanding Portion Control and Presentation (5 min)
- Practical Session: Creative Serving Techniques (30 min)
- Development of Serving Plans for Various Menus (10 min)
- Group Activity: Designing No Leftover Serving Concepts (15 min)
- Presentation and Peer Review of Serving Techniques (15 min)
- Individual Feedback and Evaluation (5 min)
- Conclusion and Next Steps (5 min)

Learning outcome:

Participants will design and execute serving strategies that align with the no leftover philosophy, ensuring portion control and creative use of surplus ingredients to prevent waste.

STAGE: INTRODUCTION TO THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Introduce no leftover serving techniques, emphasizing portion control and presentation.	Discussion on current serving practices.	Video or infographic on portion control and style. You can use our developed brochure and video on serving techniques.



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Denmark, Estonia, Iceland, Latvia, Lithuania

STAGE: UNDERSTANDING THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Explain the benefits of proper portioning and creative plating.	Short quiz on serving techniques.	E-form, handout or oral question on serving guidelines.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Practical demonstration of portion control and plating for no leftover serving.	Immediate feedback on participants' plating techniques.	Ingredients and plating tools.

STAGE: DEVELOPMENT OF THE TOPIC (10 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
•Discuss and brainstorm innovative serving ideas that minimize leftovers.	Review and discuss the feasibility of ideas.	E-notes, flipchart for ideas.



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STAGE: VALUE CREATION (15 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Design a serving strategy for a no leftover meal.	Peer review of the strategies.	Strategy templates.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Implement the serving strategy in a simulated environment.	Evaluate based on portion accuracy and presentation.	Serving tools and equipment.

STAGE: INDIVIDUAL FEEDBACK AND EVALUATION (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Provide personalized feedback on serving techniques.	Rubric-based evaluation.	Feedback forms, oral form.

STAGE: CONCLUSION (5 MIN)

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



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RESOURCES ON THE TOPIC: NO LEFTOVER SERVING

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

Criswell, W. (2023). A Guide to Reducing Food Waste for Contract Caterers. Available at <https://blog.winnowsolutions.com/a-guide-to-reducing-waste-for-contract-caterers>

German Environment Agency. (2016). Prevention of food waste in the catering sector. Available at https://www.umweltbundesamt.de/sites/default/files/medien/376/publikationen/prevention_of_food_waste_in_the_catering_sector_bf.pdf

Petty, L. (2016). 17 Ways to Reduce Food Waste in Your Restaurant. Available at <https://www.highspeedtraining.co.uk/hub/restaurant-food-waste/>

Talwar, Sh. et al. (2021). Food waste reduction and taking away leftovers: Interplay of food-ordering routine, planning routine, and motives. *International Journal of Hospitality Management* Volume 98, September 2021, 103033. Available at <https://www.sciencedirect.com/science/article/pii/S0278431921001766> and <https://doi.org/10.1016/j.ijhm.2021.103033>

European Commission. Food Waste, Available at https://food.ec.europa.eu/safety/food-waste_en

Vizotto, F., Testa, F., Iraldo, F. (2021). Strategies to reduce food waste in the foodservices sector: A systematic review. *International Journal of Hospitality Management* 95:102933. DOI:10.1016/j.ijhm.2021.102933. Available at <https://www.sciencedirect.com/science/article/abs/pii/S0278431921000761?via%3Dihub>

Watkins, N. (2022). The Secret Life of Leftovers. available at <https://www.thenewatlantis.com/publications/secret-life-leftovers>

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