

DIGITAL COURSE WITH TRAINING MATERIALS
AND TOOLS FOR ADULT EDUCATORS

TOPIC 8

SESSION PLAN FOR ADULT EDUCATORS

NO LEFTOVER PLANNING

NORDIC & BALTIC CULINARY ARTS



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Optional Length: 90 MINUTES

Overview:

Participants will learn to create comprehensive, waste-free culinary plans, covering menu development, inventory management, and event planning. The session includes practical exercises where participants design no leftover plans for various culinary scenarios, ensuring minimal waste at every stage of the process. Through group collaboration, they will develop strategies for planning successful no leftover events and operations, with peer feedback helping to refine and optimize their plans.

Agenda:

- Introduction to No Leftover Planning Techniques (5 min)
- Overview of Menu Planning and Inventory Management (5 min)
- Practical Session: Creating a No Leftover Plan (30 min)
- Development of Comprehensive Planning Strategies (10 min)
- Group Activity: Planning for a No Leftover Event (15 min)
- Presentation and Peer Review of Plans (15 min)
- Individual Feedback and Evaluation (5 min)
- Conclusion and Next Steps (5 min)

Learning outcome:

Participants will design comprehensive, waste-free culinary plans, incorporating menu development, inventory management, and event planning techniques to achieve no leftover goals.

STAGE: INTRODUCTION TO THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Introduce the importance of planning in achieving no leftover culinary goals.	Discussion on current planning practices.	Video on the role and techniques, strategies of planning in reducing food waste.



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STAGE: UNDERSTANDING THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Discuss essential planning techniques, such as menu planning and inventory management.	Q&A to assess understanding.	Handouts on planning techniques.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Group activity to create a detailed no leftover plan for a hypothetical restaurant.	Feedback on group plans.	Planning templates and tools. Video and digital brochure on no leftover planning.

STAGE: DEVELOPMENT OF THE TOPIC (10 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Research, analyse and brainstorm on additional planning strategies that could reduce waste.	Review and discuss ideas.	Flipchart for notes. Research database, video and digital brochure on no leftover planning.



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STAGE: VALUE CREATION (15 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Develop a full-scale plan for a no leftover culinary event.	Peer review of plans.	Event planning templates. Video and brochure on no leftover planning, assignment.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Present and simulate the implementation of the plan.	Evaluate based on practicality and waste reduction potential.	Simulation tools or digital planning software.

STAGE: INDIVIDUAL FEEDBACK AND EVALUATION (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Provide feedback on the planning process and final plan.	Rubric-based evaluation.	Feedback forms, digital feedback tools, oral questioning.

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 exercise. 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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QUESTION ON THE TOPIC: NO LEFTOVER PLANNING

1. How can Danish households plan meals to ensure no food is wasted?
2. What are some strategies for Estonian chefs to plan menus with no leftover ingredients?
3. How can Icelandic catering companies plan events to minimize food waste?
4. What role does seasonal planning play in reducing food waste in Latvian kitchens?
5. How can Lithuanian families incorporate meal planning to avoid leftovers?
6. What are some effective tools for planning no leftover meals in Denmark?
7. How can Estonian schools plan their meals to minimize food waste?
8. What are the best practices for Icelandic restaurants to plan for zero food waste?
9. How can Latvian food planners ensure that all ingredients are fully utilized?
10. What role does portion control play in planning no leftover meals in Lithuania?
11. How can Danish communities plan food-sharing events to avoid waste?
12. What are some tips for Estonian home cooks to plan meals with no leftovers?
13. How can Icelandic food producers plan their harvests to reduce surplus?
14. How can Latvian chefs plan their menus to be flexible with leftover ingredients?
15. What role does collaboration play in Lithuanian food planning to reduce waste?

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: NO LEFTOVER PLANNING

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

“Food Saving Events”. (n/d). Event Catering Food Waste Reduction Guideline. Available at https://eu-refresh.org/sites/default/files/Food_Saving_Event_Guide.pdf

Healthy Eating on a Budget. (n/d.) Available at https://uoftshine.weebly.com/uploads/2/4/7/0/24704446/food_budget_and_meal_planning_guide.pdf

National Food Chain Safety Office. (n/d). Good Practice Waste Reduction Catering. Available at https://maradeknelkul.hu/wp-content/uploads/2023/05/MN_good_practices_catering_2.pdf

National Restaurant Association. (n/d). Chapter 2, Menu Management. Available at https://textbooks.restaurant.org/Textbooks/media/fmrca/FRMCA2_L02_Ch02.pdf

Philadelphia Department of Public Health. Health Promotion Council. (n/d). Meal Planning Guide. Available at <https://www.phila.gov/media/20200218125216/Menu-Planning-Toolkit.pdf>

Tromp, M. (2021). How to reduce food waste in public catering units?

– A case study at twelve school canteens in Sala municipality, Sweden. Available at https://stud.epsilon.slu.se/16542/1/tromp_m_210318.pdf

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