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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Nordplus



TOPIC 8 SESSION PLAN FOR ADULT EDUCATORS

NO LEFTOVER PLANNING

NORDIC & BALTIC CULINARY ARTS

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	Discussion on current planning	Video on the role and			
of planning in achieving no leftover culinary goals.	practices.	techniques, strategies of planning in			
, 3		reducing food waste.			



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STAGE: UNDERSTANDING THE TOPIC (5 MIN)

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

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

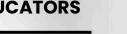
LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT	RESOURCES:			
	FOR LEARNING:				
Group activity to create a detailed	Feedback on group	Planning templates			
no leftover plan for a hypothetical	plans.	and tools. Video and			
restaurant.		digital brochure on no			
		leftover planning.			

STAGE: DEVELOPMENT OF THE TOPIC (10 MIN)

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



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STAGE: VALUE CREATION (15 MIN)

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

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

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

STAGE: INDIVIDUAL FEEDBACK AND EVALUATION (5 MIN)

	LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT	RESOURCES:
		FOR LEARNING:	
\vdash	Provide feedback on the planning	Rubric-based evaluation	Feedback forms,
	process and final plan.		digital feedback tools,
	process and interplant		oral questioning.
			or an quissurer in ig.

STAGE: CONCLUSION (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT	RESOURCES:
	FOR LEARNING:	
Summarize the session's key points	Final questions and	Closing slide. Use can
and introduce the next topic.	reflection exercise.	use digital brochures,
	Conduct a brief exit	videos, own materials.
No.	survey to gather	-
	feedback on the session.	



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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
radiation	onal ar	nd contemp	orary	recipes.							

"Food Saving Events". (n/d). Event Catering Food Waste Reduction Guideline. Available at https://eurefresh.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 athttps://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.

