

DIGITAL COURSE WITH TRAINING MATERIALS
AND TOOLS FOR ADULT EDUCATORS

TOPIC 1

SESSION PLAN FOR ADULT EDUCATORS

NO LEFTOVER TRADITIONAL RECIPES

NORDIC & BALTIC CULINARY ARTS



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NO LEFTOVER TRADITIONAL RECIPES

NORDIC & BALTIC CULINARY ARTS

Denmark, Estonia, Iceland, Latvia, Lithuania

Optional Length: 90 MINUTES

Overview:

This session explores traditional no leftover recipes from Denmark, Estonia, Iceland, Latvia, and Lithuania, focusing on preserving culinary heritage while minimizing waste. Participants will engage in hands-on preparation, learn about regional techniques, and create creative variations of these recipes. Through collaborative discussions and tasting sessions, they will understand the cultural significance and practical applications of these dishes in a sustainable kitchen environment.

Agenda:

- Introduction to Traditional No Leftover Recipes (5 min)
- Exploring Regional Recipes and Techniques (5 min)
- Hands-on Preparation of Traditional Recipes (30 min)
- Development of Creative Variations (10 min)
- Group Discussion: Value of Preserving Culinary Heritage (15 min)
- Presentation and Tasting Session (15 min)
- Individual Feedback and Evaluation (5 min)
- Conclusion and Next Steps (5 min)

Learning outcome:

Participants will gain expertise in preparing traditional no leftover recipes from Denmark, Estonia, Iceland, Latvia, and Lithuania, preserving cultural culinary practices while minimizing food waste.

STAGE: INTRODUCTION TO THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Brief overview of traditional recipes from the specified countries that historically minimized waste. Discuss how these recipes can inspire modern no-leftover culinary practices.	Quick survey on familiarity with these countries' cuisines.	Infographics or slides, videos and brochure with images and descriptions of traditional recipes.



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STAGE: UNDERSTANDING THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Discuss common themes across these countries' traditional recipes, focusing on their no-waste principles.	Short Q&A to reinforce understanding.	Recipe book and videos excerpts or cultural notes on traditional culinary practices.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Group discussion on adapting these traditional recipes to modern cooking. Practical demonstration of one or two recipes.	Observe and provide feedback on group discussions and practical work.	Ingredients and cooking equipment for the demonstration.

STAGE: DEVELOPMENT OF THE TOPIC (10 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Brainstorm on how to incorporate these traditional recipes into modern meal planning.	Review ideas and provide constructive feedback.	Infographics or slides, videos and brochure with images and descriptions of traditional recipes.



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STAGE: VALUE CREATION (15 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Create a meal plan incorporating these traditional no-leftover recipes.	Peer review of meal plans.	Meal planning templates.

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

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Test the meal plans through simulation or cooking demonstration.	Evaluate the outcome based on a rubric.	Cooking facilities or simulation tools.

STAGE: INDIVIDUAL FEEDBACK AND EVALUATION (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Provide feedback on the practical application of the traditional recipes.	Use a rubric or checklist for evaluation.	Feedback forms.

STAGE: CONCLUSION (5 MIN)

LEARNING ACTIVITY / TASK:	METHODS OF ASSESSMENT FOR LEARNING:	RESOURCES:
Summarize the session and introduce the next topic.	Open for final questions and conduct a brief exit survey. Conduct a brief exit survey to gather feedback on the session.	Summary slide or page from the brochure and assignments



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QUESTIONS ON THE TOPIC:

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

1. What are some of the most iconic traditional dishes from Denmark?
2. How does Estonian cuisine reflect its history and cultural influences?
3. What ingredients are commonly used in traditional Icelandic dishes?
4. How do Latvian traditional recipes incorporate seasonal ingredients?
5. What role do dairy products play in Lithuanian traditional cuisine?
6. How is fish traditionally prepared and served in Icelandic cuisine?
7. What are some traditional Danish desserts, and what occasions are they associated with?
8. How do Estonian traditional recipes utilize wild berries and mushrooms?
9. What are some Latvian bread varieties, and how are they traditionally baked?
10. How is meat typically prepared in Lithuanian traditional recipes?
11. What are the traditional cooking methods used in Denmark, and how do they differ from those in the other Baltic countries?
12. How has the use of rye influenced traditional recipes across these five countries?
13. What are the typical spices and herbs used in traditional Estonian cooking?
14. How do Icelandic traditional recipes reflect the country's geographic isolation?
15. What are the key differences and similarities between Latvian and Lithuanian traditional recipes?

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:

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HISTORY AND EVOLUTION OF NORDIC/BALTIC CUISINE:

Nordic Council of Ministers, Nordic Council of Ministers Secretariat .(2015). The emergence of a new nordic food culture: Final report from the program New Nordic Food II, 2010–2014 Available at <https://norden.diva-portal.org/smash/record.jsf?pid=diva2%3A854695&dswid=-6404>
Detailed exploration of the New Nordic Food movement and its cultural impact.

Nordic Council of Ministers, Nordic Council of Ministers Secretariat .(n/d). The emergence of a new nordic food culture. Available at <https://www.norden.org/en/news/emergence-new-nordic-food-culture>

Nordics.com. (2108). "History of Nordic Cuisine". Available at <https://www.nordics.com/2018/08/11/history-of-nordic-cuisine/>
Overview of the historical influences and the evolution of Nordic cuisine, emphasizing the continuity from Viking to modern times.

The Culinary Pro. (n/d). "Nordic and Scandinavian Cuisines". Available at <https://www.theculinarypro.com/nordic-and-scandinavian-cuisines>
Overview of traditional and modern Scandinavian cuisines, highlighting key ingredients and cooking methods.

TRADITIONAL NORDIC AND BALTIC RECIPES: DENMARK, ESTONIA, ICELAND, LATVIA, LITHUANIA:

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

Baltic Sea Cuisine. (n/d). Available here <https://balticseaculinary.com/baltic-sea-cuisine>

Description and collected recipes of all 3 Baltic countries and other Scandinavian countries.

Icelandic Food. (n/d). "Icelandic Food: Tradition and Regional Dishes". Available at <https://icelandicfood.is/>

A focus on traditional Icelandic dishes. [Icelandic Food](#)

Lotuvos nacionalinis kultūros centras. (n/d). "Lithuanian Traditional Foods. Available at http://www.lnkc.lt/eknygos/eka/food/intro_food.html

A collection of traditional Lithuanian recipes and their historical context.



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RESOURCES ON THE TOPIC:

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TRADITIONAL NORDIC AND BALTIC RECIPES: DENMARK, ESTONIA, ICELAND, LATVIA, LITHUANIA:

Nilsson, Magnus. (2015). "The Nordic Cookbook" An extensive collection of traditional Nordic recipes. Available for purchase here: <https://www.booksforchefs.com/es/libros-alta-cocina/213-the-nordic-cookbook.html>

The Association of Latvian Rural Tourism "Lauku ceļotājs" (2014). Traditional and modern Latvian Foods and Beverages. Baltic Country Holidays. Available at https://www.celotajs.lv/cont/publ/LatviesuEdieni2014/pdf/LatviesuEdieni2014_en.pdf

Latvia Travel. (2012). The Flavours of Latvia."Latvian Traditional Foods". Available at <https://www.latvia.travel/en/flavours-latvia>

Viking, J. (n/d). "Icelandic Traditional Food" . Available at <https://reykjavikout.is/traditional-icelandic-food/>

A guide to Iceland's most famous traditional dishes like fermented shark and skyr.

Visitestonia.com (n/d) "Estonian Food Culture and Traditional Recipes". Available at <https://www.visitestonia.com/en/an-introduction-to-estonian-cuisine>

Focus on traditional Estonian dishes and their cultural significance.