

DIGITAL COURSE WITH TRAINING MATERIALS
AND TOOLS FOR ADULT EDUCATORS

TOPIC 5

ASSIGNMENT

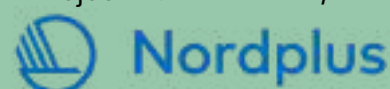
NO LEFTOVER SERVING

NORDIC & BAL TIC CULINARY ARTS



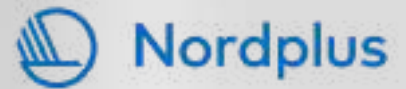
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Project ID: NPAD-2022/10049





TOPIC 5



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:	RESOURCES:
Introduce no leftover serving techniques, emphasizing portion control and presentation.	Video or infographic on portion control and style. You can use our developed brochure and video on serving techniques.

TOPIC 5
ASSIGNMENT

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Denmark, Estonia, Iceland, Latvia, Lithuania

STAGE: UNDERSTANDING THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	RESOURCES:
Explain the benefits of proper portioning and creative plating.	E-form, handout or oral question on serving guidelines.

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

LEARNING ACTIVITY / TASK:	RESOURCES:
Practical demonstration of portion control and plating for no leftover serving.	Ingredients and plating tools.

STAGE: DEVELOPMENT OF THE TOPIC (10 MIN)

LEARNING ACTIVITY / TASK:	RESOURCES:
•Discuss and brainstorm innovative serving ideas that minimize leftovers.	E-notes, flipchart for ideas.



TOPIC 5



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STAGE: VALUE CREATION (15 MIN)

LEARNING ACTIVITY / TASK:	RESOURCES:
Design a serving strategy for a no leftover meal.	Strategy templates.

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

LEARNING ACTIVITY / TASK:	RESOURCES:
Implement the serving strategy in a simulated environment.	Serving tools and equipment.

STAGE: INDIVIDUAL FEEDBACK AND EVALUATION (5 MIN)

LEARNING ACTIVITY / TASK:	RESOURCES:
Provide personalized feedback on serving techniques.	Feedback forms, oral form.

STAGE: CONCLUSION (5 MIN)

LEARNING ACTIVITY / TASK:	RESOURCES:
Summarize the session and introduce the next topic.	Closing slide. You can use digital brochures, videos, own materials.



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QUESTIONS ON THE TOPIC: NO LEFTOVER SERVING

1. How can portion control during serving reduce food waste in Danish restaurants?
2. What are some traditional Estonian serving practices that help avoid leftovers?
3. How do Icelandic hosts ensure that no food is wasted during family meals?
4. What are the best strategies for serving food in Latvia to minimize waste?
5. How do Lithuanian cultural practices influence serving sizes to reduce leftovers?
6. How can buffet-style serving be optimized in Denmark to avoid food waste?
7. What role does plating play in reducing leftovers in Estonian cuisine?
8. How do communal meals in Iceland encourage the sharing of food to avoid waste?
9. What are some Latvian customs related to serving food that minimize leftovers?
10. How do Lithuanian traditions handle leftover food after a large meal?
11. How can serving sizes be adjusted in Danish schools to prevent food waste?
12. What are some tips for Estonian caterers to serve food with no leftovers?
13. How do family-style meals in Iceland help reduce food waste during serving?
14. What are the best practices for serving food at Latvian festivals to avoid waste?
15. How can Lithuanian chefs design their menus to ensure that all food served is consumed?

Comment: these questions are provided in the set of session plans on the same topic.

Recommendation: You can always change the details of the questions: countries, type, etc;



TOPIC 5
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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>

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