

## GASTRONOMY – GREEN SKILLS FOR A SUSTAINABLE CUISINE

### 1. Job shadowing summary:

*Detailed breakdown of the job shadowing structure, including modules, sessions, and timelines.*

#### **PROGRAM EXAMPLE**

##### **Day 1: travel (arrival)**

##### **Day 2: Introduction and Orientation**

###### **Morning activities:**

###### **Welcome and Orientation**

Introduction to the program, objectives, and to the key concepts of the green and sustainable approach in the culinary sector. Overview of the VET centres and companies to be visited.

###### **VET Centre Visit 1:**

Guided tour of an ENAIP Vocational Education and Training (VET) centre, specialised in food preparation training. Participants engage with staff and students, discussing educational approaches and training strategies.

###### **Lunch Break**

###### **Afternoon activities:**

###### **Workshop on Food Waste reduction:**

Theoretical session focusing on the impact of food waste on the ecosystem, presentation of tools and digital resources available to calculate the environmental impact of food preparation, presentation of practices and strategies to make it more sustainable.

##### **Day 3: VET Centre 2, Company Visit and cooking LAB**

###### **Morning activities:**

###### **VET Centre Visit 2:**

Visit to another ENAIP VET centre specialised in food preparation training. Participants will observe classes and participate in discussions with trainers.

###### **Anti-Food waste LAB training:**

Joint cooking experience with ENAIP trainers who have experience in sustainable practices in food preparation.

###### **Lunch Break**

###### **Afternoon activities:**

###### **Company Visit 1:**

Guided tour of a local partner company that excels for circular and sustainable practices in the agri-food sector.

##### **Day 4: Company Visit and Final Workshop**

###### **Morning activities:**

###### **Company Visit 2:**

Guided tour of a local partner company that excels for circular and sustainable practices in the agri-food sector.

###### **Lunch Break**

###### **Afternoon activities:**

###### **Final Workshop and Reflection Session:**

Participants will consolidate their learning, share insights, and work on a sustainable recipe for implementing 'green skills' and food waste reduction strategies in their own local training.

#### **Day 5: travel (departure)**

*Overview of the topics covered and the skills/knowledge participants will gain.*

***The program is focused on sustainable practices in the food preparation training and catering sector, specifically targeting food waste reduction, resource management, and local products of the Mediterranean Cuisine.***

#### **Topics Covered:**

- Responsible approach to the issue of food waste in the food preparation training and catering sector
- Management and use of raw materials, surpluses and leftovers
- Circular practices in planning recipes and menus
- Valorisation of seasonal and local products of the Mediterranean Cuisine
- Training students against food waste

#### **Skills/Knowledge Gained:**

- Understanding of causes and consequences of food waste.
- Practical knowledge of food waste reduction techniques in training and professional settings
- Deepen knowledge of seasonal, local Mediterranean cuisine.
- Enhanced intercultural communication skills through interaction with foreign colleagues

*Explanation of the methodology or spreading information approach used during the job shadowing.*

#### **Interactive Learning:**

Participants engage in hands-on activities during workshops and site visits, promoting active learning and real-world application of concepts.

#### **Peer Learning:**

Interaction with international colleagues at VET centres and companies encourages exchange of ideas and collaborative learning.

#### **Practice:**

Practical LAB sessions help participants to experiment sustainable practices in food preparation.

### **2. Job shadowing learning outcomes:**

*Clear identification of the skills, knowledge, and competencies participants will acquire.*

#### **1. Competencies**

- **Sustainability Planning and Implementation:** Design and execute sustainability initiatives within culinary settings, such as reducing food waste and managing resources efficiently.
- **Cultural Competence in Mediterranean Cuisine:** Understanding of the cultural and regional significance of Mediterranean cuisine and how to incorporate traditional methods and ingredients sustainably.
- **Team Training and Engagement in Sustainability:** Effectively lead sustainability practices in culinary operations and train students to green approaches
- **Intercultural Competence:** Interact, communicate and exchange with peers from diverse cultural backgrounds, developing new professional networks.

#### **2. Skills**

- Implement strategies to reduce food waste, such as portion control, repurposing leftovers, and precise ingredient measurements.

- Create recipes with local and seasonal ingredients, particularly with traditional Mediterranean products.
- Effectively train students in sustainable and circular practices, and food waste reduction.

### 3. Knowledge

- Basic knowledge of traditional Mediterranean ingredients, dishes, and cooking methods, with a focus on how these can be made sustainable.
- Environmental consequences of culinary activities, including carbon footprints, food miles, and the ecological benefits of plant-based diets.
- Sustainable culinary practices, including the use of organic, locally sourced, and seasonal products.

*Measurable objectives to assess the effectiveness of the job shadowing.*

**Objective 1:** Development of an innovative sustainable recipe to be realised at their sending organisation.

**Objective 2:** Improved understanding of sustainable practices in food preparation through contributions to group discussions and workshops.

**Objective 3:** Self-assessment of an improved ability to apply and teach green techniques in food preparation.

### 3. Participants requirements:

*List of prerequisites, if any, for attendees to make the most of the job shadowing.*

**English B1 level is recommended.**

**Professional Experience:**

Professional cooking and training in the field of catering.

*Technical specifications or equipment needed for participation (if applicable).*

**Personal Devices:**

Laptop or tablet for notetaking and participating in some interactive sessions.

Participants should bring their own PPE (clothing and shoes).

*Any recommended background knowledge or experience.*

**Basic Understanding of Food Waste issue**

**Experience with Group Work**

### 4. Validation:

*Assessment criteria or methods to validate participants' learning.*

**Participation and Engagement** in discussions, workshops, and site visits will be observed and evaluated.

**Development of a recipe** according to the principles of sustainability, circularity, and food waste reduction.

*Explanation of how achievements will be recognized or certified.*

**Certificate of Attendance**

**Europass Mobility** (if required by sending organisation).

*Opportunity for feedback and evaluation of the course content and delivery.*

At the end of the program, participants will complete a feedback questionnaire evaluating the content, delivery, and overall experience.