

02



HEALTHY KITCHEN - ECO PRODUCTS, SLOW FOOD

Workshop scenario

COURSE OF THE WORKSHOP

1. Welcoming the group. Presentation of yourself.
2. Getting to know the participants - the game.
3. Multimedia presentation - training materials.
4. Completion of the training.

1. WELCOMING THE GROUP - a place to say a few words about yourself, your experience and the goals of the training. Defining key elements and determining the target point - with what knowledge will everyone come out after the training.

2. GETTING TO KNOW THE PARTICIPANTS- THE GAME

- AIM: consolidation of the names of the participants.
- MATERIALS: small ball or small throwing element
- DURATION: 2 – 8 min.

THE TRAINER WRITES DOWN UNFINISHED SENTENCES ON THE FLIPCHART:

My name is
I am(profession) and I work in the field since
My favourite cuisine is.....

The participant presents himself by developing the sentences.

When all the people present themselves according to the scheme written on the flipchart, the trainer asks participants to create a circle from chairs and take places (the room can be prepared earlier and chairs arranged by the trainer). One of the people receives a ball or a small object and throws it to another participant and calls his name whilst throwing. The person who caught the ball throws it to the next, etc. We throw the ball until we remember all the names. If someone throws the name wrong, then you should not catch the ball. We introduce ourselves once more and the person throwing starts the game from scratch.

The effect at the end of the exercise - the group should know their names, as well as break down the barriers to entering the new environment.

3. MULTIMEDIA PRESENTATION - conducted by the trainer, including work cards and exercises indicated in the presentation (they are an attachment to the material). The material demonstrates the possibility of discussing the topic with the use of a framework substantive presentation. In addition to the professional knowledge presented in the slides, one should pay attention to several screens in which the participants are actively involved:

- **SLIDE 7:** Work card. Each participant completes the card. It is important to work out proposals for change and discuss ideas together with the group.
- **SLIDE 10:** Work card. To be distributed to each participant. The trainer discusses the presented eating pyramids. Showing changes and different approaches at the turn of the last 100 years.
- **SLIDE 13:** Additional content for the trainer: To some extent, this is the case, but without cooking or baking, after all, there would be no culinary art. Without preservation we would not be able to store food in a safe way, we would not have a variety of food without processing. There is, however, a certain limit set by the culture of production and food consumption. Its crossing makes us think whether it is still authentic food or an industrial product.
- **SLIDE 21:** Additional content for the trainer: These are products rich in natural ingredients and vitamins, and their taste can be distinguished from products artificially "vitaminized" and "improved." However, their value is not determined by vitamins, proteins, carbohydrates and other components important for normal metabolism. They are valued for their high biological value, which formerly had natural products, produced in an uncontaminated environment.
- **SLIDE 24:** Work card. Examples of eco raw materials can be freely exchanged for a given group of participants. At the same time, it is worthwhile that the participants themselves add the raw materials known to them.
- **SLIDE 30:** Case study. This is an introductory text to the theme of slow food. After reading the text by the participants, the trainer begins a discussion about healthy eating, eco products, and certification of nutritional products. Case study is a knowledge base about places and spaces that have been awarded the slow food certificate. They can serve as an example of inspiration for participants and as a case study analysis.

Material includes the following:

- case study - regarding slow food,
- work cards - use for group work or individual participants. Each time the participants fill in the cards, the participants present their results. Depending on the size of the group, you can present the results of the work of all or randomly selected people.

4. COMPLETION OF TRAINING- thank you for participation. A reminder of the workshop objectives outlined at the beginning with a brief summary. Invitation to evaluate the training.