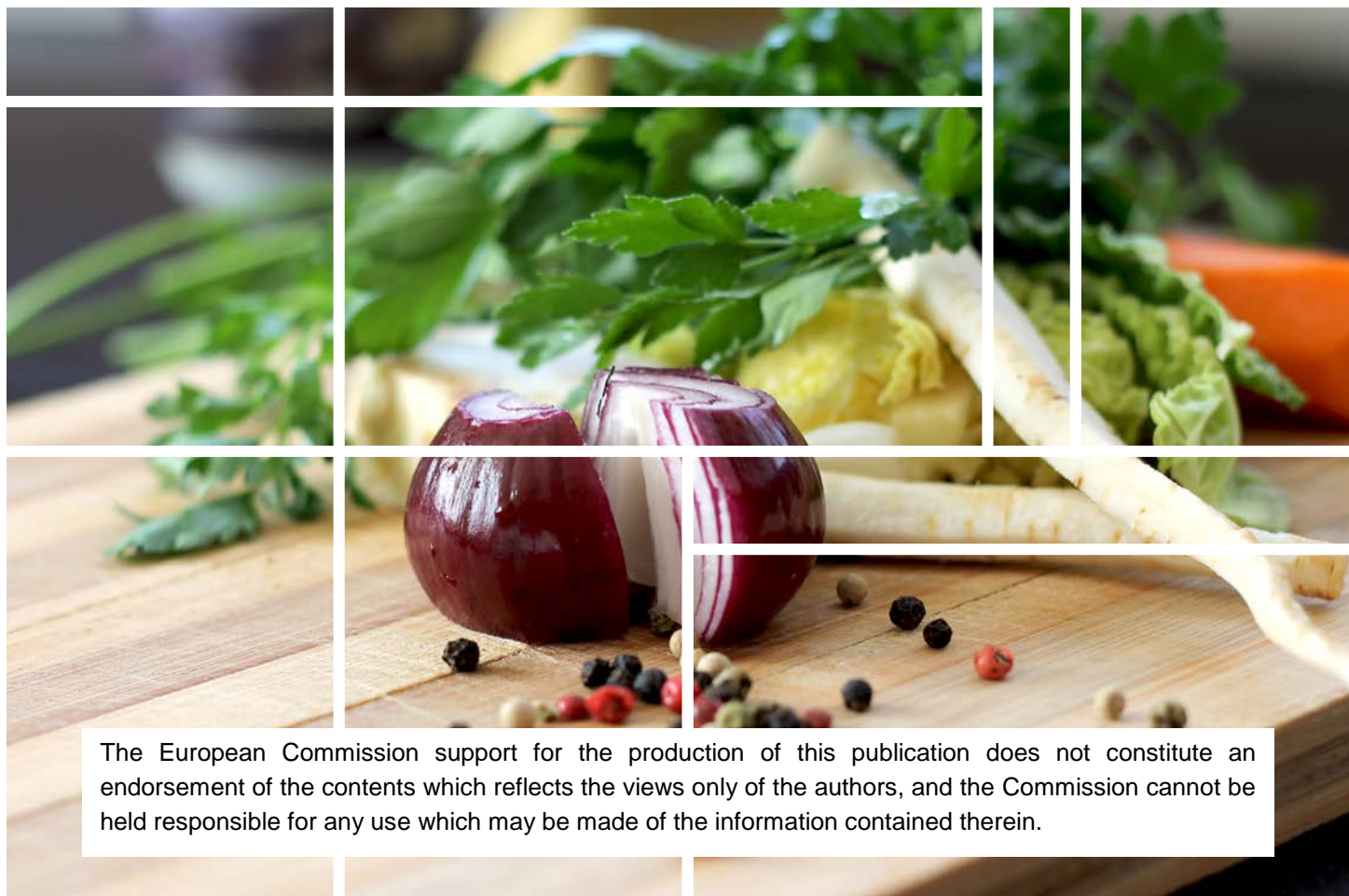




## PROJEKT REKUK

Vocation Training for Chefs and Executive Chefs of Large-Scale Kitchens in Sustainable Food and Kitchen Management

# Module Foods Use Training Folder



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## EXERCISE FOOD

Methods to meet the task can be individual or group ones, discussion or brainstorming, homework, on workplace or in classroom, test, dialogue, discussion on chosen topic, elaboration of a sustainable development plan...

**Task 1:** Formulate the definition of “Sustainable Development” and derive the concept “Sustainable Food” from it.

**Task 2:** Name at least 5 cases of the intensive conventional farming being harmful to nature.


**Task 3:** Describe how production technology in intensive conventional plant cultivation and animal breeding positively or negatively affects the quality of food.

Positive effect on quality	Negative effect on quality

**Task 4:** List the possibilities how large scale kitchens can contribute to sustainable farming. List possible positive effects. Focus on the measures that are/could be implemented in your kitchen.

Possibilities of contributing to sustainable farming in a large-scale kitchen

**Task 5:** SWOT analysis of the implementation of sustainable food (use of organic, fresh, regional and seasonal food and decrease in meat portions)

*Students can elaborate a single summary analysis or partial analyses, for example, only for the organic food use criterion or the decrease in the proportion of meat criterion.*

SWOT analysis when implementing sustainability criteria	
Strengths	Weaknesses
Opportunities	Threats

**Task 6:** Which procedures and measures can bring CO<sub>2</sub> emissions savings in food production, processing and distribution, and in meal preparation in catering facilities?


**Task 7:** List the social and environmental benefits of implementing sustainable food (use of organic, fresh, regional and seasonal food and decrease in meat portions).

**Task 8:** Regional foods. Elaborate a list of 10 or more regional manufacturers of the most important foods used to prepare meals in public catering. List the suppliers of your kitchen.

List of regional suppliers	
Supplied raw material	Supplier

**Task 09:** Describe the benefits and disadvantages of purchasing food from regional manufacturers, supermarkets, or other forms of distribution. Think about how you would increase consumption of food from regional producers and regional food suppliers.

	Benefits	Disadvantages
<b>Producer</b>		
<b>Wholesaler</b>		
other		
<b>Concrete Measures:</b>		

**Task 10:** What are reasons to buy seasonal food?

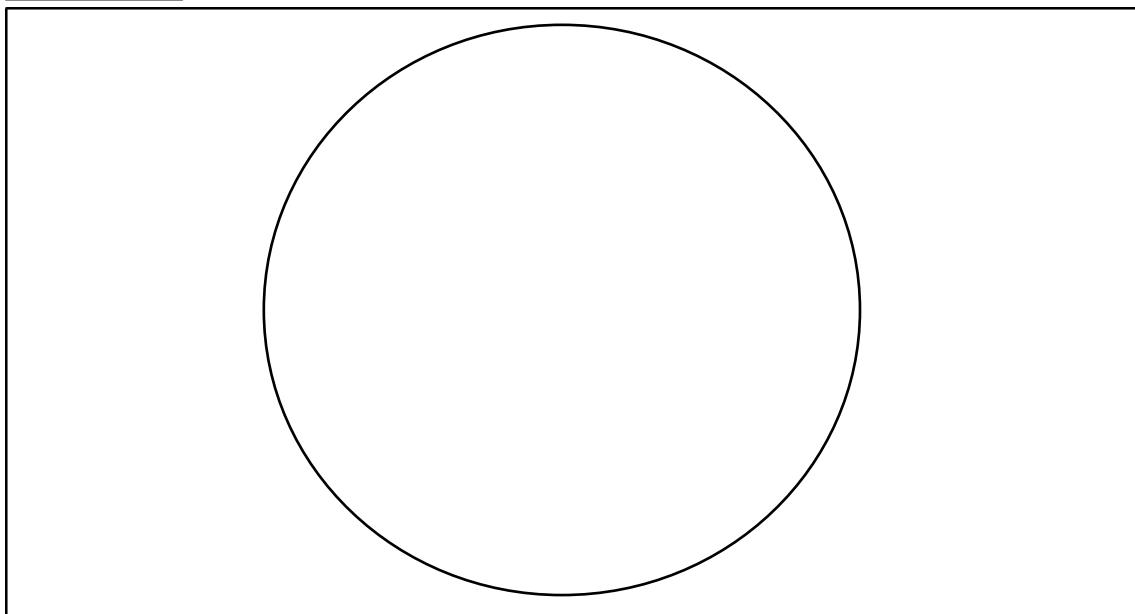
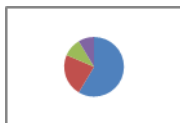
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**Task 11:** Seasonal fruits and vegetables. Choose the most commonly used home-made fruits and vegetables to prepare meals in your kitchen (10 kinds), find out their seasonality and according to the invoices from your kitchen, the season and off-season prices. Mark the kinds that are produced in the region by \*.

<i>Seasonal calendar of home-made fruits and vegetables</i>				
<i>Name</i>	<i>Season (months)</i>	<i>Price before the season</i>	<i>Price during the season</i>	<i>Price after the season</i>



**Task 12:** Express the percentage of basic foods (groups) in your kitchen (meat, milk, cereals, fruits, vegetables ...) in the form of a pie chart.



**Task 13:** Heritage crops. Name at least 5 alternative, less used crops to supplement or replace classic crops. Indicate their potential benefits (e.g. suitable for gluten-free diet). To accomplish this task, we will use literature, the Internet.

Heritage crops			
Name	Use	Benefits	Product price

**Task 14:** Name at least 3 benefits and 3 disadvantages of semi-finished products compared to freshly prepared meals:

Use of semi-finished products and ready meals in public catering	
Advantages	Disadvantages

**Task 15:** Organic food. Find out the prices of 5-10 organic foods and comparable them to conventional ones, and vice versa. (Use the internet, price lists or supermarket websites). Find at least 5 organic foods whose price is significantly higher compared to conventional foods.



**Task 16:** Organic food. Give reason why organic farming products are usually more expensive.


**Task 17:** Economic Calculation. Compare the costs of preparing pizza from semi-finished products and in own production (including corpora).

	<i><b>Pizza from semi-finished products</b></i>	<i><b>Pizza own production</b></i>	<b>Difference (%)</b>
<b>Labour costs</b>		11,58 €/hour	
<b>Operating costs</b>		3,437 Cent/kWh	
<b>Initial costs</b>	3 – 6 €	€/kg	
<b>TOTAL</b>			

**Task 18:** Economic Calculation. Compare the costs of preparing the side dish (frozen fries, fresh potato fries), specify how the side dish meets the sustainability criteria.

	<i><b>Frozen fries</b></i>	<i><b>Fries from fresh potatoes</b></i>	<b>Difference (%)</b>
<b>Labour costs</b>		11,58 €/hour	
<b>Operating costs</b>		3,437 Cent/kWh	
<b>Initial costs</b>	3 – 6 €	€/kg	
<b>TOTAL</b>			

## CHECKING THE KNOWLEDGE

1. Define the concept of sustainable development, explain the nature of sustainability
2. Ecological, social and economic aspects of persistence
3. Explain the principles of sustainable farming
4. Specify which parameters should the regional product meet
5. What are the benefits of using regional foods for the borders?
6. What is meant by the concept of seasonality?
7. What is the benefit of using seasonal foods for the boarder?
8. What is the benefit of using regional and seasonal foods for society?
9. Define the terms organic farming, organic business
10. Basic principles of plant cultivation in organic farming systems
11. Describe the welfare principles and the key practices of organic animal breeding
12. Differences between conventional and organic ways of food production
13. Explain the difference in terms organic product and organic food
14. What are the legislative supports for the production of organic food in the EU
15. Explain the differences between conventional and organic understanding of quality
16. Characterize the sensory properties of organic products
17. The technological quality of conventional and biological production?
18. Hygienic (health) quality of biological and conventional products
19. Identify basic differences in cereal quality from conventional and organic production
20. What are the differences between conventional potatoes and organic potatoes?
21. Organic vegetables and conventional vegetables - differences in production and quality?
22. The quality of organic fruits
23. Factors influencing the quality of animal organic products
24. Which EU regulations contain the certification principles?
25. Which organizations control production in organic farming
26. What is certification of organic production?
27. What is the importance of eco-labelling for the development of organic production?
28. Principles of organic processing of organic production
29. Storage and transport of sustainable production
30. Recommended or permitted processing procedures for food production
31. Prohibited operations in the production of organic food
32. Production of organic food, use of additives and auxiliaries and raw materials of agricultural origin not from organic farming

33. Factors influencing the market with regional products and organic products
34. Prerequisites for the direct sale of sustainable production
35. Forms of direct sale of sustainable production
36. Sale prerequisites on weekly and specialized markets
37. Organic food in regular shops, health food stores, etc.
38. Organic food in supermarkets

### 1.1.1 Topics for individual works - examples

(note: students can propose their own topic in accordance with the course curriculum)

1. Survey on knowledge of basic concepts of food production
2. Assessing differences in sensory quality of selected regional, seasonal and organic products and conventional products
3. Evaluation of impacts of the sensory properties of selected organic products on customer
4. Proposal of technological quality parameters for the selected organic product
5. Survey on the interest of the boarders in the selected product
6. Problems of direct food sales (selected product)
7. Strategy for expanding the market with regional, seasonal and organic products in cooperation with chain stores.
8. Survey on the availability of selected regional and seasonal foods
9. Evaluation of price ranges between selected conventional and sustainable products
10. Proposal of motivational steps for sustainable food consumption