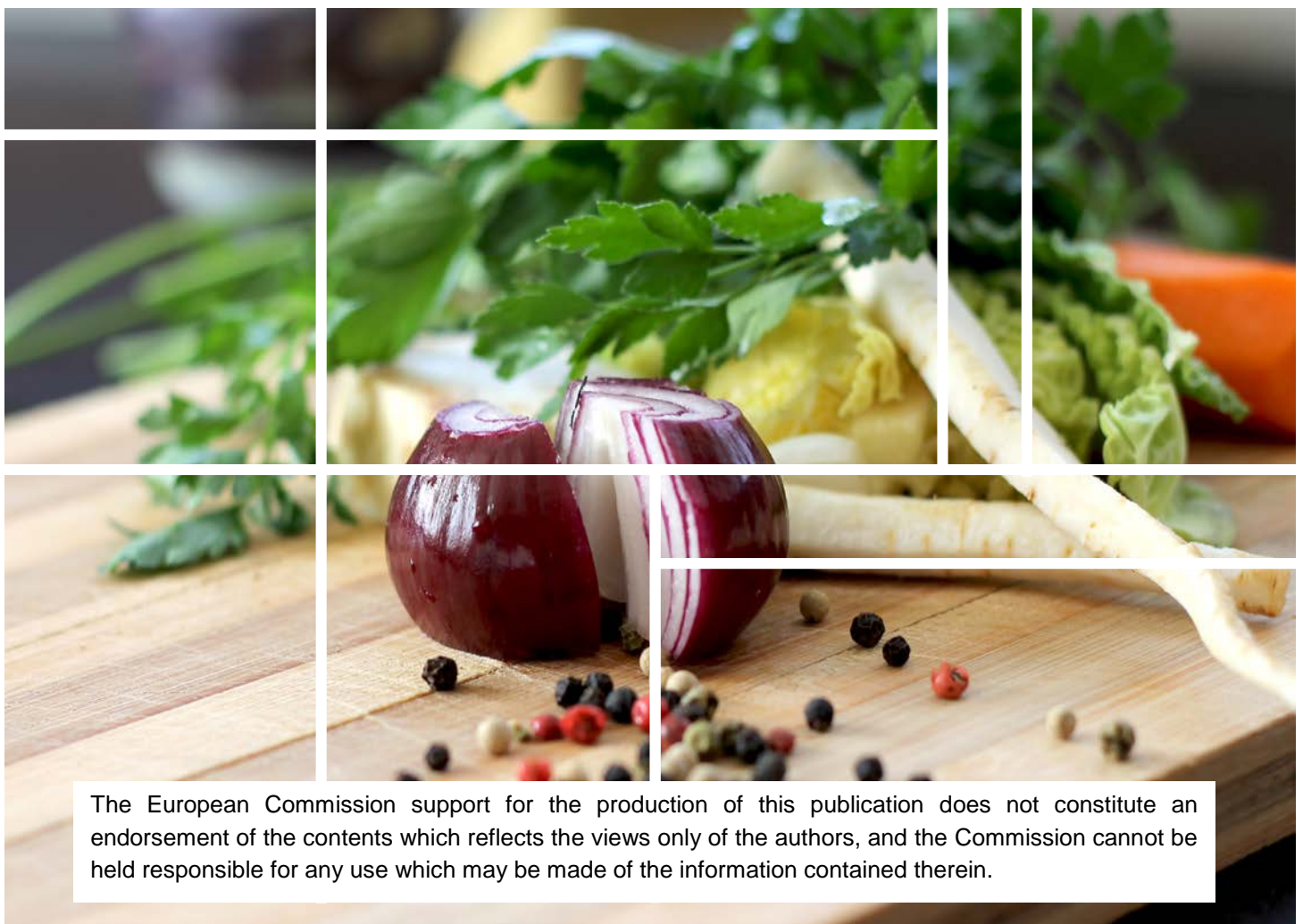




PROJEKT REKUK

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

Module Sustainable Menu Training Folder



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Rekuk
Ressourcen Management Agentur



Jihočeská univerzita
v Českých Budějovicích
University of South Bohemia
in České Budějovice



AIAB LIGURIA
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Autorship & Intellectual Property of:

Project Leader:

Ressourcen Management Agentur (RMA)

Argentinierstr. 48/2nd floor, 1040 Vienna, Austria, www.rma.at

Hans Daxbeck, Nathalia Kisliakova, Alexandra Weintraud, Irene Popp, Nadine Müller, Stefan Neumayer, Mara Gotschim

Project Partners (in alphabetical order):

Associazione Italiana per l'Agricoltura Biologica (AIAB Liguria)

Via Caffaro1/16 - 16124 Genova, Italy, www.aiabliguria.it/

Alessandro Triantafyllidis, Giorgio Scavino, Francesca Coppola

Jihočeská univerzita v Českých Budějovicích

Braníšovská 1645/31A, České Budějovice 2, 370 05 České Budějovice, Czech Republic, www.jcu.cz/?set_language=cs

Prof. Jan Moudry, Dr. Jan Moudry

Thüringer Ökoherz (TÖH)

Schlachthofstraße 8-10, 99423 Weimar, Germany, www.oekoherz.de

Sara Flügel, Franziska Galander



EXERCISE 2: Which foods do you offer when they are not in season? Do you offer foods that are not available in your region like exotic fruit or seafood in a landlocked country? List examples.

Food	Dish that contains said food	Is the dish popular?
<i>Individual</i>		

EXERCISE 3: Define the following terms:

What does regionality mean in relation to food?

Regional foods are foods that are produced where they are consumed. The definition of regional or national products is that they are produced within a range of 100 to 150 km around the processing kitchen.

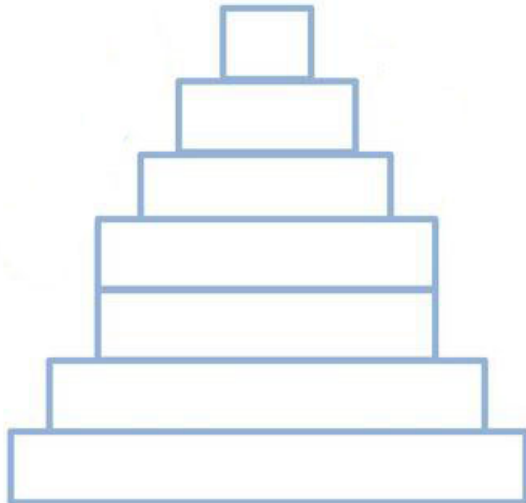
What does it mean when produce or food is 'in season'?

This term refers to foods that are available either regionally or in the form of goods in a given period of the year.

EXERCISE 4: Tick the criteria that have to be met by a sustainable menu design (5 criteria).

- Organic produce and food*
- Convenience food*
- Food that is produced in conventional farming*
- Produce that is in season*
- Produce that comes from developing countries*
- Freshly cooked meals*
- Reduced meat portions*
- Ethno - food*
- Offer meat at every meal*

EXERCISE 5: Connect the categories of foods with the steps of the food pyramid (as recommended by experts).



Categories of foods:

- Grains and potatoes
- Non- alcoholic beverages
- Fats and oils
- Dairy and dairy products
- Vegetables, legumes and fruit
- Meat, cold meats, fish and eggs
- Other (desserts, snacks)

Individual

EXERCISE 6: Which local fruit is available through the year (fresh or from stock) in your country? Give one example.

Individual

EXERCISE 7: Which local vegetable is available through the year (fresh or from stock) in your country? Give one example.

Individual



EXERCISE 9: Put together a menu for each season consisting of soup, salad, main dish and dessert. All the example dishes should use regional and seasonal produce.

Spring:

Soup:

Salad:

Main dish:

Dessert:

Summer:

Soup:

Salad:

Main dish:

Dessert:

Autumn:

Soup:

Salad:

Main dish:

Dessert:

Winter:

Soup:

Salad:

Main dish:

Dessert:

Individual

EXERCISE 10: List at least three benefits that come with implementing sustainable menu design.

Regional origin: fresh, seasonal products, gently cultivated crops, welfare animals, carefully processed raw materials, environmentally friendly, rural jobs are preserved ...

EXERCISE 11: List at least three principles of organic farming.

It does not use fertilizers and pesticides, manufactures animals in a natural way, flavors, dyes, flavorings and stabilizers are prohibited in organic production. Organic farming requires less fossil energy sources and concentrated feed. It binds gases that damage the climate such as CO₂ in soil through crop rotation and organic fertilization. It forms the landscape using landscape elements (boundaries, altitudes), creating a suitable habitat for wildlife. With restrictions, it uses common medication for animals and ensures that dangerous substances cant penetrate into groundwater.

EXERCISE 12: Is local produce that is in season but conventionally produced or organic produce that is imported from a faraway country more sustainable? Justify your answer.

They are not sustainable. Transport is burdening the environment by removing other benefits.

EXERCISE 13: Are the following statements true or false?

The CO₂ emissions of food rises with the processing stage.

True

False

Convenience foods help save money by reducing personell costs, even if they are initially more expensive than fresh produce.

True

False

Organic meat emitts more CO₂/kg.

True

False

The prices for conventionally produced foods don't account for the ecological and social follow up costs of their production and processing. True

False

It is possible to eat the daily recommended 5 portions of fruit and vegetables in one meal.

True

False

The salt content that i soften high in convenience products can be detrimental for people with high blood pressure.

- True
- False

When comparing vegetables that was grown in a greenhouse to vegetables that were grown on a field the energy consumption of the greenhouse vegetables can be up to 34 times as high and the CO² emissions 18 times as high.

- True
- False

EXERCISE 14: Place the examples and descriptions of them to the corresponding convenience step.

Convenience step	Degree of processing in %	Description	Examples
Base Level	0		
Kitchen-ready	15		
Ready to cook	30		
Mixing-ready	50		
Ready to be restored (microwaved)	100		

Individual

After adding warmth, the meal is ready	Ready meals (components or the whole meal)
Preparation has to take place in the kitchen	Baking Bread
Can be cooked without preparation	Filet, frozen vegetables, pasta
Meals are prepared by mixing different foods	Salad dressing, powdered mashed potato
Can be eaten instantly	Bread, pasties
Foods have to be prepared before cooking	Fish, cut meat, unprepared veggies

EXERCISE 15: Give some examples how organic produce can be used in large-scale kitchens without putting a strain on the budget (at least three points).

Individual

EXERCISE 16: Define the following terms:

Technological quality:

Technological quality means suitability for different forms of processing in the industry and in the kitchen (eg yield, color stability, peelability, baking, cooking, frying and preserving), transport and storage resistance.

Sensory quality:

By sensory quality, we mean the properties of the product that can be perceived by the senses. (smell, taste, shape, purity, color, size, integrity, weight and uniformity of appearance). Our decision to buy and consume food has a subconscious influence.

Hygienic quality:

Nutritional (nutritional) value includes aspects such as the content of substances positively influencing human nutrition, the internal composition and the relative proportions of the substances involved.

EXERCISE 17: List at least two advantages and disadvantages for the possible distribution systems for meals.

Ladling system:

<p>Advantages:</p> <p><i>Individual</i></p>	<p>Disadvantages:</p>
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Tablet system:

<p>Advantages:</p>	<p>Disadvantages:</p>
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EXERCISE 18: List at least three options how an existing menu design can be transformed towards being more resource efficient.

Individual

EXERCISE 19: Are the meals produced by your kitchen optimised for the needs and requirements of the catering participants? If so, how?

Individual

EXERCISE 20: What is the difference between different Austrian denominations of origin?

„protected indication of origin“ (for example: Tiroler Bergkäse g.U.)

Individual

"protected geographic designation" (for example: Steirischer Kren g.g.A.)

EXERCISE 21: List possible challenges when conversing the menu design towards being more sustainable. Which ones have you experienced personally? Give at least three examples and; if possible give possible solutions.

Individual

EXERCISE 22: Which food group has the highest Co² emissions? Tick the corresponding answer and argue why you choose it.

- Beverages*
- Vegetables and salads*
- Fruit*
- Bread, grains and side-dishes*
- Dairy and dairy products*
- Meat, cold meats, fish and eggs*
- Fats and oils*
- Others (cakes, desserts, snacks)*

Animal products, especially from ruminants (cows, sheep) that produce gaseous methane in the stomach and burden the air.