



PROJEKT REKUK

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

Module Sustainable Menu Training Folder



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the
Erasmus+ Programme
of the European Union



R R R R R M M M M M A A A A A
Ressourcen Management Agentur



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



AIAB LIGURIA
ASSOCIAZIONE ITALIANA
PER L'AGRICOLTURA BIOLOGICA

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 1: Food of which categories do you source regionally? Roughly estimate a percentage.

Name	Description	Notes
Beverages		
Vegetables and salads		
Fruit		
Bread, grains and side dishes		
Dairy and dairy products		
Meats, cold meats, fish, eggs		
Fats and oils		
Others (cake, desserts, snacks)		



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?

EXERCISE 3: Define the following terms:

What does regionality mean in relation to food?

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

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)

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

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

EXERCISE 8: Which local fruit or vegetable is not available year-round in your country? List some examples, the corresponding season and specify if you cook with them.

Produce	Season	Used in kitchen

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:

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

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

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.

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		

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).

EXERCISE 16: Define the following terms:

Technological quality:

Sensory quality:

Hygienic quality:

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

Ladling system:

Advantages:	Disadvantages:
-------------	----------------

Tablet system:

Advantages:	Disadvantages:
-------------	----------------

EXERCISE 18: List at least three options how an existing menu design can be transformed towards being more resource efficient.

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

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

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

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

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

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)