

Short-term joint staff Training Course

Innovative teaching methodology of health friendly nutrition development
and practice in pre-primary and primary education



Project ref. No.:2016-1-LT01-KA201-023196

16/05/2017 – 20/05/2017

OBJECTIVES OF THE TRAINING EVENT

The main aim of the training event “**Nutrition around you**” is to improve the knowledge and qualification concerned with education in nutrition and nutrition topic development in educational institutions, as well to exchange good practice and experience between different countries specialists.

The aim partly addresses as well project’s aim which is: to educate and to form children’s, parents’, institution employees’ healthy nutrition habits, positive attitudes to nutrition and provision of food. To develop and promote health friendly nutrition and health friendly lifestyle principles and awareness in the community, to introduce health friendly dishes in the children menu in education institutions and at home.

The training event **is addressed to researchers/educators in nutrition from HealthEDU project partners’ institutions** (at least 2 participants per country). Training will be carried out in order to get professional knowledge and real useful experience from experts who already work in nutrition, health-friendly nutrition, eating culture, table etiquette, working with kids’ healthy catering area. This will help to create professional and effective methodical material, which will be based by partners, but as well by professional and teachers advices, courses.

Lecturers who will provide the course are from institutions who has long-lasting experience in this field and got very positive evaluation from the users and institutions where their specialists were trained.

Experience is valuable in methodical content creation (IO1) and practical point of view and training event will provide the specialists with updated knowledge in nutrition.

Participants will learn what constitutes a healthy diet for children and adults and how to prepare simple, delicious foods aimed at inspiring a lifelong celebration of easy home-cooked meals.

Language: English.

Date: 16/05/2017 – 20/05/2017

Duration of trainings: 5 working days (6-7 hours per day including 1 hour break) for a total of 30 full hours of trainings.

Venue (receiving organization) : Pixel, Via Luigi Lanzi 12 50134 Florence.

The main topics proposed are:

- Involvement of an expert chef in slow- food kitchen
- How to teach children about healthy food
- How to integrate nutrition at home and nutrition at school

Participants will learn and :

- will enrich their knowledge in nutrition
- will get practice: know-how
- will widen professional perspectives
- will visit schools which are preparing specialist (kitchen chefs, nutritionists, hostess, etc.)
- will visit healthy food supermarkets (specialized) and will get useful information from owner
- will learn what constitutes a healthy diet for children and adults and how to prepare simple, delicious foods aimed at inspiring a lifelong celebration of easy home-cooked meals
- will learn the way from Gastronomy to Health
- will broaden the view into the field of nutrition
- will learn composition of foods
- will get practical information and knowledge from chefs, who will reveal the secrets behind some of their most famous culinary creations and then explain the science behind the recipe
- will learn the scientific concepts that underlie everyday cooking and haute cuisine techniques

Planned Visits

1) Buontalenti

16th of May 2017: Visit to “Buontalenti” Institute - Via dei Bruni, 6 (50134) Firenze.
<http://www.buontalenti.gov.it/>

“Buontalenti” institute since 1988, the year of its establishment, works in close relationship with the most significant economic reality of the territory of Florence to promote the formation of good professionals in the catering sector, hotel and tourism. The courses offered to students guarantee the acquisition of specific professional skills related to the sector a technical and innovative preparation.

2) Enriques

17th of May 2017: Visit to “Enriques” Institute - via Duca D’Aosta 65 (50051) Castelfiorentino
<http://www.isisenriques.gov.it>

“F. Enriques” Institute is situated in the valley of river Elsa, an area rich of history and culture, very near to Florence, Siena and San Gimignano, in Chianti area. Enriques institute is a structure composed by several services and facilities, including cuisine, reception, eco-gastronomy, science and chemistry, photography, foreign languages, graphic design and art, ICT, video and interactive board labs.

3) Datini

18th of May 2017: visit to “Datini” institute - via di Reggiana, 26 (59100) Prato
“Datini” Institute has always been attentive to the changes in society, and follows the new requirements of the productive and social realities. Datini offers two fields of study:

- Services for gastronomy and hotel hospitality
- Agrarian technology sector / agribusiness / agro-industry

The Institute aims to introduce innovation in teaching methods, training, facilities and tools.

4) Natura Si

19th of May 2017: Visit to Natura Si– Viale Corsica 19/23 (50127) Firenze.

NaturaSi is a national chain of biological supermarket with more than 240 stores dislocated around Italy. In the stores there are around 4,000 certified natural organic products and food produced in a health friendly environment. The process is based on respect of nature and human health.

EVALUATION AND FINAL CERTIFICATION

Each participants has day feedback sessions after each day and also at the final training event day is asked to fill in an evaluation form focusing on all aspects of their experience in Training Event. The evaluation forms are collected by Pixel Association and FOUNDATION FOR DEVELOPMENT OF THE CULTURAL BPOCS, Bulgaria (Sofia) (as these institutions are leading partners in Quality and Evaluation WP) and they are used to create an evaluation Report on the experience. The results of the evaluation are used for the planning of further training initiatives that will be based on the strengths of the experiences concluded and will overcome the weaknesses.

Each participant involved in the Training Course will receive a certificate document to record the competences and experiences acquired during the initiative itself. The document is produced in cooperation between Pixel Association and the promoting institution VŠJ “eMundus”. The certificate provides all the relevant information on the activities carried out during the training initiative.

As well Europass document (as Europass Mobility Document) will be issued for qualification improvement declaration.

THE STAFF TRAINING PROGRAM

Day	Time Table	Contents
Monday		Arrival to Florence Transfer to the hotel
DAY 1 Tuesday (8 h)	9:00 – 10:45 Participants presentation at Pixel Via Luigi Lanzi, 12	<ul style="list-style-type: none"> • Presentation of participants (each participant background and short introduction and expectations from the course) • Presentation of Pixel • Presentation of the Training event and its program • Practical issues
	11:00 – 13:00 Visit of istituto alberghiero "Buontalenti" Via dei Bruni, 6 Firenze	<ul style="list-style-type: none"> • Welcome by Prof Alessandra Sgarbi, principal of "Buontalenti" Institute • Short introduction about the school and practical visit in it • Brief presentation of participants to kitchen staff • Lessons provide by Topics:... (still has to be clarified) • Overview on Italian healthy friendly food traditions, processes, etc. • Visit the kitchen during the preparation of the lunch. A chef and the school students will teach the participants how to prepare each of the proposed healthy dishes and how to provide it in attractive way (dish presentation). <i>NB According to the Italian food and health policies the participants will not be able to actually touch the food but only to watch, ask, get the answers.</i>
	13:00 – 14:15	"Didactic" lunch at school canteen. Each dish will be introduced by the students <i>(note: the fee for each individual lunch is 25 euro to be paid cash at the hosting school)</i>
	14:15 – 15:30	Project partners (nutritionists) presentations and discussions on topics: (TO EVERYBODY: please, write your suggestions and topics you want to share with others, presentations you can make which could be actual to participants. I would like to ask to make at least 1 presentation per country (topic is up to you))
	15:30 – 17:00	Round table discussions between participants, feedback of the day
	Afternoon	Cultural visit of Florence
DAY 2 Wednesday (8 h)	9:00 Meeting at Train Station	• Train journey to Castelfiorentino to visit the Institute Enriques
	10:30 – 13:00 Visit of Istituto alberghiero "Enriques" via Duca D'Aosta 65	<ul style="list-style-type: none"> • Welcome by Prof. Patrizia Paperetti, principal of "Enriques" Institute. • Tour in the kindergartens before start working in the kitchen of the secondary school. • Presentation of participants to kitchen staff

	Castelfiorentino (Fi)	<p>Lesson provided by them. Topics to discuss: <i>Analysis of kids education in nutrition</i> <i>Analysis of the Italian food enterprise situation</i> <i>How food arrives on our tables</i></p> <ul style="list-style-type: none"> • Visit the kitchen during the preparation of the lunch. A chef and the school students will teach the participants how to prepare each of the proposed dishes. <p><i>NB According to the Italian food and health policies the participants will not be able to actually touch the food but only watch.</i></p>
	13:00 – 14:30	<p>“Didactic” lunch at school canteen. Each dish will be introduced by the students The fee for each individual lunch is 25 euro to be paid cash at the hosting school</p>
	14:30 – 16:00	<p>Lectures (Topics are open for discussions and should be suggested by participants. Please, send your ideas (via email) which you want to share)</p>
	16:00 – 17:00	<p>Round table discussions between participants, feedback of the day</p>
	Afternoon	<p>Back to Florence and free time</p>
	20:00 - ...	<p>Dinner at Slow food restaurant and meet with kitchen chef (still has to be clarified)</p>
<p>DAY 3 Thursday (6 h)</p>	9:00 Meeting at Train Station	<ul style="list-style-type: none"> • Train journey to Prato to visit the Institute “Datini”
	10:30 – 13:00 Visit of istituto alberghiero “Datini” via di Reggiana, 26 Prato	<ul style="list-style-type: none"> • Welcome by Prof. Marco Mazuoli, teacher at Datini • Tour of the school • Presentation of participants to school kitchen staff <p>Lesson provided by them. Topic: Nutrition and joy of life (more topics has to be clarified)</p> <ul style="list-style-type: none"> • Visit the kitchen during the preparation of the lunch. A chef and the school students will teach the participants how to prepare each of the proposed dishes. <p><i>NB According to the Italian food and health policies the participans will not be able to actually touch the food but only watch.</i></p>
	13:00 – 14:30	<p>“Didactic” lunch at school canteen. Each dish will be introduced by the students The fee for each individual lunch is 25 euro to be paid cash at the hosting school</p>
	14:30 – 15:30	<p>Lecture Rhythm in the nutrition and its importance for child and his health (by Vida Drășutê) Please, suggest also your topics to present (~15-20 min per presentation)</p>
	15:30 – 16:00	<p>Round table discussions between participants, feedback of the day</p>
	Afternoon	<p>Back to Florence and free time</p>

DAY 4 Friday (6 h)	9:15 – 11:00 Visit to NaturaSi Viale Corsica, 3 Firenze	<ul style="list-style-type: none"> Meeting with NATURA Si' biological supermarket president The president of the institution will prepare a lesson on the food chain. Focus on biological and slow food. At the end of the lessons participants can buy some products from the supermarket.
		Round table discussion at Pixel conference room between participants and presentations about research situation in partners countries and findings will be done (International Research Report presentation).
		Educational events presentation (08/11, 22/03, 07/04) by each partner institution (~15min per partner)
	13:00 – 14:00	Lunch
	14:00 – 16:00	Discuss about content and development of methodical material (content will be agreed online in March, also we will share the topics per partner to write. Therefore it is needed to be ready with draft of material, that during the course you will be able to discuss and clarify non clear questions, maybe to invite others to share their experience or ask for help)
	16:00 – 16:30	Discussion, feedback of the day
	Afternoon	Free time in Florence
Day 5 Saturday (2 h)	9:00 – 11:00	<p>Meeting at Pixel Final evaluation of the Training Course by each participant. Follow up, opinions exchange and division of work for future steps of the project. Feedback (Training event evaluation) from experts will be made and reflection by participants will be organized in the end of trainings.</p>
		DEPARTURE