



ECOLOGICAL FOOD IN HOTEL AND CATERING INDUSTRY AS A METHOD OF DIVERSIFICATION OF TOURIST PRODUCT.

PRACTICAL TRAINING - SYLABUS

1	COURSE TITLE	ECOLOGICAL FOOD IN HOTEL AND CATERING INDUSTRY AS A METHOD OF DIVERSIFICATION OF TOURIST PRODUCT.
2	TEACHER	Ana Martinez
3	COURSE INFO AND DESCRIPTION	<p>Ecological Food and Cuisine:</p> <p>The training on cooking and ecological products is based on the research on the products and the use of them in recipes of Mediterranean cuisine. One of the main objectives of the course is to adapt both the techniques of Mediterranean cuisine to the itself cuisine, as well as to be able to adapt ecological products to our own recipes.</p> <p>It is necessary to participate and complete all the training activities.</p> <p>On line Training: Total Hours: Dates: 1/01/2019 – 18/01/2019</p> <p>Practical Training: Total Hours Dates: 21st to 25th January 2019</p> <ul style="list-style-type: none"> - Investigation on ecological products from the market 7 hours. - Analyzing ecological products and way of implementation. 7 hours - Perform recipes in the kitchen: 14 hours - Research on Organic farming in the fields of Valencia: 7 hours
4	GOALS	<p>Main Objective:</p> <p>To Acquire the basic knowledge about products and implementarion ecological food based on mediterranean cuisine, adapted to own cuisine.</p> <p>Specific Objectives: After this course the participant will:</p> <p>-Get the knowledge to use and to maintain the properties of</p>

		<p>organic foods after cooking. -become familiar with organic products.</p>
5	METHODOLOGY	<p>The theoretical training Will be treated as an online form by means o fan educational platform destined exclusively for this course. Different materials Will be loaded and allow the participant to be familiarized with the terminology and products used in the Ecological Cuisine. The mass media used in the virtual class Will be: communication tools (chat, fórum, email and webinars), educational materials and questions and practical exercises. Each block is an integral part of the training program that must be carried out in order, in order to integrate the new skills. All mandatory exercises will be assessed with the whole course. The practical part will be a workshop using ecological products.</p>
6	CONTENTS OF ON-LINE EDUCATION	<p>BLOCK I</p> <ul style="list-style-type: none"> - What are ecological foods? - Differences between ecological, organic, sustainable and bio food. - Advantages and disadvantages of using ecological food. - Nutritional differences between ecological and conventional foods. - Ecological certification. <p>BLOCK II</p> <ul style="list-style-type: none"> - Vegetables, cereals, meats and fish. - Ecological recipes from thw world. <p>BLOCK III</p> <ul style="list-style-type: none"> - Presentation of organic products from each region or country. - Adaptation and presentation of a recipe for your region or country with the use of organic food.
7	CONTENTS OF PRACTICAL TRAINING	<p>BLOCK I - ecological mediterranean Cuisine 1 - Valencia</p> <p>BLOCK II - ecological mediterranean Cuisine 2 - Andalusia</p> <p>BLOCK III - ecological mediterranean Cuisine 3 - Catalonia</p> <p>BLOCK IV - ecological mediterranean Cuisine 4 – Mediterranean islands</p>
8	TERM AND TIMING	<p>Term of the course on line: 1/01/2018 – 18/01/2019</p> <p>Termo f the practical course: 21/01/2019 – 25/01/2019</p>
9	ESSENTIAL	<p>Participants should be able to use the computer and the internet</p>

	DEMANDS	easily.
10	TECHNICAL DEMANDS AND SOURCES	<p>TECHNICAL DEMANDS:</p> <p>On the training platform, it will be done the technical requests and the previous research. It will be necessary as a minimum:</p> <ul style="list-style-type: none"> - Adobe Acrobat Reader. - Internet access and chrome webbrowser. - mobile phone with camera.
11	THE RULES OF PARTICIPATION	<ul style="list-style-type: none"> - Have passed previous on line training course. - Correct dress code (CSHM cook uniform)
12	SYSTEM OF COMPLETION	In order to complete the course, the participant has to follow each on line block, ending the test, and attend the practical block in Valencia.