



<b>Ecological food in hotel and catering industry as a method of diversification of tourist product</b>											
Type (blended learning, e-learning, other):	Practical training with access to online materials										
Scope:	Learning different features of the ecological world										
Prerequisites:	Interactive ecological course - On line activities										
Integration into school /company structure:	Pilot course for CSHM and possible future implementation in the academic curriculum										
Duration (hours):	in total: 35 hours (5 days, 7 hours per day)										
Date/time:	January 2019, 21-25										
Trainer:	CSHM										
Content/short description; duration; training/learning method:	<table border="1"> <thead> <tr> <th>content</th> <th>duration</th> </tr> </thead> <tbody> <tr> <td>Contemporary food and its impact on people. Definition and history of organic food. Differences between organic food and healthy food.</td> <td>7</td> </tr> <tr> <td>Organic food ingredients: technological point of view, nutritional issues, cooking techniques.</td> <td>7</td> </tr> <tr> <td>Performing recipes in the kitchen, innovations in the development of products developed on the basis of common raw materials (rice, meat, fish, mace, etc.).</td> <td>14</td> </tr> <tr> <td>Organic farming in the EU, production and processing of organic food - investigating organic farming in Valencia. Organic food varieties, organic food market in the hotel industry (including its distribution channels). Labeling of organic products. Business models related to organic products.</td> <td>7</td> </tr> </tbody> </table>	content	duration	Contemporary food and its impact on people. Definition and history of organic food. Differences between organic food and healthy food.	7	Organic food ingredients: technological point of view, nutritional issues, cooking techniques.	7	Performing recipes in the kitchen, innovations in the development of products developed on the basis of common raw materials (rice, meat, fish, mace, etc.).	14	Organic farming in the EU, production and processing of organic food - investigating organic farming in Valencia. Organic food varieties, organic food market in the hotel industry (including its distribution channels). Labeling of organic products. Business models related to organic products.	7
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Expected learning outcomes (technical and soft skills/knowledge/):	Improve intercommunication among participants using English as a vehicular language. Work in a team in a very peaceful and ethic way, extend their knowledge investigating and exploring new things.										
Method/s for teaching and learnings:	<ul style="list-style-type: none"> <li>• E-learning (self-assessment);</li> <li>• Individual work (investigation, project-based learning, reflection);</li> <li>• Group work (workshop, discussions, questions &amp; answers, case-work, problem-based learning);</li> </ul>										
Method/s of assessment:	Presentations of individual work, pre- and post- self-assessment										
Method for evaluation of course:	Evaluation lists and feedback from students, suggestions.										

### **Monday, 21st January 2019**

15:00 – 20:00 WELCOME meeting

- ✓ Presentation of the school CSHM,
- ✓ Presentation of the course with the teacher,
- ✓ Content no 1 – part 1/2,
- ✓ Guide Tour in Valencia.

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*„GaTIS-Innovative Solutions in Tourism and Gastronomy”*

**Project Leader:** Perfect Project Sp. z o.o. (Poland)

**Project Partners:**

Centro Superior De Hostelería Del Mediterraneo, S.L (Spain)

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Erasmus+



**Tuesday, 22nd January 2019**

11:00 – 14:30 Content no 1 – part 2/2,

**Wednesday, 23rd January 2019**

10:00 – 13:00 Meeting Point *Mercado de Ruzafa* (content no 4 – part 1/2)

- ✓ Visit to Copenhagen Restaurant,
- ✓ Visit to Ki Biorestaurant,
- ✓ Visit to Herbolario Navarro,
- ✓ Central Market of Valencia

15:00 – 20:00 Cooking Class (teacher: Ana) (content no 3 – part 1/3)

- ✓ Ecological recipes from the Valencian Community
  1. Creamy Rice with Artichoke
  2. Ecological chicken paella with mushrooms
  3. Ecological Sea bream with salt
  4. Caramelized Artichokes with clams
  5. *Esgarraet*

**Thursday, 24th January 2019**

9:00 – 13:30 Cooking Class (teacher: Ana) (content no 3 – part 2/3)

- ✓ Recipes from Spain with Eco food
  1. Stuffed artichokes with green sauce
  2. Chestnuts and Hazelnuts soup
  3. Warm salad of roasted peppers with saffron

14:00 – 16:00 Content no 2 – part 1/2,

16:00 – 20:00 Visit to *Horchateria* taste typical Horchata and Fartons in Valencia (content no 4 – part 2/2)

**Friday, 25th January 2019**

9:00 – 13:30 Cooking Class (teacher: Ana) (content no 3 – part 3/3)

- ✓ Recipes from Andalusia, Catalonia with eco food
  1. *Ajoblanco* and Beetroot *Gazpacho*
  2. Sweet potato and Parsnip pancake with Shrimp
  3. Desserts

14:00 – 19:00 Content no 2 – part 2/2,

20:00 Farewell and certificates

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