



TRAINING PROGRAM		
FOOD AND HEALTH: THE LATEST TRENDS IN NUTRITION		
18-22 OCTOBER 2021		
Type:	Practical workshops + culinary demonstrations	
Scope:	Updating knowledge about nutrients, principles of healthy eating and up-to-date food trends.	
Prerequisites:	Basic knowledge about the main principles of healthy eating.	
Integration into school /company structure:	Future implementation in the school curriculum and company's menus	
Duration (hours):	in total: 40 hours (5 days, 8 hours per day)	
Date/time:	October 2021, 18-22	
Trainer:	VET centre „Žirmūnai“, Žirmūnų g. 143, Vilnius	
Content/short description; duration; training:	Content	Duration
	1. The main principles of healthy eating. 2. The latest discoveries and trends in nutrition for health. 3. Diet menu: medical vs fashion. 4. Cooking methods that preserve nutrients. 5. Aesthetic presentation of healthy food. 6. Modern food and its disadvantages and impact on humans. 7. Food and civilization diseases.	8
	1. Zero waste cuisine – theoretical session. 2. Zero waste cuisine – practical workshops. 3. Summing up of the day and discussion.	8
	1. Nutrition trends – allergens, product labelling, diets - theoretical session. 2. Nutrition trends – allergens, product labelling, diets – practical workshops. 3. Summing up of the day and discussion.	8
	1. Modern interpretation of historic dishes. 2. Sustainable menus. 3. Food trends and innovations in catering industry. 4. Study visits with training session in three restaurants.	16
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:	E-learning (self-assessment), Individual work (investigation, project-based learning, reflection), Group work (workshop, discussions, questions & answers, casework, problem-based learning)	
Methods of assessment:	Presentations of individual work, pre- and post- self-assessment	
Method of evaluation:	Evaluation lists and feedback from participants, suggestions.	

„vetDIET” Health & Food**Project Leader:** Perfect Project Sp. z o.o. (Poland)**Project Partners:**

Profesinio mokymo centras “Zirmunai” (Lithuania)

Daugavpils Tirdzniecibas profesionala vidusskola (Latvia)

www.perfect-project.eu
vetdiet.project@gmail.com



Erasmus+

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Time Schedule (Lithuanian time)	Topics	Venue
1st day/18.10.2021		
12.00	Arrival of the participants, accommodation in Hotel Ibis Vilnius Centre	Hotel IBIS VILNIUS CENTRE Rinktinės 18, LT-09322
12.00-16.00	WELCOME meeting Presentation of the training centre and its activities. Training session: <i>content 4</i>	
16.00 – 20.00	Training session: <i>content 4</i>	Restaurant GREY Pilies g. 2, Vilnius 01124
2nd day/19.10.2021		
8.00-12.30	Training session: <i>content 1</i>	VET centre „Žirmūnai“, Žirmūnų g. 143, Vilnius
12.30-13.00	Lunch	
13.00-16.30	Training session: <i>content 1</i>	
16.30-17.00	Summing up of the day and discussion	
3rd day/20.10.2021		
8.00-12.30	Training session: <i>content 2</i>	VET centre „Žirmūnai“, Žirmūnų g. 143, Vilnius
12.30-13.00	Lunch	
13.00-16.30	Training session: <i>content 2</i>	
16.30-17.00	Summing up of the day and discussion	
4th day/21.10.2021		
8.00-12.30	Training session: <i>content 3</i>	Restaurant „ERTLIO NAMAS“ Šv. Jono g. 7, 01123 Vilnius
12.30-13.00	Lunch	
13.00-16.30	Training session: <i>content 3</i>	COMFORT HOTEL Kauno g., 14, 03212 Vilnius
16.30-17.00	Summing up of the day and discussion	
5th day/22.10.2021		
8.00-12.00	Training session: <i>content 4</i>	Restaurant „HBH Vilnius“ Zirgu str. 2, Raudondvario village, Vilnius region
12.00-12.30	Lunch	
12.30-16.30	Training session: <i>content 4</i>	
16.30-17.30	Summing up of the training Evaluation Issuing of certificates	

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