



Erasmus+

vetDIET

Health & Food



STRATEGY FOR VOCATIONAL EDUCATION (GASTRONOMY INDUSTRY)

WITHIN THE ERASMUS + PROJECT
„vetDIET”

„You ARE what you EAT!”



PERFECT PROJECT



„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+

vetDIET

Health & Food



Publication financed by the European Commission under the Erasmus+ Program.

The publication only reflects the position of its authors, and the European Commission is not responsible for the report content.

Białystok, 2019 - 2020

Authors:

Perfect Project Sp. z o.o. (Poland)

Profesinio mokymo centras „Žirmūnai” (Lithuania)

Daugavpils Tirdzniecības profesionāla vidusskola (Latvia)



„vetDIET” Health & Food

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

Project Partners:

Profesinio mokymo centras "Zirmunai" (Lithuania)

Daugavpils Tirdzniecības profesionāla vidusskola (Latvia)

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



Erasmus+

vetDIET

Health & Food



Summary of the project works:

Project period 01/11/2019 – 31/10/2021

Project consortium:

Perfect Project Sp. z o.o., Białystok, Poland (<https://perfect-project.eu>)

Profesinio mokymo centras "Zirmunai", Vilnius, Lithuania (<http://www.mczirmunai.lt/>)

Daugavpils Tirdzniecibas profesionala vidusskola, Daugavpils, Latvia (<http://www.dtskola.lv/>)

Our Key Action 2 project was developed to bring the results of vocational training in catering to the needs of the labor market within 24 months. The main objective was realized when we reached the following specific objectives:

- increasing the quality and effectiveness of vocational education in the catering industry in response to current trends,
- developing new skills in practicing educators and equipping them with the competences and knowledge necessary to provide high-quality educational services in response to current trends,
- increasing the social mission to promote vocational training that meets the needs of European employers and a healthy lifestyle.

Works under "vetDIET" project were carried out as described in the application schedule. At the current stage of the project, we achieved:

- ✓ a project team was created and the division of responsibilities in the project was established,
- ✓ the provisions of the financial agreement and annexes as well as the opinion of experts assessing the application were read,
- ✓ agreed internal procedures and material and financial schedule of project implementation were described in the form of tripartite English-language partnership agreement,
- ✓ project risk analysis was carried out,
- ✓ visual identification has been developed (logos, posters, information materials) and a dissemination plan in accordance with Erasmus + Program guidelines (<https://perfect-project.eu/en/erasmus-projects/vetdiet/>),
- ✓ the project website was created: <https://perfect-project.eu/en/erasmus-projects/vetdiet/> and project channels dissemination on social media,
- ✓ stakeholders were informed about the implementation of the project,
- ✓ regulations for the recruitment of participants (PL and EN versions) were prepared, considering the appeal procedure and criteria recruitment information on recruitment was disseminated among potential participants in accordance with the principle of equal opportunities for women and men,
- ✓ recruitment documents were prepared (version PL and EN)
- ✓ a protocol confirming the selection of participants has been prepared,
- ✓ a primary and reserve list was created, and participants were informed about the results of recruitment,
- ✓ six international partner meetings were prepared and conducted:
 - First Transnational Project Meeting took place on **19th November 2019 in Białystok**,
 - Second Transnational Project Meeting took place on **5th June 2020 in Daugavpils**,

„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+

vetDIET
Health & Food



- Third Transnational Project Meeting took place on **25th August 2020 in Vilnius**,
- Fourth Transnational Project Meeting took place on **9th December 2020 in Białystok**,
- Fifth Transnational Project Meeting took place on **25th August 2021 in Vilnius**,
- Sixth Transnational Project Meeting took place on **15th October 2021 in Daugavpils**,
- ✓ a report was prepared containing research and analysis about current dietary trends:

One report was created, which is a set of three analyzes (PL, LV, LT) containing research and comparative analysis. The report is a diagnosis of the current situation in each country in the field of vocational education, only in the industry catering, with an analysis of dietary trends. The report includes the teaching framework: goal, expected results, required skills after completing the course, methodology, evaluation methods. The report was prepared in English in a format A4. The preparation time for the report is 8 months, and all the partners are actively preparing it cooperated with entrepreneurs in the industry. The leader of the action was Perfect Project Sp. z o.o., with active participation all partners.

Report elements:

- a. "Healthy and unhealthy food" – introduction, basic definitions, cooking methods that retain nutrients, main principles of healthy eating on an example Poland, Lithuania and Latvia.
- b. "Food trends" in vocational school curricula on an example school from Poland and Latvia.
- c. "Food trends" in restaurant menu and generally gastronomy sector on an example companies from Poland, Lithuania and Latvia.
- d. Latest trends in healthy food system and people expectations. Dietetic Trends 2020.

Report attachments:

1. Photo documentation.
 2. Training program in Vilnius "Food and health: the latest trends in nutrition, diet review and new superfoods".
 3. Daugavpils menu.
- ✓ activities and content related to the implementation of a short training program for employees, i.e., program, dates, were established training, main topics to be covered during the training and logistics issues (accommodation, food, local transport),
 - ✓ a short training program was implemented in Vilnius (Lithuania):

On October 18-22, 2021 training Food and health: the latest trends in nutrition, diet review and new superfoods in Vilnius took place. In training a total of 18 people participated, including on behalf of Perfect Project Sp. z o.o.:

- two vocational teachers from Zespół Szkół Centrum Kształcenia Rolniczego im. Krzysztofa Kluka w Rudce,
- two vocational teachers from Zespół Szkół Zawodowych im. Stanisława Staszica w Wysokiem Mazowieckiem,
- two vocational teachers from Zespół Szkół nr 1 im. Stefana Roweckiego "Grota" w Zambrowie
- two vocational teachers from Zespół Szkół Rolniczych im. mjr Henryka Dobrzańskiego-Hubala in Sokolka,
- two representatives of PSS Społem in Białystok,
- two representatives of LECH Garmazzeria Staropolska in Białystok,

„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+

vetDIET

Health & Food



- six Daugavpils teachers of vocational subjects Tirdzniecibas profesionala vidusskola i.e. Project Partner.

All above mentioned people have formal relation with Perfect Project as the sending institution in the form of contracts concluded in years preceding project activities. At the same time, these people are also employees' vocational schools or enterprises from the voivodeship Podlasie also formally cooperating with Perfect Project Sp. z o.o. based on civil law agreements or cooperation. Also, one of the criteria for participating in the project was a formal link with the sending institution (Perfect Project) indicated in the Regulations on the recruitment of teachers and entrepreneurs, and participation in the "vetDIET" project and declarations participation (document templates are available on the project website: <https://perfect-project.eu/en/erasmus-projects/vetdiet/>). The training was conducted in English by employees of Profesinio mokymo centras "Zirmunai", i.e. Partner Project. Based on the conclusions drawn from an earlier report, the course has been designed so that teachers and entrepreneurs can train students / employees - "chefs", kitchen assistants, development managers. Training consisted of the following elements: 5 days of practical training for approximately 8 hours daily, i.e., 40 hours of practical workshops and culinary demonstrations. Detailed thematic scope of the course and the training program has been published on the project website.

Participation in training was a milestone in the project. All actions taken before the training allowed refresh teachers and entrepreneurs and collect theoretical data about dietary trends in nutrition. Then participation in the training, conducted in practical form, with strong commitment participants, was key to further implementing the project results. Results and benefits of participation in training in terms of achieving project goals:

- learning about trends in nutrition, main types of diets and current civilization diseases on a European scale, influencing the development of new skills in already practicing educators and equipping them with the skills and knowledge necessary to provide high-quality educational services in response to current trends,
- developing the creativity of teachers and entrepreneurs in the context of improving the quality and effectiveness of professional education in the catering industry in response to current trends,
- increasing the social mission to promote vocational training that meets the needs of European employers and a healthy lifestyle,
- consolidation and deepening of knowledge about cooking techniques in the context of improving quality, innovation and internationalization of the role of project partners.

Additional benefits associated with participation in the training was: acquiring basic knowledge in the field of nutrition in a global context, increasing knowledge of eating habits in a global context, broadening the knowledge about the principles of rational human nutrition in a global context (properties of nutrients, food pyramid, nutrition standards, rules of preparing meals and combining products), basics of nutritional psychology in a global context.

The training was carried out in accordance with assumptions planned in the application.

Participants were provided with travel from headquarters sending institution to the receiving institution under the Travel category, as well as accommodation, meals, pocket money as part of the category Individual support. The document confirming the trip and individual support is confirmation of participation in form of a certificate signed by the receiving organization giving the name and participant's name, purpose, as well as start and end dates. Documents are available in the Project Office.

„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+

vetDIET

Health & Food



Implementation process is in progress - teachers and entrepreneurs participating in the training in Vilnius implement the effects education obtained at PMC in the form of incorporating elements of the course into classes at school / in the company. Activities disseminating the results planned at this stage of the project implementation were carried out, and examples of dissemination activities were collected on an ongoing basis.

The partnership fulfills the following indicators measuring the success of the project:

1. Number of vocational education schools supported under the project: 5 (100% of schools cooperating with PP in the field of the project)
2. Number of vocational education schools that cooperated with enterprises in developing the project results: 5 (as above)
3. Number of enterprises that cooperated with vocational education schools in developing the project results: 6
4. Number of teachers in vocational education schools who received support under the project: 14 (100% of teachers participating in the short training program)
5. Number of entrepreneurs who received support under the project: 4 (from companies cooperating with PP participating in a short training program)
6. Number of educational institutions in which teaching content adapted to the requirements of the labor market was introduced as a result of the implementation of an effective kitchen course on trends in nutrition: 5
7. Number of institutions interested in using the content of the report and recommendations: 4
8. Number of entrepreneurs interested in using the content of the report and recommendations: 10
9. Number of countries transferring experience and knowledge: 3
10. Presence in the media (articles in the trade press, press releases, interviews, etc.)
11. Visibility on social media.
12. Participation in public events.

Recommendations

List of undertaken implementation activities (e.g., inclusion of specific contents, solutions or dishes with using dietary trends, elements of the course into your school program of teaching or specific lessons etc.)

1. Implementation of modern trends in nutrition into theoretical and practical teaching programs and as apprenticeships in the profession of nutrition technician and catering services.
2. The content on "Food and health: the latest trends in nutrition" is not included in the current core curriculum for the profession of Nutrition Technician and Gastronomy Services. Therefore, teachers have implemented the latest trends in nutrition into vocational education at the school level. They were found in the implementation of the learning outcomes T.6.2 (4), T.6.2 (5), T.6.2 (6) and TG.07.6.2 (4), TG.07.6.2 (5), TG. 07.6.2 (6), concerning the methods and techniques of preparing food and drinks, the selection of raw materials and the preparation of semi-finished products, dishes and drinks. Teachers added rational management of raw materials and the latest trends in nutrition to the techniques of preparing dishes and drinks. In the vocational subjects of the TG.16 qualification, teachers introduced the issues related to the impact of food on health.

„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+

vetDIET

Health & Food



3. Workshops implemented for company's workers in field of latest trends in nutrition in LECH GARMAŻERIA and in PSS Społem in Białystok.
4. Implementation production methods (using zero or less waste cooking methods) in regular work of company in in LECH GARMAŻERIA and in PSS Społem in Białystok.
5. Regular discussions with student coming for practical training in a company about latest trends in nutrition. Building of social awareness about environmentally friendly workplace.
6. Sharing all project outcomes via company's and school's social media.
7. Implementation to regular menu: humus with caviar, quail eggs and alfalfa sprouts, stuffed salmon with beetroot carpaccio and vegan mayonnaise, chicken canelés (soufflé) with carrot mousse, quince mousse with berries and chocolate (peculiarities of formation) in PSS Społem in Białystok.
8. Change in production methods:
 - use OCC% forecast when planning breakfast,
 - work in accordance with Chefs created recipes,
 - order SMART, to avoid spoil and waste,
 - dry out peeled root vegetable leftovers, stalks etc. for stocks,
 - reUse, collect food for animals in farms,
 - properly organise fridge, FIFO- first in-first out.
9. For a certain period, companies will separate the organic waste from the general waste and place in a separate bin. They make sure that the period is representative for the level of business during the rest of the year (companies don't chose a time when there is a higher number of functions or a special occasion). They weigh the bins. Fill in the form, which must place next to the scales. Responsible people count all records in the ned of the month.
10. Presentation on the pedagogical council of a report, video and photos, other project outcomes, sharing experience about participation in a project in all five vocational schools.
11. Preparing a multimedia presentation about Lithuanian cuisine and presenting it for students of III and IV class technical school of nutrition and catering services in technology catering lessons.
12. Publishing on the school's website information on training in Vilnius under the project.
13. Workshops in classes I and II as part of the curriculum in the theoretical part (photo show and discussion of latest trends in nutrition).
14. Practical classes in class II gastronomy profile (zero waste cuisine) in Zespól Szkół Centrum Kształcenia Rolniczego im. Krzysztofa Kluka w Rudce.
15. Training content (the main principles of healthy eating, the latest discoveries and trends in nutrition for health, diet menu: medical vs fashion, cooking techniques) and dishes from Lithuanian cuisine (humus with caviar, quail eggs and alfalfa sprouts, stuffed salmon with beetroot carpaccio and vegan mayonnaise, chicken canelés (soufflé) with carrot mousse, quince mousse with berries and chocolate (peculiarities of formation) was included in the theoretical education program and practical in the subject of gastronomy technology in third grades in all five vocational schools.

<https://perfect-project.eu/en/erasmus-projects/vetdiet/>

„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**