

Gastronomy Business Club

Module	Gastronomy Business Club
Objective	<p>The "Gastronomy Business Club" will be implemented as an after school program at our school. The primary aim is the implementation of "Gastronomy Business" in practice, aiming at students coming in contact with the professional field and the production - business process.</p> <p>In particular, the club involves experiential contact of students with the gastronomic culture of peoples. Students, through gastronomy, will travel to various countries of the world, and will discover the magic of gastronomic creativity, while highlighting the beneficial impact of the Mediterranean food culture but also the pleasure of tasting. Through gastronomic culture, students will learn to treat food not only as a biological necessity, but also as a means for creation and development of their personality. They will prepare and trade products based solely on fresh, high quality ingredients and will invest in the presentation as well as the food styling of the dishes they will create.</p>
Activities	<p>In this Club students will learn the cuisines of the world at Global, European but also national and local level. They will 'travel' in order to discover new flavors and enjoy local gastronomy; they will get to know local fresh ingredients, their use and the culinary habits of the place, while they will deepen their knowledge in the history and traditions of their gourmet destination. They will create recipes based on the culinary culture of each place.</p> <p>The Club will seek to work systematically with the Greek Gastronomy Museum but also with culinary experts - professional chefs, who will consult and guide the team of students through their own professional experience and knowledge.</p> <p>Each club session will normally take 2 hours. Culinary experts will present their personal experiences from the world of business and will also make reference to their studies in order</p>

	<p>to help students in their career choices. The program will therefore help students explore career opportunities while assessing skills and competencies needed to meet the labor market.</p>
Knowledge/ability	<p>Throughout the club, students will gain real experience of the business world: they will set up their own business, will allocate roles and responsibilities, will draw up a business plan and take on responsibility for the progress of the business. They will also develop skills necessary for their future personal career and success. They will understand the meaning of self-employment, they will take initiatives and learn to deal with adversities in business with the help of culinary experts- professional chefs.</p> <p>Moreover, students will operate a real business in order to sell their products. They will produce their products and try to find customers willing to buy them.</p> <p>They will also develop skills necessary for their future personal career and success. They will understand the meaning of self-employment and will take initiatives. They will also learn to deal with adversities in business with the help of culinary experts – professional chefs.</p> <p>The expected knowledge for students is summarized as follows:</p> <ul style="list-style-type: none"> ➤ To understand the important role of business in society (increase in employment, self-employment). ➤ To learn basic and classic cooking techniques. ➤ To get acquainted with the use of cooking utensils. ➤ To learn the criteria and standards for the selection of the finest fresh ingredients. ➤ To make measurement procedures and the appropriate combination of ingredients in a standard procedure to obtain the desired results. ➤ To experiment with different ingredients and flavors. ➤ To effectively design a food product or a menu. ➤ To calculate food costs and price a menu. ➤ To design the nutrition label for a product. ➤ To make evaluations of the biological value of a

	<p>product.</p> <ul style="list-style-type: none"> ➤ To promote and advertise the product in order to sell it.
Soft Skills	<p>"Gastronomy Business Club" approach emphasizes learning in four key areas:</p> <ul style="list-style-type: none"> ➤ Ownership: Students take responsibility for their own learning. ➤ Experiential learning: Students' learning is based on hands - on experience. ➤ Cooperation: Students learn with and from others and understand the dynamics of working as part of a team. ➤ Reflection: Students experience the consequences of their decisions and apply that learning to future challenges.
Technical Skills	<p>The expected technical skills for students are summarized as follows:</p> <ul style="list-style-type: none"> ➤ To get acquainted with the use of cooking utensils - cook's knife, paring knife, palette knife, serrated knife, vegetable peeler, wooden spoon, tablespoon, teaspoon, dessertspoon, balloon rotary whisk, fork, spatula, rolling pin, pastry brush. ➤ To get acquainted with the use of kitchen equipment - cooker, food mixer and liquidizer, pressure cooker, microwave oven, fridge, freezer, baking tray, grater, mixing bowls, measuring jug, chopping cutting, cooling rack, sieve, colander, frying pan, saucepan. ➤ To learn how food ingredients weigh and get measured using scales and measuring jugs. ➤ To obtain knowledge about kitchen hygiene. ➤ To learn how the food can spoil by micro-organisms such as Yeasts, Mould and Bacteria. ➤ To learn about food preservation. ➤ To produce their own product or service. ➤ To advertise and launch the product or service.
Prerequisites	<p>For an efficient implementation of the program, a cross-</p>

	<p>curricular approach to the content of Home Economics and Biology through CLIL is considered necessary. Through the CLIL approach in Home Economics, already in practice, students study concepts such as: Food science and nutrition, dietary practices, food labels, and so on.</p> <p>Through the CLIL approach in Biology, already in practice, students study concepts such as: The structure and functions of the digestive system, the structure and function of various associated organs, the enzymes, the absorption of products of digestion, and so on.</p>
Output of the activity	<p>Students will work in a team of 25, divided as follows:</p> <ol style="list-style-type: none"> 1) The Public Relations group, will take over the promotion and advertising not only of the club that will function as gastronomy laboratory, but also of the products they will produce, using fresh high-quality ingredients of the Greek land, in collaboration with organic farmers, local producers etc.- 5 students. 2) The group for the Organization of events (catering), will undertake the design and offer a variety of dishes for various social events. This requires managing and mobilizing staff skills, the skill of self-control under pressure, good communication skills and organization and methodical approach skills. - 4 students. 3) The accounting management group (cash flow, budgeting, costing, etc.) - 2 students. 4) The Research and Innovation group, will undertake the job of recipe search, literature review, designing the nutritional label of products, evaluation of the biological value of products, creating innovative recipes of high nutritional value. - 5 students. 5) The Production group, divided as follows: <ol style="list-style-type: none"> 1) The Supply group will take over the search for fresh ingredients and the corresponding suppliers, and select them based on price and quality of fresh ingredients. - 2 students. 2) The Food Production group will develop recipes

	<p>based on the Mediterranean Diet Model using nutritional Products Protected Designation of Origin (PDO).</p> <p>Chefs: 3 students in cooking and 1 student in pastry.</p> <p>Sous-Chefs: 3 students.</p>
Methodological framework	<ul style="list-style-type: none"> ➤ Laboratory (operating method). ➤ Experimental research (investigative method). ➤ Action research (heuristic participatory approach). ➤ Role playing. ➤ Cooperative learning. ➤ Scenario building.
Inspiring practice	<p>Inside school: The Entrepreneurship school club that operated at the school from 2013 to 2015 with high student participation.</p> <p>Outside school: Social Innovation Relay competition and programs to promote entrepreneurship.</p>
Tools/technologies/materials	<p>Software tools: Nutritional Data Index (NBI), Body Mass Index (BMI), Calorie Calculator, Calories Burned Calculator, Exercise Calories Calculator.</p>
External Tutor	<ul style="list-style-type: none"> ➤ Cooperation with culinary experts – chefs, who will advise and guide the student group through their own professional experience and knowledge. ➤ Cooperation with members of the business community.
Duration	1 year
Place	At Gastronomy Museum.
Sources	<p>http://nutritiondata.self.com/</p> <p>http://www.calculator.net/bmi-calculator.html</p> <p>http://www.nhlbi.nih.gov/health/educational/wecan/index.htm</p> <p>http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/</p>

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