





## ANNEXE 2

# TRAINING STANDARD FOR THE ECO-CATERING "KITCHEN ASSISTANT"

This involves translating the job profile into units of learning outcomes and training modules for the partners to be able to implement them. The aim is to provide local operators with the tools they require in order to put the training courses into practice. These tools enable the partners to take ownership of the courses and adapt them to the specificities of national training methods.

## Key activity n°1: Formulate the general knowledge relating to sustainable catering

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Training unit 1: on completion of the training unit, the trainee will be able to: understand the sustainable alternatives to a 'classical' diet, recognise certifications and labels, understand the importance of consuming seasonal and local produce.

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### Sequence n°1: The principles of eco-catering.

**Specific aim:** Knowledge of the principles linked to sustainable catering

**Learning objectives:**

- Identify what is ethical and responsible consumption;
- Knowing the available sustainable alternatives to a 'classical' diet;
- Make the link between diet, health and nutrition;
- Put into practice principles linked to sustainable catering;
- Understand the principles of the environmental footprint in the kitchen;
- Understand preserving techniques.

### Sequence n°2: The local and natural heritage.

**Specific aim:** Knowing the local heritage of the region where one works and integrating the local dimension into one's daily work practices.

**Learning objectives:**

- Have a grasp of the local territory, identify the region's particularities
- Knowing the resources of the local heritage; identify the region's specificities (typical dishes and recipes, local products)
- Identify the producers, know their produce and be able to present the local produce on offer to the customers
- Be able to use a local product in the kitchen

### Sequence n°3: The calendar of produce and its principles.

**Specific aim:** Knowing and using the calendar of produce (fruit, vegetables, fishes, meats, ...) and its principles in one's daily professional practices in order to be in keeping with a sustainable diet

**Learning objectives:**

- Know the available sustainable alternatives to a 'classical' diet;
- Knowing the principles of sustainable catering;
- Know and recognise the seasons and their cycles, vary the produce worked with according to the seasons (cooking, recipes, ...)
- Knowing the preserving techniques
- Be aware of the advantages of using products that are in season in cooking

## Sequence n°4: Certification and components of labels and products.

**Specific aim:** knowing certifications and the components of labelling and products.

**Learning objectives:**

- Make sense of labelling and its components, the nutritional quality of products (content in sugars, salts, fats, ...)
- Knowing current certifications and labels (organic, local, national, European, ...)
- Knowing the available sustainable alternatives to a 'classical' diet;
- Know about allergens and be able to suggest alternatives; about additives and colourings, particularly those that apply to organic foods.

## Key activity n°2:

### Respect the environment, manage resources and waste

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TU2: on completion of the training unit, the trainee will be able to: manage energies in a responsible manner, work on making savings, reduce and recover waste.

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## Sequence n°1: energy

**Specific aim:** Work with foodstuffs in a way that is respectful and gives them value as part of sustainable cooking, and manage energy use in a responsible, reasonable and sparing.

**Learning objectives:**

- Adopt the gestures, principles and techniques relating to proper energy use;
- Know alternatives to cleaning, cleansing and maintenance chemicals that are less harmful to the environment;
- Reduce one's environmental footprint in the kitchen.

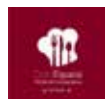
## Sequence n°2: waste

**Specific aim:** Work with foodstuffs in a way that is respectful and gives them value as part of sustainable cooking.

**Learning objectives:**

- Fight against the wasting of food;
- Know the value of food waste;
- Know the laws and directives relating to waste management that are in force in one's country and region...
- Practice recycling in accordance with those laws and directives (PVC, glass, oil,...)
- Sort and dispose of waste

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