



Erasmus+

REVIEW of RESEARCH ELEMENTS of DIAGNOSIS

Kaunas Food Industry and Trade Training Center, Rezeknes tehnikums,
Fundacija Regionálne Centrum Kompetencji



FlexiPlant



CATERING INDUSTRY USING PLANT FOOD - essence of the desk research

- **Involved teachers only**
- Reviewed information about:
- PLANT FOOD definition
- History of PLANT FOOD in 3 countries Lithuania, Poland and Latvia
- Different reasons to eat PLANT FOOD
- PLANT FOOD in vocational training curricula
- PLANT FOOD in the menus of catering and hotel industry in participating 3 countries
- Latest trends in healthy food system



POLITICAL and LAW REGULATIONS IN 3 COUNTRIES

- **Lithuania:** SAM (Sveikatos Apsaugos Mnisterija) *Recommendations for a healthy and sustainable diet, 2020.*
- **Poland:** National Recommendations *on healthy food, particular diet and correct labelling.*
- **Latvia:** *Cabinet regulations for food security.*



STATISTICAL DATA of PLANT FOOD USE in LATVIA, LITHUANIA and Poland

- LITHUANIA: a half (57.1%) of the study participants eat vegetables and fruits
- LATVIA : approx.41% eat vegetables and fruits once a day.
- POLAND: no general data on the issue but plant food is increasing



REFLECTIONS of PLANT FOOD in the HISTORIES of 3 COUNTRIES

- **LITHUANIA:** *a quite unique cuisine influenced by lots of nations during the history of (XIV –XX)centuries. Actually many supposed Russian or Ukrainian plant dishes are originally Lithuanian.*
- **LATVIA:** pearl barley porridge, ray bread, oat jelly...grey peas belonging to Latvian food heritage.
- **POLAND:** Podlasie cuisine influenced by Tatars, Jews, Ukrainians, Lithuanians, Belorussians. Lots of historical plant dishes like dumplins stuffed with different vegetables, potato sausage, pie with cabbage, etc.



NUTRITION BASED ON PLANTS – IS IT TYPICAL FOR BALTIC COUNTRIES WHICH ARE NORTHERN EUROPEAN COUNTRIES?

- **LITHUANIA:** among lentils, bulgur, quinoa, eggplants there are Lithuanian nettles, garsva (chickenfoot) and dandelions as very vitamin and mineral rich products.
- **LATVIA:** dessert Pavlova, pumpkin soup, cauliflower steaks.
- **POLAND:** potato soup, kashotto with vegetables, carrot cutlets, lentil soup, sauerkraut, etc.



PLANT FOOD IN VOCATIONAL SCHOOL CURRICULA (EXAMPLES)

- **LITHUANIA:** modules HEALTHY NUTRITION. Students eager for innovations.
- **LATVIA:** only topics regarding vegetarian dishes included but not as a separate module
- **POLAND:** in the curricula there are subjects of healthy nutrition, separate lectures about plant food, participation in local organic product fairs, trips to the farms growing organic food.



PLANT FOOD IN MENU OF CATERING AND HOTEL INDUSTRY

- **LITHUANIA:** catering companies have special sections with plant food dishes and become more and more flexible.
- **LATVIA:** not only menus for vegetarians but plant food restaurants are established with a great success (Bhajan, Raw Garden in Riga...)
- **POLAND:** restaurant LEWAR in Bielsk Podlaski, Bartlowizna and Goniadz restaurants - offering food according to guests' wishes when they want vegetarian meals. Chefs are very creative.



LATEST TRENDS IN HEALTHY FOOD SYSTEM.

- **LITHUANIA:** nutrition experts like Gertruda Babraviciene, Svetlana Fetisova advocate for flexitarianism: more plants, less meat. Famous trips devoted Lithuanian food of plants heritage like BUCKWHEAT ROUTE or HERDS from DZUKIA.
- **LATVIA:** Ministry of Health of the Republic of Latvia issued Order No. 113 Healthy Eating Recommendations for Adults. It contains many recommendations, but several of them relate to plant-based foods: eat cereals 4-6 times a day.
- **POLAND:** plant products, the "*Diet for health and immunity*" deserves special attention.



CONCLUSIONS

- ▶ Are considered belonging to the Northern countries where vegetation lasts only for 4-5 months creating better conditions to consume more products of animal origin, though, the research revealed that in the history starting from middle ages Polish, Latvian and Lithuanian habitants ate mostly grain, roots and fruits because meat was scarce among ordinary people.
- ▶ With ages introducing new plants (potatoes) Lithuanian, Latvian and Polish people depended on grain and vegetables cooking different porridges, baking bread and preparing different stuffed pies. The description of traditional and newly discovered dishes in all 3 participating countries indicates clearly the importance and abundance of plant food in the menus of Lithuanians, Latvians and Poles. Also the dishes have different names but the ingredients are almost the same: rye, buckwheat, cabbage, sauerkraut, beetroot, barley, pearl, potatoes, cranberries, etc
- ▶ The dishes and their ingredients started changing in recent times with the trend of new plant foods becoming more similar with southern countries' meals using new plant products (chia seeds, quinoa grain, pumpkin seeds, hemp seeds, avocado, etc) but it happened in all three countries. Their vegetarian recipes do not differ from each other.
- ▶ The research provides recent statistics about eating habits which indicate that in the last 50 years people adapted to the Western diet consuming more products of animal origin and meat/diary consumption increased 30-40% when people ate mostly protein rich food excluding vegetables and fruits or eating them once a day or 3-4 times a week.