



Schoolgarden PROJECT
Project No. 2024-1-PL01-KA210-VET-000246112

Course – “Planetary diet from school herbaria and fruit and vegetable gardens”

BIALYSTOK, 13-17.10.2025

Sunday, 12th October 2025

8:00 Departure Rzekne, Latvia (5 teachers from Rēzeknes Tehnikums (RT))

12:00 Departure Vilnius, Lithuania (5 teachers from Verslo ir svetingumo profesinės karjeros centras (VESK))

16:00 Arrive to Bialystok (hotel Ibis), Poland

18:30 Dinner in Ibis Hotel

Monday, 13th October 2025

7:00 – 8:30 Breakfast in hotel Ibis

9:00 -13:00 Block I – Using specific products

1. Meat and lifestyle diseases
2. Plants for health
3. Using plants growing around us in your diet
4. Spices from your home garden
5. Nutritional value of vegetables
6. Drinks with fresh plants (herbs)

Lunch in CZMIS school

14:00 – 16:00 Block I – Using specific products

Beginning of the training, discussion of plant-based diets as a new trend in cuisine.
Introduction to products and preparation methods.
Development of green competences.

18:30 Dinner in Pieprz I Wanilia

Tuesday, 14th October 2025

7:00 – 8:30 Breakfast in hotel Ibis

9:00 - 16:00 Block II – Planetary diet herbs cuisine - preparations II

Visit to school in Siemiatycze

Culinary, ecology and multiculturalism of the region - Workshop

13:00 - Lunch

14:00-16:00 - Visit to Podlasie Herbal Garden – workshops

Visit to herb gardens (Growing organic products in greenhouses, herbariums, or fruit and vegetable gardens)

composing tincture essences

18:30 Dinner

Wednesday, 15th October 2025

7:00 – 8:30 Breakfast in hotel Ibis

9:00 - 16:00 Block II – Planetary diet herbs cuisine preparations

ZSG Białystok

1. The Planetary Diet – A Plant-Based Diet for the Planet

2. The Main Principles of the Planetary Diet

3. The Planetary Diet Plate

4. Benefits of a Planet-Friendly Diet (Environmental Impact)

Establishing home and school herb or fruit and vegetable gardens

Examples of dishes:

1. Cauliflower steak / couscous with vegetables and herbs / marinated pumpkin

2. Salad with Korycin cheese

3. Pumpkin cheesecake

4. Carrot and apple juice

13:00 Lunch in ZSG school

14:00 – 16:00 Block I. Planetary diet herbs cuisine preparations - workshops

Plating continued - practice, tasting.

Conclusion of the training. Discussion, questions, and discussion of issues

18:30 Dinner in Pieprz i Wanilia

Thursday, 16th October 2025

7:00 – 8:30 Breakfast in hotel Ibis

9:00 -13: 00 Block II - Planetary diet cuisine preparations

Meat and fish substitutes.

Examples of dishes created based on planetary diets with produce from local gardens:

1. Creamy beetroot soup

2. Cod cured with pesto

3. Carrot cake with plums

4. Refreshing green cocktail.

13:00 Lunch in ZSG school

14:00 – 16:00 Block II. Planetary diet herbs cuisine preparations - workshops

Plating continued - practice, tasting.

Conclusion of the training. Discussion, questions, and discussion of issues.

18:30 Dinner in Pieprz i Wanilia

Friday, 17th October 2025

7:00 – 8:30 Breakfast in hotel Ibis

9:00 -13: 00 Block II - Planetary diet cuisine preparations

Plating continued - practice, tasting.

Conclusion of the training. Discussion, questions, and discussion of issues

13:00 Lunch

14:00 -16:00 Evaluation and summary of classes