



•• Schoolgarden ••

Project Schoolgarden

01.11.2024 – 31.10.2026

Action 2. Pilot training program in the field of planetary diets using products from school gardens



Implementation of training and implementation of its effects into school practice in the field of the use of planetary diet dishes and products made from organic products in school greenhouses and fruit and vegetable gardens.



preparation of a pilot training program,



implementation the pilot course (30 hours - 5 days, 6 hours each),



implementation and implementation of the course effects into the school program and practice in companies.

Action 2. Pilot training program in the field of planetary diets using products from school gardens

implementation the pilot course (30 hours - 5 days, 6 hours each),

Expected number of participants: 13 participants (13 teachers/entrepreneurs)

- Profesinio mokymo centras Zirmunai – 5 teachers,

- Rezeknes Tehnikums - 5 teachers,


- RCK Foundation - 3 experts/entrepreneurs.



Action 2. Pilot training program in the field of planetary diets using products from school gardens

It is important to remember that this activity will be implemented in 3 stages, in order to maximize the effectiveness of implementation:

- preparatory phase (developing a training program, training syllabus, determining training methods and forms, and technical and organizational issues)
- implementation phase (instructions, principles, regulations, organic products, examples of establishing and operating small gardens and using their organic products in the planetary diet),
- testing and implementation phase (testing and implementing the effects into school practice and economic life, conclusions)



Action 2. Pilot training program in the field of planetary diets using products from school gardens




The pilot training will be prepared with the participation of companies from the catering industry cooperating with schools.



Responsible for preparation and implementation: RCK Foundation with the participation of all partners.




Duration: 9 months (preparation of syllabuses and training program, implementation of training, testing and implementation in schools).



Training title: "Planetary diet from school herb gardens and fruit and vegetable gardens"


- ▶ Training type: practical workshops + culinary demonstrations
- ▶ Leaders: experts in the field of gastronomy + food technologist on behalf of the project leader, the Regional Competence Center Foundation in Białystok.
- ▶ Content: course content clarified after the report and diagnosis, however the outline of the course is as follows:
 - ▶ Meat and civilization diseases.
 - ▶ Plants for health
 - ▶ 1. Application of plants growing around us in the diet
 - ▶ 2. Spices from the home garden
 - ▶ 3. Nutritional value of vegetables
 - ▶ 4. Drinks with the addition of fresh plants (herbs)



Training title: "Planetary diet from school herb gardens and fruit and vegetable gardens"

Planetary diet - plant-based diet for the planet

- 1. Main principles of the diet for the planet
- 2. Planetary diet plate
- 3. Advantages of a planet-friendly diet (impact on the environment)
 - - Growing organic products in greenhouses, herbariums or fruit and vegetable gardens;
 - - Establishing home and school herb or fruit and vegetable gardens - workshops;
 - - Examples of dishes created on the basis of planetary diets with products from local gardens, e.g. school gardens
 - - school canteens, restaurants, bars, bakeries, cafes - study visits.
- Number of training hours: 30 hours (5 days, 6 hours each) + 2 days for travel
- theoretical part: 6 hours (introduction to the topic of environmentally friendly diets in gastronomy)
- practical part: 24 hours (workshops, study visits, practical classes - meal preparation)



Training title: "Planetary diet from school herb gardens and fruit and vegetable gardens"


Assessment method: visual, competency tests, case studies, preparation of dishes according to recipes, study visits.

Method of evaluation of learning outcomes: questionnaire assessing satisfaction and level of meeting expectations.

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Who will take part in it and who will benefit from the results of this activity?

- ▶ Expected number of participants: 13 participants (13 teachers/entrepreneurs)
- ▶ - Profesinio mokymo centras Zirmunai – 5 teachers,
- ▶ - Rezeknes Tehnikums - 5 teachers,
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- There is one conclusion: as societies we have reached the point where the secret of a healthy body is healthy food that effectively uses raw materials and resources.
- The INNOVATIVE aspect of our project is the fact that we would like to present the issue of the planetary diet from the perspective of the food producer and the side preparing meals for consumption. (the training will be conducted by experts/entrepreneurs dealing with food production on a daily basis and experts from companies and restaurants preparing dishes based on the planetary diet).
- By carrying out the training, teachers will learn about the use of plant products in gastronomy in a comprehensive way from the perspective of production (production in gardens and herbariums, e.g. at schools or at home) as well as food service. They will develop new skills and competences and knowledge of current trends and climatic requirements, which is the aim of the project.



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- The INNOVATIVE workshop program, in which teachers from Lithuanian, Polish and Latvian schools and entrepreneurs will take part, will allow them to educate in a competitive way, giving students specific qualifications required by the current labor market.
- INNOVATION is also demonstrated by our approach to the result, which will be a training program, which we would like to test and implement into the curriculum and practice in schools. However, before introducing them into school classes,
- these solutions and methods will be tested in school realities. Thanks to this approach, it will be possible to avoid additional costs and methodological errors.



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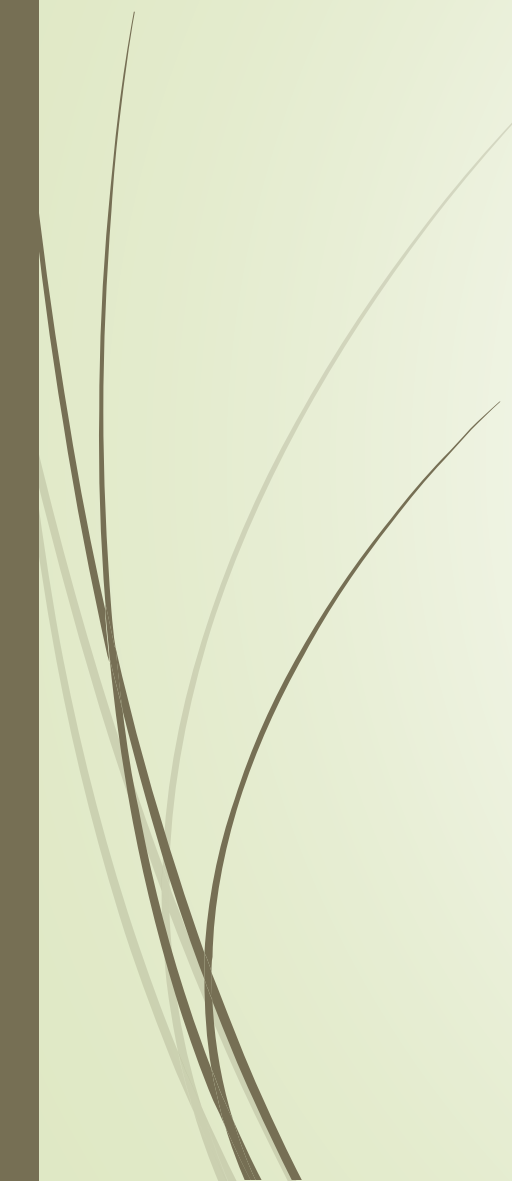
The results of the pilot training - Use of the planetary diet from organic products from school gardens in food preparation in gastronomy will be the developed results:


- training program,
- training syllabus,
- instructions for establishing school fruit and vegetable gardens and herbariums,
- recipes for dishes using the planetary diet in gastronomy,
- organic products created in school gardens and greenhouses,
- principles of the planetary diet using organic products from local gardens, herbariums and greenhouses,
- examples of using products from small, local organic gardens, e.g. in school canteens, restaurants, bakeries, cafes.



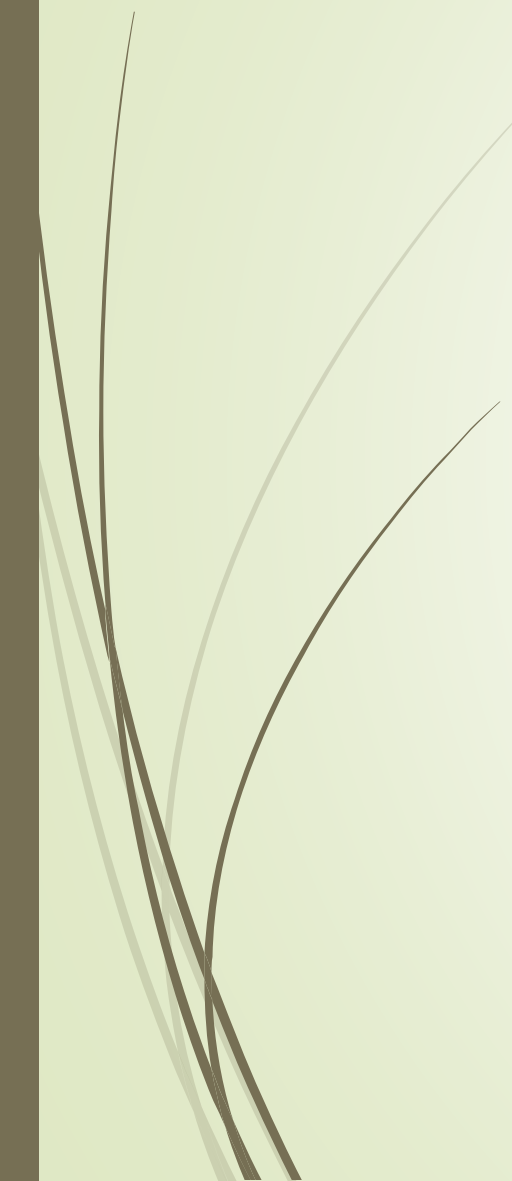
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A very important element of our training will be testing and implementing the above results of the pilot training in school curricula at partners and economic life, e.g. companies cooperating with partners in the field of student internships and placements.



To support this shift, we recommend the development of a Training Program for Gastronomy Teachers, covering the following topics:

- **Suggested Topics for a Training Program on Planet-Friendly Diets**



Suggested Topics for a Training Program on Planet-Friendly Diets

1. Introduction to Planetary Health and Diets

- EAT-Lancet Commission principles
- Local adaptations in Lithuania, Latvia, and Poland
- Environmental and health benefits

2. Plant-Based Culinary Techniques

- Protein-rich legumes and grains in traditional and modern cuisine
- Meat alternatives: tofu, seitan, pulses, mushrooms
- Preserving taste and texture in vegetarian dishes

3. Cooking for Nutrition

- Nutrient-preserving methods: steaming, low-temperature baking, raw dishes
- Fermented foods and gut health (e.g., kefir, sauerkraut, kombucha)
- Fortification and balancing plant-based meals



Suggested Topics for a Training Program on Planet-Friendly Diets

4. Food Literacy and Seasonal Ingredients

- ▶ Planning menus using seasonal, local produce
- ▶ Introduction to wild herbs and plants growing in the region
- ▶ Designing educational school gardens and herbariums

5. Reducing Food Waste

- ▶ Whole-food cooking (using peels, stems, leftovers)
- ▶ Composting and smart kitchen management
- ▶ Educational activities for students

6. Communication and Innovation in Catering

- ▶ Promoting plant-based meals in school and public catering
- ▶ Sustainability labeling and menu planning
- ▶ Collaboration with local farmers and suppliers



Suggested Topics for a Training Program on Planet-Friendly Diets

7. Trends and Tools

- International trends in sustainable gastronomy
- Digital tools and apps for recipe development and sustainability tracking
- Exchange programs and international cooperation (Erasmus+, eTwinning)

These modules could be delivered through blended learning formats, including workshops, online seminars, and practical sessions. Implementing such a program would build a new generation of chefs and food educators who are not only skilled in gastronomy, but also responsible stewards of planetary health.