



## "Eating for Energy: Unleashing the Power of Nutrition"

Let's explore how our food choices contribute to energy consumption and what can be done to make more sustainable dietary decisions.

### WORKSHOP

Activity 1	
OVERALL INFORMATION	
Name	"Time Matters: A Culinary Exploration of Meal Timing, Frequency, and Cooking Methods for Optimal Energy"
Purpose/goal of the activity	The purpose of this workshop is to educate participants on the critical role that meal timing and frequency play in optimizing energy levels and overall well-being. By delving into the nuances of different cooking methods, participants will gain a deeper understanding of how food preparation techniques can impact the body's response to nutrients and influence energy utilization.
Target group	young people with ages 18-30 years old
Profile of the facilitator	The facilitator has great competences of communication and facilitating with a lot of positive feedback from the previous workshops youngsters. He/she has a great passion for health, wellness, sustainability, energy saving and the culinary field. The facilitator has expertise culinary areas such as nutrition science, meal planning and energy saving.
Profile of the participants	The workshop is designed to accommodate a diverse group of individuals with varying backgrounds, interests, and lifestyles. Participants may include students that are passionate in culinary, fitness, nutrition, health, wellbeing, sustainability and having a 0 waste lifestyle
Group briefing	The expected results of a workshop with the goal of educating participants on the critical role of meal timing, frequency, and cooking methods in optimizing energy levels and overall well-being include: Increased Knowledge and Awareness, Informed Dietary Choices, Practical Application of Knowledge, Improved Energy Levels, Culinary Confidence and Skill Development, Formation of Sustainable Habits, Participant Engagement and Interaction.

<b>Estimated size and type of the group</b>	max. 40 young participants of 18-30 years old
<b>Learning outcomes / objectives</b>	Understanding and the importance of Meal Timing and Frequency through the difference between cooking methods
<b>Activity Outline</b>	
<b>Goal/main focus</b>	The purpose of this workshop is to educate participants on the critical role that meal timing and frequency play in optimizing energy levels and overall well-being. By delving into the nuances of different cooking methods, participants will gain a deeper understanding of how food preparation techniques can impact the body's response to nutrients and influence energy utilization.
<b>Duration</b>	1 h 40 min- 100 min
<b>Introduction to the topic</b>	In our fast-paced lives, the choices we make in the kitchen and the timing of our meals play a pivotal role in shaping our wellbeing and overall the macro environment. It is important to understand how our choices in the matter of preparation, can impact both the taste and the flavor of our aliments, but also the local and global energy consumption.
<b>Task Description</b>	<p>Introduction to Culinary Energy Efficiency (15 mins):</p> <p>The facilitator will present the subject and underline the link between energy and the culinary field with examples of different kinds of preparing the food and their effect on the environment. If the group doesn't understand, the facilitator can complete the structure together with the group.</p> <p>Overview of the workshop's focus on culinary techniques that save energy.</p> <p>Energy-Saving Cooking Methods (40 mins):</p> <p>After the presentation of the subject the facilitator will divide the participants into 4 groups of 10 people each.</p> <p>Inside the small groups we will apply the FishBowl Method in which the students are separated into an inner and outer circle and the facilitator will put an open-ended question (What practices can help save energy when using an oven? What are the easiest to adopt energy-saving cooking methods? Are there specific recipes that lend themselves to energy-efficient cooking methods? Are there specific cookware materials that are more energy-efficient?, ) about the subject for each group of 10.</p> <p>In the inner circle or fishbowl, students have a discussion; students in the outer circle listen to the discussion and take notes. This engaging and student-centered strategy builds comprehension of complex ideas while</p>

	<p>developing group discussion skills. In the “fishbowl,” students practice responding to multiple viewpoints. After 15 minutes of discussion, the inner circle will become the outer circle and the outer circle, the inner circle and a new discussion will begin.</p> <p>After they finish they will present to the group what problem they wrote and also they will receive feedback from the other groups.</p> <p>At the end of the exercise will be 10 minutes of debriefing on it.</p> <p>Exploring cooking methods that optimize energy usage without compromising taste. Efficient Kitchen Practices (30 mins)</p> <p>After the presentation of a few energy efficient practices, the facilitator will divide the participants in groups (3-5 per team), each group will receive one flipchart paper on which they will present an efficient kitchen practice of choice for a better understanding and teamwork.</p> <p>Applying energy-saving techniques to prepare a delicious dish together.</p> <p>Q&amp;A and Group Discussion : An opportunity to address any questions and share insights from the hands-on session.(15 min)</p> <p>At the end of the session, the facilitator will rehearse all the new information learnt and after that, the participant will have the opportunity of addressing questions and curiosities.</p>
<b>Remarks</b>	In this activity will use the FishBowl Method for a better understanding of the subject.
<b>Supporting materials</b>	<p>Flipchart</p> <p>Sticky Notes</p> <p>Markers</p>

<b>Activity 2</b>	
<b>OVERALL INFORMATION</b>	
<b>Name</b>	Identifying Energy-Boosting Foods and analyzing Plant based vs Meat Diets
<b>Purpose/goal of the activity</b>	The goal of the workshop is to empower participants with knowledge and practical insights into nutrition, specifically focusing on the impact of dietary choices on energy levels.
<b>Target group</b>	young people with ages 18-30 years old
<b>Profile of the facilitator</b>	The facilitator has great competences of communication and facilitating with a lot of positive feedback from the previous workshops youngsters. He/she has a great passion for health, wellness, sustainability, energy saving and the culinary field. The facilitator has expertise culinary areas such as nutrition science, meal planning and energy saving.

<b>Profile of the participants</b>	The workshop is designed to accommodate a diverse group of individuals with varying backgrounds, interests, and lifestyles. Participants may include students that are passionate in culinary, fitness, nutrition, health, wellbeing, sustainability and having a 0 waste lifestyle
<b>Group briefing</b>	The expected results of a workshop with the goal of educating participants on the critical role of meal energy-boosting foods, different diets, difference in lifestyle, and optimizing energy levels and overall well-being include: Increased Knowledge and Awareness, Informed Dietary Choices, Practical Application of Knowledge, Improved Energy Levels, Culinary Confidence and Skill Development, Formation of Sustainable Habits, Participant Engagement and Interaction.
<b>Estimated size and type of the group</b>	40 young participants of 18-30 years old
<b>Learning outcomes / objectives</b>	Understanding and the importance of Energy-Boosting Foods and analyzing Plant based vs Meat Diets. These learning outcomes aim to ensure that participants leave the workshop with practical knowledge, critical thinking skills, and the motivation to make informed and health-conscious decisions regarding their dietary habits.
<b>Activity Outline</b>	
<b>Goal/main focus</b>	The goal of the workshop is to empower participants with knowledge and practical insights into nutrition, specifically focusing on the impact of dietary choices on energy levels.
<b>Duration</b>	3h= 180 min
<b>Introduction to the topic</b>	The food we consume serves as fuel for our bodies, influencing not only our physical health but also our energy levels and overall vitality. Today, we delve into the specifics of energy-boosting foods and explore the differences between plant-based and meat-based diets. This activity will unravel the secrets behind sustaining energy levels through mindful eating.
<b>Task Description</b>	<p>Session 1: (95 min) Understanding Energy-Boosting Foods</p> <p>Introduction (15 minutes)</p> <p>The facilitator will create a brief overview of the subject.</p> <p>Brief overview of how the body converts food into energy and emphasizes the importance of nutrition for energy levels and overall well-being. (40 minutes)</p> <p>The facilitator will divide the group into 4 groups. Each group will receive a type of macronutrients (carbohydrates, proteins, fats) and vitamins and minerals and will have the responsibility to create a presentation of their</p>

role in energy production.

Identify and discuss foods rich in complex carbohydrates, proteins, and healthy fats. Highlight the importance of vitamins and minerals for sustained energy. (20 min)

The facilitator will prepare a Canva Presentation of the subject and will be using the Course Method in order to be sure of the transmission of the right and complete information.

Group activity: Creating sample daily meal plans that focus on energy-boosting foods. (20 min)

The facilitator will form 6 groups of 6-7 people each. Each group will have to create an example of a meal of the day (breakfast, lunch and dinner) focusing on aliments and recipes with a low carbon-print. At the end of the exercise will be created 2 samples of daily meals focussed on energy boosting and energy efficient food.

Session 2 (85 min): Plant-Based vs. Meat-Based Diets

Brainstorming on the cultural and environmental aspects of dietary choices.

Nutritional Considerations (10 minutes)

For a better understanding, the facilitator will start the discussion of this topic. He will encourage the brainstorming of the group and the different perspectives and ideas of the participants.

Define and differentiate between plant-based and meat-based diets.

Compare and contrast the nutritional profiles of plant-based and meat-based diets. Address common concerns about protein, iron, calcium, and other essential nutrients in both diets.

Health Impacts (55 minutes)

The facilitator will divide the group into 8 groups of 5 participants each. Each group will receive a flipchart sheet and using the Mind Mapping Method will find the different aspects of 8 types of diets (Meatbased, Vegan, Vegetarian, Pescatarian, Paleotatian, Raw Vegan, Ovo-lacto Vegetarianism and Flexitarian) .

The Method needs the facilitator to draw a circle in the middle of the page and 6 speech bubbles about (What is it? Benefits and Challanges for Health? Broken Stereotypes? Pros for lowering carbon footprintt? Cons for low carbon footprints?)

Each team will fill this flipchart sheet with all the information of their selected diet. At the end of the exercise each team will present their findings and the facilitator will debrief.

Share reliable sources of information, books (such as The Low-carbon Diet, The Climate Diet, Cool Food: Erasing Your Carbon Footprint One Bite at a Time), documentaries (such as COWSPIRACY: The Sustainability Secret, Fixing Food, Eating Our Way to Extinction), for continued learning and

	<p>support.</p> <p>Distribute handouts summarizing key points.</p> <p>Closing Remarks (10 minutes)</p> <p>The facilitator will make a summary of the relevant materials for the subject Q&amp;A Session and recap key takeaways from the workshop. (10)</p> <p>At the end of the session, the facilitator will summarize all the new information learnt and after that, the participant will have the opportunity of addressing questions and curiosities.</p>
<b>Remarks</b>	The methods used in this training will be Mind Mapping and Brainstorming.
<b>Supporting materials</b>	<p>Flipchart</p> <p>Sticky Notes</p> <p>Markers</p>

<b>Activity</b>	
<b>OVERALL INFORMATION</b>	
<b>Name</b>	The Power of Local Foods in Energy Conservation
<b>Purpose/goal of the activity</b>	Increase participants' awareness of the critical role local food plays in energy consumption, emphasizing the environmental, economic, and health benefits of choosing locally sourced products.
<b>Target group</b>	young people with ages 18-30 years old
<b>Profile of the facilitator</b>	The facilitator has great competences of communication and facilitating with a lot of positive feedback from the previous workshops youngsters. He/she has a great passion for health, wellness, sustainability, energy saving and the culinary field. The facilitator has expertise in culinary areas such as nutrition science, meal planning and energy saving.
<b>Profile of the participants</b>	The workshop is designed to accommodate a diverse group of individuals with varying backgrounds, interests, and lifestyles. Participants may include students that are passionate in culinary, fitness, nutrition, health, wellbeing, sustainability and having a 0 waste lifestyle
<b>Group briefing</b>	The expected results of a workshop with the goal of educating participants on the critical role of their every-day choices in the global environment and optimizing energy levels and overall well-being include: Increased Knowledge and Awareness, Informed Dietary Choices, Practical Application of Knowledge, Improved Energy Levels, Culinary Confidence and Skill Development, Formation of Sustainable Habits, Participant Engagement and Interaction.

<b>Estimated size and type of the group</b>	40 young participants of 18-30 years old
<b>Learning outcomes / objectives</b>	Having a better understanding on the impact of pure decisions in the matters of procurement of the food.
<b>Activity Outline</b>	
<b>Goal/main focus</b>	Increase participants' awareness of the critical role local food plays in energy consumption, emphasizing the environmental, economic, and health benefits of choosing locally sourced products.
<b>Duration</b>	1 h- 60 min
<b>Introduction to the topic</b>	This workshop will unravel the rich tapestry of benefits woven within the heart of local food and its profound impact on our energy consumption. In a world where choices ripple through ecosystems, economies, and personal well-being, we gather here today to explore the pivotal role local food plays in sustaining our communities.
<b>Task Description</b>	<p>Session 1: From local to global vs from global to local</p> <p>Global Breakfast exercise(50 min)</p> <p>The activity is introduced by informing the participants that they will talk about food and how food connects us at a global level. The facilitator will make groups of 4-5 people and will give the following task.</p> <p>"List in detail the things that you usually have for breakfast. You need to come up with all the things you have for breakfast. Be specific, if you eat fruits you need to specify what fruits exactly"</p> <p>They will have 5-10 minutes to do that.</p> <p>After that, every group will present their breakfast and the facilitator will make a list with all aliments from all groups.</p> <p>After every group has presented, the facilitator will address the question "What would your life be like if you had to use only products from your own county? What would change?</p> <p>The discussion will continue as it follows</p> <p>"Many products that you use come from other countries/continents so what does this mean to us on a global level?"</p> <p>"We are all dependent on each other (as countries and individuals). Do you think is a good or a bad thing? Justify you answer"</p> <p>"What role/ power do you have in this? How can we reduce the bad consequences?"</p> <p>Q&amp;A Session and recap key takeaways from the workshop. (10)</p> <p>The facilitator will summarize the information from the workshop and answer to any questions of the participants.</p>

Remarks	The methods used for this activity Global Breakfast exercise
Supporting materials	Flipchart Sticky Notes Markers