

# MODULE 6: THE ESSENCE OF FOOD

## INTRODUCTION

*In this module students explore why food is so important and the place it holds in our lives. They also learn that eating and drinking are some of the most important parts of hospitality.*

**Be aware that the duration of the sessions is different in this module and let the students know this.**

## OVERVIEW



### Knowledge

- The students become aware of the different reasons why people eat: for nutrition, as a leisure activity, a social activity and as an identity marker.



### Attitude

- The student is eager to learn more about food production and service.



### Learning Goals

- The students are aware of the different components of eating and have a basic understanding of some important topics in cooking.



### Skills

- The students are able to prepare a presentation together.
- The students are able to critically reflect upon important topics in cooking

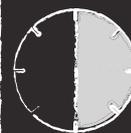
SESSION 6: Why do people eat?

SESSION 6: Presentations on food

SESSION 6: Quiz Time!

## BEFORE YOU START, YOU NEED...

- Markers and pens
- Flipbooks in place
- Large pieces of paper
- Printed student diaries
- Powerpoints downloaded
- Powerpoints printed



- Preparation time (30 min)
- Training sessions:  
Session A: 80 min  
Session B: 120 min  
Session C: 60 min



# SESSION 6A: Why do people eat?



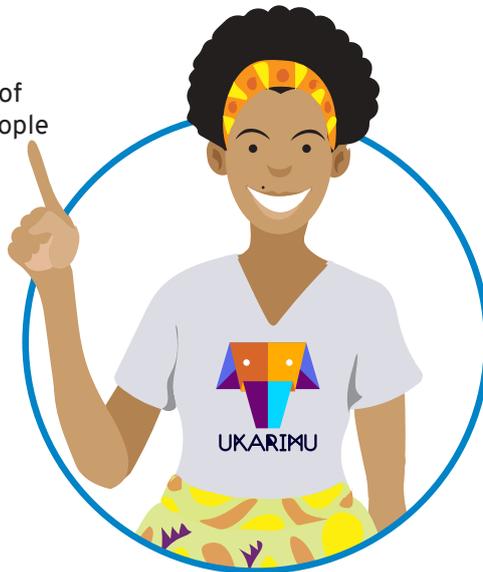
## Knowledge

- The students become aware of the different reasons why people eat.
- The students learn that dining experiences can be different for different people.



## Attitude

- The students are eager to learn more about food production and service.



## Learning Goals

- The students learn to be aware of the different components of eating.



## Skills

- The students learn to reflect on their own experiences with food.
- The students learn how to identify different dining experiences.

## AGENDA



### Energizer

(15 min)



### Lecture:

Why do people eat?

(30 min)



### Discussion in pairs

(15 min)



### Discussion in pairs II

(20 min)



## SAY

- *In this module we are going to explore why food is so important in our lives. Food is not just for eating! Eating and drinking are some of the most important parts of hospitality and most people don't just eat for the sake of having some food in their belly; they want it to be a nice experience! So let us dive into food a little deeper.*



## INSTRUCTIONS

### Energizer (15 min)



The energizer team leads an energizer

### Lecture: Why do people eat? (30 min)



#### SAY:

- *There are over 8 billion people in the world today. What do they all have in common?...They all need to eat! The answer to the question “Why do we eat?” seems an obvious one—to obtain the energy we need to support our everyday activities and, ultimately, promote our survival. Just like a car needs petrol to run, we need food. However, many of our modern day food choices suggest other answers as well. Many times, the reason we eat has less to do with nourishment and more to do with taste. Factors that influence our daily food choices: our preferences, the ingredients that are available, the social situations we find ourselves in, our budgets, sleep schedules, and stress levels, as well as the amount of time we have to prepare and eat a meal. Sometimes we cannot or do not want to cook for ourselves so we pay others to do so: eating out. That is what we will be focusing on in this module.*
- *In restaurants, people eat not only because they are hungry but also because they want to taste excellent food. The whole dining experience also plays a role in how the food will taste. It’s important to understand that people have different food tastes. Some like spicy food, some like sweet food, some prefer a lot of salt, etc. A lot of it is influenced by cultural factors. In India for example, the food tends to be much spicier than in France, while English food tends to be much more greasy than the food of Japan. Most tribes in Africa have a particular staple food that is typical of their groups. So food can also be an identity marker: you eat a certain food because you consider it “your” kind of food. However, many travellers like to experience the food of the place they visit. Some just want to give it a try, whereas others go to a specific country because of the food. For example, in Europe, Italy and France are countries that are often visited by tourists because of the quality of the local food.*
- *Many countries or regions have a specific cuisine: a combination of ingredients, recipes and cooking methods that are particularly associated with that place. We will have a look at some of the most important cuisines later today.*

### Discussion in pairs (20 minutes)



#### TIP FOR THE FACILITATOR:

See the facilitator guide about different ways of leading a discussion for some inspiration.



 **SAY:**

- Discuss with your neighbour the following questions:



**TIP FOR THE FACILITATOR:**

Write these questions on a big paper or put it on a powerpoint. Make sure the students can see the questions when they start discussing.

- *What is your favourite food and why?*
- *Is there anything you don't like?*
- *Do you like to try new food? Why?*
- *Is there any type of food you would love to try?*



- You will get 2 minutes to do so. Afterwards, you present to the group what you found most interesting about the answer of your neighbour.

## Discussion in pairs (20 minutes)



**TIP FOR THE FACILITATOR:**

See the facilitator guide about different ways of leading a discussion for some inspiration.

 **SAY:**

- Discuss with your neighbour the following questions:

- *Who do you think is the best cook you know? And why?*
- *Do you like cooking?*
- *Which meal do you like to prepare?*
- *Is there anything you don't like to prepare?*



- You will get 2 minutes to do so. Afterwards, you present to the group what you found most interesting about the answer of your neighbour.



# SESSION 6B: Presentations on food



## Knowledge

- The students know the essential food items in restaurants.



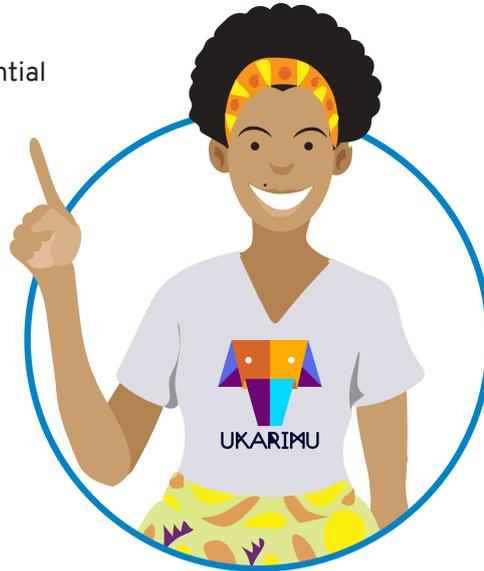
## Learning Goals

- The students have a basic understanding of some important topics in cooking.



## Attitude

- The students see the relevance of teamwork.



## Skills

- The students are able to prepare a presentation together.
- The students are able to critically reflect upon important topics in cooking

## AGENDA



### Energizer

(10 min)



### Exercise

#### Preparation:

why do people eat?

(35 min)



### Presentations

(75 min)



## INSTRUCTIONS

In this session the students will split up in groups and prepare a presentation or exercise for each other. Each group will receive a different topic: “Essential Food Items in Restaurants”, “Herbs and Spices”, “International Cuisines”, “Fruits”, “Kitchen Supplies” and “Food Preferences, Diets and Allergies”. Each group will use the powerpoint slides and think of a way of how to present it. They are encouraged to make it interactive. That is why the slides are designed so that they can first show a picture or descriptions, let the students guess and then provide the right answers.



### FACILITATOR'S NOTE:

The powerpoint are attached to this module. Make sure you download them before.



### SAY

- In this session, you will split up in groups and prepare a presentation or game for each other. You will all receive a topic to work on: “Essential Food Items in Restaurants”, “Herbs and Spices”, “International Cuisines”, “Kitchen Supplies” and “Food Preferences, Diets and Allergies”. As a group you will receive a handout of a powerpoint presentation. You can use this to prepare for your presentation. The presentations are designed in such a way that you can easily turn into a game. For example, you will first see a picture and you can let the rest of the group guess what it is. Be creative in how you are going to give the presentation and make sure everybody in your team has a role to play. You will first receive half an hour to prepare the presentation. Then you will get 15 minutes to present your topic. In the next session, there will be a quiz based on the topics of the presentations.

## Energizer (10 min)



The energizer team leads an energizer

## Exercise: Preparation (35 min)



Split the group into 5 groups. Assign each group a topic: ‘Essential Food Items in Restaurants’, ‘Herbs and Spices’, ‘International Cuisines’, ‘Kitchen Supplies’ and ‘Food Preferences, Diets and Allergies’ and provide them the handout. Let them prepare a powerpoint presentation and help them if necessary.



**GROUP 1**  
Essential  
Food Items in  
Restaurants



**GROUP 2**  
Herbs and  
Spices



**GROUP 3**  
International  
Cuisines



**GROUP 4**  
Kitchen Supplies



**GROUP 5**  
Food Preferences,  
Diets and Allergies



# Presentations (90 minutes)



Each group will get 15 minutes to present their topic using the powerpoint slides. After each presentation, ask the group for feedback on the presentation.



**TIP FOR THE FACILITATOR:**

To keep the feedback short you can ask 3 people for things they loved about the presentation and 3 people for things they could improve on.



# SESSION 6C: Quiz time!



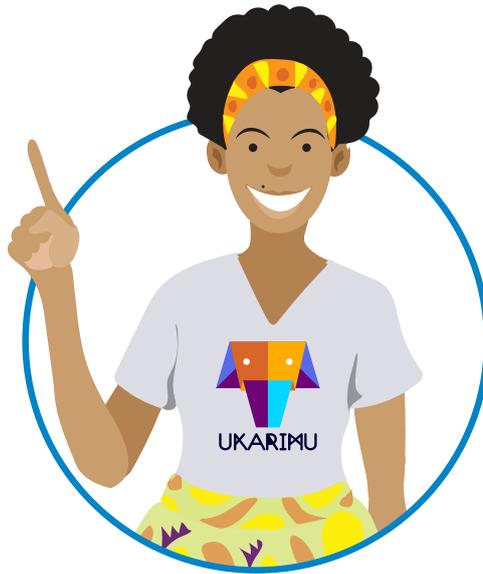
## Knowledge

- The students know the essential food items in restaurants.



## Attitude

- The students are eager to increase their own knowledge on food.



## Learning Goals

- In this session the students have a chance to be tested on their knowledge of food.



## Skills

- The students learn how to identify different types of food for different regions.

## AGENDA



**Energizer**

(10 min)



**Quiz**

(35 min)



**Reflection**

(15 min)



## INSTRUCTIONS

### Energizer (10 min)

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The energizer team leads an energizer

### Quiz (35 min)

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Let the students write down a list of 1 to 20 in their book. Give them the instructions below and start the quiz. Afterwards, go through the answers. Make sure the students do their best, but mention that they won't be judged upon their results.



**SAY**

- *Let us now see whether you all paid attention to the presentations. Write down a list of the numbers from 1 to 20 and watch the slides. At every question, you need to choose A or B. You won't be judged on your result, but we are going to sing for the winner!*
- *After the quiz discuss the answers together.*

### Reflection (15 min)

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**SAY:**

- We have discussed some important topics today and it has given us much to think about. Let's take some time for you to reflect in your diaries.

