

## UNESCO Mediterranean Diet

### A Spanish experience

### Palma de Mallorca, Spain

Food can reveal a lot about a culture. Most of us can identify certain dishes that are associated with holidays and rituals. Often there are stories embedded in these dishes that are passed along each time. There is also a straight connection between food and migration in the history.

The training course is based on non-formal learning approach that emphasizes the experiential learning and learners-centered approach based on participative and interactive methods between participants and trainers. During the training course participants will discover different cooking procedures, local products and their use, flavors, ingredients and the UNESCO Mediterranean diet in Spain.

**Target:** Teachers and students in the Hospitality sector, Chef and apprentices.

#### General Objectives:

- Discovering and learning Spanish and Mallorcan traditional cuisine and UNESCO Mediterranean diet: features, flavors, ingredients, products, recipes, social and cultural values.
- Learning/improving practical skills, techniques, procedures of cooking full menus using local products.
- Reflect on health, well-being and sustainability of Mediterranean diet.
- Stimulating professional and business cooperation with inspired Chefs and Cookers.
- Dissemination of UNESCO Mediterranean diet

#### Preliminary Programme

1. DAY - WELCOMING & INTRODUCTION	
PROGRAMME	Learning Objectives
<ul style="list-style-type: none"> <li>• Welcome of participants</li> <li>• Course Introduction (program, aims and objectives)</li> <li>• Brainstorming &amp; Team building activities</li> <li>• Guided Tour to Palma de Mallorca</li> <li>• Laboratory of tasting</li> </ul>	<ul style="list-style-type: none"> <li>• Participants' presentation and the introduction of course topics</li> <li>• Sharing experiences and expectations</li> <li>• Team-building activities</li> <li>• Guided tour of the city</li> <li>• Discovering the cultural values of Spanish cooking</li> </ul>
2. DAY – EXPLORING THE CITY FLAVOURS	
PROGRAMME	Learning Objectives

<ul style="list-style-type: none"> <li>● Visit Mercat de l’Olivar and buying ingredients in groups for the Laboratory of Cooking</li> <li>● Laboratory of Cooking (Josper oven)</li> <li>● Lunch together</li> </ul>	<ul style="list-style-type: none"> <li>● Local markets in Spain are places packed with flavour, where in addition to buying fresh products, people can taste a variety of delicious dishes. There are many in Spain, and most of them serve as showcases for Spanish gourmet cuisine.</li> <li>● Cooking rice with “Josper” oven at 500° with vegetal carbon. Discovering the ancient taste thanks to the wood-fired cooking technique.</li> <li>● Enjoying together what we prepared during the morning</li> </ul>
--	---

### 3. DAY – EXPLORING MEDITERRANEAN FLAVOURS

PROGRAMME	Learning Objectives
<ul style="list-style-type: none"> <li>● Visit D.O winery of the central region of Mallorca and Tasting</li> <li>● Visit D.O olive oil mill and Tasting</li> <li>● Visit local slow food farm (vegetables, goat cheese, wine and bread production)</li> </ul>	<ul style="list-style-type: none"> <li>● Knowing traditional heritage and historical backgrounds of wine and olive oil in Mallorca and comparison with the countries of participants</li> <li>● Picking fresh tomatoes and blitzing them into a gazpacho y salmorejo</li> </ul>

### 4. DAY – INNOVATIVE COOKING & TEACHING METHODS

PROGRAMME	Learning Objectives
<ul style="list-style-type: none"> <li>● Study Visit at EIHB (Escola d’Hoteleria Illes Balears)</li> <li>● Share ideas and debriefing</li> </ul>	<ul style="list-style-type: none"> <li>● Knowing school system, teaching techniques, its innovative equipment and especially the cooperation with Hospitality entrepreneurs association and UIB (University) to create a cross-sectorial educational system</li> <li>● Participants will share the ideas about the day and exploit the potentiality of what they have learnt</li> </ul>

### 5. DAY - CLOSING DAY

PROGRAMME	Learning Objectives
<ul style="list-style-type: none"> <li>● Laboratory of Cooking (Seasonal dish preparation)</li> <li>● Lunch together</li> <li>● Share ideas and debriefing</li> <li>● Sharing best experiences</li> <li>● Future project ideas</li> <li>● Course Evaluation</li> <li>● Delivery of the certifications</li> </ul>	<ul style="list-style-type: none"> <li>● Discovering the local cuisine tradition based on “sweet&amp;sour” taste, typical in the Balearic Islands because of the arabic influence.</li> <li>● Enjoying together what we prepared during the morning</li> <li>● Let’s share together our final thoughts and ideas about the course and possible future cooperation. During the previous days, participants will be busy to learn the new method. At the same time, it is important to share previous experiences and new ideas with the aim to create new potential cooperation. During the same day, participants will evaluate</li> </ul>

	the course from different aspects and the final certificates will be delivered.
--	---