



WORKSHOP 2

Kitchen Challenge: Zero-Waste Creativity!

Estimated duration: max 1.5 hours.

Objective of the Workshop:

To reinforce the concept of minimizing food waste and to raise students' awareness of using ingredients sustainably, promoting responsible culinary practices.

ACTIVITY:

The consist in a culinary competition in which students should realize a zero-waste meal using all parts of each ingredient.

The culinary competition can be conducted in two formats: in-class or in-kitchen.

- **In-Class Format:** In this format, students work individually or in small groups to create a culinary project without physically preparing the dishes. Each participant must develop an idea for a zero-waste meal, detailing how they will use all parts of each ingredient, including typically discarded parts (e.g., vegetable peels, scraps, bones for broth). Students will present their ideas to the class, demonstrating food recycling techniques and their creative approach to sustainable cooking. Presentations may include drawings, diagrams, or digital slides to explain their methods for reducing food waste.
- **In-Kitchen Format:** If held in the kitchen, students work in small groups to prepare a meal using selected ingredients. Each group is encouraged to make the most of underused parts of ingredients, such as vegetable peels and scraps, transforming them into delicious and creative dishes. **Teachers will provide support and guidance on sustainable cooking techniques throughout the hands-on activity.**

In both formats, students will vote on the winner based on criteria such as creativity, efficient use of ingredients, and the presentation of ideas.

Outcome:

This competition not only highlights the importance of zero-waste cooking but also offers students a practical opportunity to learn how to maximize the use of ingredients and reduce food waste. Students will reflect on their culinary habits and the environmental impact of their choices in the kitchen. Through this experience, participants will learn to appreciate the value of every part of an ingredient and develop an innovative and sustainable mindset in the culinary field.

Additionally, this activity fosters teamwork and creativity, encouraging students to think critically and find practical solutions to address food waste. The competition will culminate in a moment of sharing and celebrating the best ideas, helping to build a community of learners committed to sustainability and environmental responsibility.