



WORKSHOP 1

Sustainable or Not Sustainable? – The Recycling Challenge and Beyond!

Estimated duration: max 1.5 hours.

Objective of the Workshop:

To educate culinary students about recycling practices and the importance of properly managing packaging and waste materials used in the kitchen.

ACTIVITY:

The workshop consists of **two parts**: an **introduction** of the topic followed by an **interactive game**.

The workshop will begin with an overview of sustainability in the culinary sector consisting in a **brief seminar to be done with the students**. The aim of this first part of the workshop is to raise awareness before delving into recycling practices in the culinary sector during the subsequent quiz.

Attached to this guide, you will find the [workshop PDF](#) to be used in the classroom with students. Use it as you prefer, tailoring the content based on the depth of discussion you think you can achieve with the students and the time available. The **videos** included in the workshop can be automatically subtitled on YouTube in your preferred language (Italian, Greek, Spanish).

Afterward, invite the students to participate in the **interactive game** called “Sustainable or Not Sustainable? - Culinary Edition.”

Use the tool you are most comfortable with (it can be done on paper, a chalkboard, or made more engaging by uploading questions and answers to platforms like Kahoot).

WHAT DOES THE QUIZ ENTAIL?

Students will answer a **series of questions** based on kitchen scenarios related to recycling (e.g., using compostable packaging, choosing suppliers who use recycled materials, properly separating waste in the kitchen). They must **classify each scenario as “Sustainable” or “Not Sustainable”** and

justify their choices. You can divide students into small groups or let them participate individually. The important thing is to assign them scores to encourage friendly competition among participants and invite them to justify their choices to stimulate dialogue and discussion on these topics.

The winning group will receive a Green Badge as recognition for their commitment to sustainability **(certificate attached for printing and completion with the name(s) of the winner(s)).**

OUTCOME:

This workshop aims to raise awareness among students about the importance of recycling in the culinary sector, encouraging responsible use of packaging and materials in the kitchen. It teaches how sustainable choices can reduce environmental impact and promotes adopting eco-friendly practices in waste management.

ENCLOSED TO THIS FILE YOU WILL FIND:

- **PDF OF THE INTRODUCTORY WORKSHOP**
- **WORD FILE CONTAINING THE QUIZ QUESTIONS**