

WULS SYLLABUS: WORKSHOP FOR STUDENTS (1)
Developed within the Strategic Partnership project

Number of the project	2016-1-PL01-KA203-026652
Title/name of the project	Innovative Education towards Sustainable Food Systems
Title of the Lecture (original and translated into EN)	Przeciwdziałanie marnotrawstwu żywności (Fighting food waste)
Students Lecturer (University)	Dr. Dominika Średnicka-Tober
The aim of the lecture	To explain how important is the problem of food waste both on the local and global level; To present the possibilities of better use the food that is produced; To show an idea of using food waste as raw materials.
Description (schedule)	I. Meeting with students and introduction to the project & potential range of topics to select, II. Meeting with students and discussions on their proposals of topic and the scope of lectures, III. Development of a joint presentation on the sustainability topic, IV. Elaboration of the lecture & workshop, V. Lesson in school, VI. Final meeting, students presentation, certificates
Time needed to carry out the lecture	The lecture lasted 90 minutes and consisted of two parts (45 min each): - a main lecture conducted by students on their topic - a workshop with a task of preparing proposals of dishes from food wastes, which could be e.g. a dinner dish, snack or bread paste - engaging and activating secondary school students.
Materials & tools necessary to carry out the lecture	Materials to the workshop: - Examples of food wastes that could be used to prepare meals, as an inspiration for the pupils, who had a task to prepare their own proposals of meals
Target group (background, study level)	Two students from Warsaw University of Life Sciences (WULS) were involved in this activity. Students were recruited and trained for this specific activity. These were Bachelor level students, in topics related with food and nutrition. They worked together and gave one lecture on the selected topic connected to sustainable food systems in a Secondary School in Warsaw. The school is called „Zespół Szkół Gastronomicznych im. prof. Eugeniusza Pijanowskiego” and is located in the center of Warsaw, Poland (Poznańska 6/8, 00-680 Warszawa). The school has above 1000 students aged 14-19 years old.

Prerequisites	<p>Master or Bachelor level students from WULS, all in topics related with agriculture, nutrition and food.</p>
Effects / learning outcomes (knowledge, skills and social competences)	<p>University students had been preparing the lecture about one of the sustainability aspects, which they found interesting and they have deepened their knowledge about the selected topic.</p> <p>They also discovered what a challenge it is to teach younger people. This experience was enriching for them.</p>
If applicable, background literature	<p>-</p>
Additional comments	<p>After finishing lecture 19 questionnaires were completed by pupils and 1 by teacher (open questions not answered).</p> <p>Students were mostly satisfied or very satisfied by the lectures given, and teacher was very satisfied with the activity.</p>

WULS SYLLABUS: WORKSHOP FOR STUDENTS (2)
Developed within the Strategic Partnership project

Number of the project	2016-1-PL01-KA203-026652
Title/name of the project	Innovative Education towards Sustainable Food Systems
Title of the Lecture (original and translated into EN)	Lokalne superfoods (Local superfoods)
Students Lecturer (University)	Doc. Renata Kazimierczak
The aim of the lecture	To show alternatives to widely promoted tropical superfoods (cutting food miles); To show that there are equally valuable products on the local market; To show examples of Polish products, so-called local superfoods & examples of recipes.
Description (schedule)	I. Meeting with students and introduction to the project & potential range of topics to select, II. Meeting with students and discussions on their proposals of topic and the scope of lectures, III. Development of a joint presentation on the sustainability topic, IV. Elaboration of the lecture & workshop, V. Lesson in school, VI. Final meeting, students presentation, certificates
Time needed to carry out the lecture	The lecture lasted 90 minutes and consisted of two parts (45 min each): - a main lecture conducted by students on their topic - a workshop consisted of quiz for pupils and a task of preparing by them a menu proposal - engaging and activating high school students.
Materials & tools necessary to carry out the lecture	Materials to the workshop: - Quiz questions and tables contained nutritional value of selected products from local and exotic superfoods. Pupils were asked to prepare a menu for people with various deficiencies in the diet. Their task was to use food belonging to the group of superfoods from both Poland and the exotic countries.
Target group (background, study level)	Two students from Warsaw University of Life Sciences (WULS) were involved in this activity. Students were recruited and trained for this specific activity. Students were Bachelor level students, in topics related with food and nutrition. They worked together and gave one lecture on the selected topic connected to sustainable food systems in a Secondary School in Warsaw. The school is called „Zespół Szkół Gastronomicznych im. prof. Eugeniusza Pijanowskiego” and is located in the center of Warsaw, Poland (Poznańska 6/8, 00-680 Warszawa). The school has above 1000 students aged 14-19 years old.

Prerequisites	<p>Master or Bachelor level students from WULS, all in topics related with agriculture, nutrition and food.</p>
Effects / learning outcomes (knowledge, skills and social competences)	<p>University students had been preparing the lecture about one of the sustainability aspects, which they found interesting and they have deepened their knowledge about the selected topic.</p> <p>They also discovered what a challenge it is to teach younger people. This experience was surprising and enriching for them.</p>
If applicable, background literature	<p>-</p>
Additional comments	<p>After finishing lecture 23 questionnaires were completed by pupils and 2 by teachers (open questions not answered).</p> <p>Students were mostly satisfied or very satisfied by the lectures given, and teachers were very satisfied with the activity.</p>

WULS SYLLABUS: WORKSHOP FOR STUDENTS (3)
Developed within the Strategic Partnership project

Number of the project	2016-1-PL01-KA203-026652
Title/name of the project	Innovative Education towards Sustainable Food Systems
Title of the Lecture (original and translated into EN)	Produkcja żywności ekologicznej (Organic food production)
Students Lecturer (University)	Doc. Renata Kazimierczak
The aim of the lecture	To explain what is the organic food production: what are the basic goals and principles of organic agriculture, whether organic products differ from conventional ones, how to recognize organic food (labeling and certificates); Why organic production is part of the sustainable food system.
Description (schedule)	I. Meeting with students and introduction to the project & potential range of topics to select, II. Meeting with students and discussions on their proposals of topic and the scope of lectures, III. Development of a joint presentation on the sustainability topic, IV. Elaboration of the lecture & workshop, V. Lesson in school, VI. Final meeting, students presentation, certificates
Time needed to carry out the lecture	The lecture lasted 90 minutes and consisted of two parts (45 min each): - a main lecture conducted by students on their topic - a workshop with a task of preparing two economic options of the full diner from organic and conventional products - engaging and activating high school students.
Materials & tools necessary to carry out the lecture	Materials to the workshop: - Tables containing prices of selected organic products and their non organic counterparts, to be used in the discussion and to prepare two options of the full diner from these products.
Target group (background, study level)	Two students from Warsaw University of Life Sciences (WULS) were involved in this activity. Students were recruited and trained for this specific activity. Students were Bachelor level students, in topics related with food and nutrition. They worked together and gave one lecture on the selected topic connected to sustainable food systems in a Secondary School in Warsaw. The school is called „Zespół Szkół Gastronomicznych im. prof. Eugeniusza Pijanowskiego” and is located in the center of Warsaw, Poland (Poznańska 6/8, 00-680 Warszawa). The school has above 1000 students aged 14-19 years old

Prerequisites	<p>Master or Bachelor level students from WULS, all in topics related with agriculture, nutrition and food.</p>
Effects / learning outcomes (knowledge, skills and social competences)	<p>University students had been preparing the lecture about one of the sustainability aspects, which they found interesting and they have deepened their knowledge about the selected topic.</p> <p>They also discovered what a challenge it is to teach younger people. This experience was surprising and enriching for them.</p>
If applicable, background literature	<p>-</p>
Additional comments	<p>After finishing lecture 26 questionnaires were completed by pupils and 1 by teacher (open questions not answered).</p> <p>Students were mostly satisfied or very satisfied by the lectures given, and teacher was very satisfied with the activity.</p>

WULS SYLLABUS: WORKSHOP FOR STUDENTS (4)
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Number of the project	2016-1-PL01-KA203-026652
Title/name of the project	Innovative Education towards Sustainable Food Systems
Title of the Lecture (original and translated into EN)	Slow food
Students Lecturer (University)	Dr. Dominika Średnicka-Tober
The aim of the lecture	To explain what is the slow food movement, what it means and what is the mission/the aims; Why slow food is part of the sustainable food system; To provide examples of slow life style.
Description (schedule)	<p>I. Meeting with students and introduction to the project & potential range of topics to select,</p> <p>II. Meeting with students and discussions on their proposals of topic and the scope of lectures,</p> <p>III. Development of a joint presentation on the sustainability topic,</p> <p>IV. Elaboration of the lecture & workshop,</p> <p>V. Lesson in school,</p> <p>VI. Final meeting, students presentation, certificates</p>
Time needed to carry out the lecture	<p>The lecture lasted 90 minutes and consisted of two parts (45 min each):</p> <ul style="list-style-type: none"> - a main lecture conducted by students on their topic - a workshop in an Oxford Debate form - engaging and activating high school students.
Materials & tools necessary to carry out the lecture	<p>Material to the workshop:</p> <ul style="list-style-type: none"> - Scenario of the Oxford Debate. The thesis of the debate: Local / organic / sustainable food products are a better choice than conventional products.
Target group (background, study level)	<p>Two students from Warsaw University of Life Sciences (WULS) were involved in this activity. Students were recruited and trained for this specific activity. Students were Bachelor level students, in topics related with food and nutrition.</p> <p>They worked together and gave one lecture on the selected topic connected to sustainable food systems in a Secondary School in Warsaw. The school is called „Zespół Szkół Gastronomicznych im. prof. Eugeniusza Pijanowskiego” and is located in the center of Warsaw, Poland (Poznańska 6/8, 00-680 Warszawa).</p> <p>The school has above 1000 students aged 14-19 years old.</p>

Prerequisites	<p>Master or Bachelor level students from WULS, all in topics related with agriculture, nutrition and food.</p>
Effects / learning outcomes (knowledge, skills and social competences)	<p>University students had been preparing the lecture about one of the sustainability aspects, which they found interesting and they have deepened their knowledge about the selected topic.</p> <p>They also discovered what a challenge it is to teach younger people. This experience was surprising and enriching for them.</p>
If applicable, background literature	<p>-</p>
Additional comments	<p>After finishing lecture 26 questionnaires were completed by pupils and 1 by teacher (open questions not answered).</p> <p>Students were mostly satisfied or very satisfied by the lectures given, and teacher was very satisfied with the activity.</p>



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