



Activity coordinated by:
SI4LIFE

Contents of this document are entirely produced by Nectar project, therefore EACEA and European Commission have no responsibilities on them. AGREEMENT NUMBER - 621707-EPP-1-2020-1-BE-EPPKA2-SSA

LESSON PLAN LO6-D-1

**Define consistency and texture of food in a creative,
balanced and flavorful way**

Authors:

**MATILDE BORRIELLO, GIROLAMO PUGLIESE,
SIMONA SIGNORELLI - MARCO POLO**



Co-funded by the
Erasmus+ Programme
of the European Union





Introduction

This template would allow to formalize a suggested approach to the teaching of LO6-D-1. Once completed it can be used by teachers in order to design their own lessons addressing the specific LO.

Lesson plan for LO6-D-1

LO6-D-1	
Define consistency and texture of food in a creative, balanced and flavourful way	
KNOWLEDGE He/she is able to: <ul style="list-style-type: none">• Be critically aware and describe when consistency changes are needed• Identify and describe which techniques can be used to apply consistency changes in dishes• Identify and describe how dishes can be balanced in a flavourful way• Understand and demonstrate what a balanced dish is• Understand and demonstrate how to prepare a dish with flavour• Describe all the different typology of thickeners and their different chemical composition• Describe all the different rheological characteristic for typology of thickeners	SKILLS He/she is able to: <ul style="list-style-type: none">• Use advanced techniques to apply consistency changes in dishes• Apply consistency changes in dishes• Enhance the flavour in dishes while ensuring it is balanced• Evaluate dishes after consistency changes on taste
PERSONAL AND TRANSVERSAL COMPETENCES He/she is able to: <ul style="list-style-type: none">• AUTONOMOUSLY master food combination• Collaborate with kitchen team to ensure balance and taste in dishes• TAKE RESPONSIBILITY for the consistency changes in dishes• Work as part of a team to prepare consistency changes in dishes• Provide responsible explanations to teams about the necessity of the changes in the dishes	



Lesson Plan LO6-D-1

MANDATORY OR OPTIONAL: *mandatory*

LINK TO OTHER LOs:

Preliminary to LO6-D-3

Linked to LO2-A-B-2 LO2-A-B-3 LO2-C-D-1 LO6-A-B-1 LO6-A-B-2

EQF LEVEL: **EQF4**

OTHER NOTES:

PREPARATORY LOS

These LOs should be introduced before addressing LO6-D-1

LO2-A-B2

Know basics in physiology of taste/smell, be aware of how different conditions affect taste/smell and of possible clients' food intake needs with respect to taste/smell deterioration, and detect these needs in collaboration with health professionals

LO2-A-B3

Be aware of the main swallowing problems which raise the need for adapted food and be able to tackle these problems and conditions in daily work in collaboration with health professionals

LO2-C-D1

Identify and select test protocols on taste disturbances and use them to detect and classify taste deterioration and to monitor it

LO6-A-B1

Know the main cooking techniques and select the appropriate ones for the different healthcare contexts in order to maintain the nutritional properties and maximize the nutritional value of the ingredients

LO6-A-B2

Use or supervise the use of established, innovative and complex preparation methods, also combining and applying various cooking methods simultaneously and developing creative solutions




FLEXIBILITY TABLE SUGGESTIONS ABOUT EDUCATIONAL STRATEGY

Lecture:	yes, preparatory to lab activities
Individual study:	yes
Group work:	NO
Lab:	face to face
WBL:	yes

HOW TO ADDRESS THE NEEDED KNOWLEDGE (EQF 4)

CONTENTS AND MATERIALS

KNOWLEDGE TO BE ADDRESSED	RELATED CONTENTS	EDUCATIONAL MATERIALS
<ul style="list-style-type: none"> Be critically aware and describe when consistency changes are needed 	<p>From LO2-A-B3</p> <p>In collaboration with health professionals:</p> <ul style="list-style-type: none"> - the main swallowing problems - medical conditions that can affect the need for food texture modification <p>The main goals of nutrition management in swallowing problems</p>	<p>Short extract of Nutritional Guidelines for Management in swallowing problems</p>
<ul style="list-style-type: none"> Identify and describe which techniques can be used to apply 	<p>The IDDSI Framework and the common terminology to describe food textures and</p>	<p>Complete IDDSI Framework and Descriptors</p>

<p>consistency changes in dishes</p>	<p>drink thickness: the thickeners, the thinners, the lubricants</p> <p>IDDSI Testing Methods : the flow or textural characteristics of a particular product, foods and drinks under the intended serving conditions (especially temperature).</p>	<p>www.iddsi.org</p> <p>IDDSI Framework and Detailed Level Definitions (July 2019)</p>  <p>IDDSI Testing Methods (July 2019)</p>  <p>Evidence Statement (2016)</p> 
<ul style="list-style-type: none"> Identify and describe how dishes can be balanced in a flavorful way 	<p>The balanced flavors and the basic rules behind preparing each element for creation of a Flavor Profile in the menu</p>	<p>Didactic material University lecture (e.g. Robino et al.) from LO2-A-B2</p> <p>Lab hands-on activities Implementation of experimental protocols</p>
<ul style="list-style-type: none"> Understand and demonstrate what a balanced dish is And their different chemical composition 	<p>The caloric and nutritional calculation of individual dishes and the entire menu</p>	<p>Nutrition tables and dedicated computer programs will be introduced to students.</p>
<ul style="list-style-type: none"> Understand and demonstrate how to prepare a dish with flavor Describe all the different typology of thickeners and 	<p>The characteristics of the food to be presented:</p> <p>cohesiveness = the compactness of food</p> <p>homogeneity = the equal consistency, density and size of the bite.</p> <p>slipperiness = the increase in viscosity of the food with the use of fatty condiments</p> <p>food temperature = the preferable temperature to stimulate the perception of the bite</p> <p>visual aspect = color and taste of food to stimulate the appetite</p>	<p>Lab hands-on activities</p> <p>Implementation of experimental protocols either through laboratory or through work-based learning</p>
<ul style="list-style-type: none"> Describe all the different rheological characteristic for typology of thickeners 	<p>The meaning of the discipline rheology: the deformation and flow of food matter The three major categories belonging to food acceptability: Appearance</p>	<p>Rheological and mechanical properties of food University lecture (e.g. Sacchetti et al.)</p>



	Taste Touch The rheologic characteristics of the products that have both solid and liquid properties simultaneously: Deformation -materials most similar to solids Sliding -materials most similar to liquid	Lab hands-on activities Implementation of experimental protocols
--	--	---

SUGGESTED ACTIVITIES FOR ADDRESSING THE NEEDED KNOWLEDGE (in compliance with flexibility table)

Total hour: 25 hours

- Teaching stage face to face: 3 hours
- Teaching Lab face to face: 8 hours
- Stage-Individual study: 12 hours
- Lab individual study: 2 hours

How can you share with students the needed contents?

A face-to-face lesson will deal with the contents listed in the table

Lab hands-on activities

Sharing of pdf documents

Implementation of experimental protocols

On-line lesson using Google G-suite

HOW TO ADDRESS THE NEEDED SKILLS (EQF 4)

Explain how to address the following competences:

- Implementation of experimental protocols about consistency and texture of food
 - Master AUTONOMOUSLY food combination
 - Collaborate with kitchen team to ensure balance and taste in dishes
 - TAKE RESPONSIBILITY for the consistency changes in dishes
 - Work as part of a team to prepare consistency changes in dishes
 - Provide responsible explanations to teams about the necessity of the changes in the dishes