

aN Eu Curriculum for chef gasTro-engineering in primARy food caRe



CONTENT

NECTAR FINAL CONFERENCE

NECTAR RESULTS

NECTAR @ AHL Napoli 2023

DISCLAIMER

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The promotion of active and healthy ageing throughout the “whole life course” is a key objective of national public health strategies. Demographic change and people living longer places additional demands on both health and social care systems, and those that support them. Governments and Health and Care providers have increasingly recognized the need for robust health promotion strategies supporting a range of interventions and initiatives to prevent, or defer, age related conditions and diseases hindering functionality and independent living.

Within this context good quality, tasty and safe food have demonstrated to be effective strategies in addressing malnutrition, sarcopenia and frailty and thus improving quality of life and preventing older adults from morbidity, and disability.

The quality of institutional food services is important as it influences patient/client nutritional intake as well

as their quality of life and the satisfaction with their overall experience. However, the prevalence of malnutrition in hospital and residential aged care settings remains unacceptably high. In this context, a skilled public health workforce, delivering high-quality nutrition services in health care settings, is needed.

The NECTAR Project, funded by Erasmus+, is a Sector Skills Alliance addressing the identified mismatch between the skills currently offered by cooks and chefs working in hospitals, residential care, and homecare and those actually demanded by healthcare institutions, private service providers and final end users in order to play a pivotal role in Primary Food Care (PFC).

Based on a “culinary/ clinical integrated approach”, NECTAR has delivered an EU Occupational Profile for Chef Gastro Engineering (CGE) and an EU Curriculum (learning outcome-oriented and modular) for the certification of this profile. Through this the CGE will become an innovative and central figure in Primary Food Care within a health and care setting.

NECTAR FINAL CONFERENCE, GHENT 19/10/2023

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**FINAL
CONFERENCE**

**19TH
OCTOBER
2023**

@ 2 p.m. CET
ODISEE Technologicampus, Gebroeders de Smetstraat 1, 9000 Ghent, Belgium

Odisee **Zorgwaard** **Med Uni Graz** **WIAB** **WKO** **SCM** **UA1g**
UNIVERSITY OF APPLIED SCIENCES **albufeira** UNIVERSIDADE DO ALGARVE

Center for Gastrology **EIP ON AHA** **ILVO** **REGIONE LIGURIA** **SI4Life** **FONDAZIONE** **REGIONE CAMPANIA**
RSCN Flanders Research Institute for Agriculture, Fisheries and Food Università del Piemonte Orientale per le Scienze e le Attività Culturali e Sanitarie UNIVERSITÀ DEL SALENTO

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

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NECTAR Partners have presented the results from the project and discussed the opportunities for expanding the network of those providing education and training programmes to chefs and cooks at their Final Conference on 19th October 2023. The event was held in hybrid format for anyone not able to attend in person.

The event was of interest to VET Providers; Education, Health, Social Care Policy Makers; Health and Care Providers; Accreditation Bodies; Chefs/Cooks and Culinary Students; and Individuals with an interest in food and nutrition.

FINAL CONFERENCE AGENDA

Moderators:

Silvia Bossio, ODISEE, and John Farrell, RSCN

Opening Address: Pavol Krempasky, EACEA

Welcome from our Hosts – Ann Verreth, Managing Director, ODISEE

Keynote Speakers:

1. Importance of Food and Nutrition to Patients and Older Adults – *Dr Anne-Kathrin Illner-Delepine, UniLaSalle, France*
2. Addressing the Skills Gap for Chefs and Cooks Working in Integrated Health and Care Settings – *Prof. Maddalena Illario, UNINA, Italy*
3. European Food and Nutrition Initiatives – Making the Links – *Dr Karin Schindler, Austrian PEN Society*

NECTAR Project:

1. Overview of the NECTAR Project and Main Results – *Serena Alvino, SI4Life*
2. Pilot Sites' Experience and Learning – *Italy, Austria, Portugal, and Belgium*
3. NECTAR MoU and Engaging with the NECTAR Network – *Roberta Ferrara, SI4Life*

Keynote Speakers:

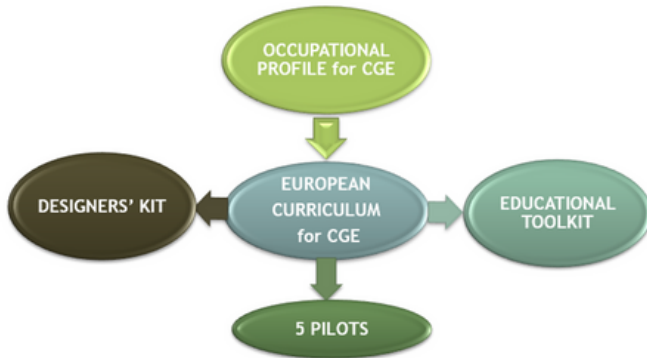
1. The AlimCare Project - Empowering education to integrate food as a prevention tool for health and in the continuity of care without giving up the pleasure of eating – *Dr Anne-Kathrin Illner-Delepine, UniLaSalle*
2. Funding Models for Food and Nutrition in Health and Care Settings – *Prof. Maddalena Illario, UNINA*

Forthcoming Events:

1. NECTAR @ AHL Napoli 2023 – *Emanuela Di Marino, ITS-BACT, Italy*



THE RESULTS



- Made of 69 Learning Outcomes grouped into 7 UoL
- It targets chefs (ESCO profile – EQF4) and aims at awarding an EQF5 level
- CURRICULUM FLEXIBILITY: adaptable to EQF4 and EQF5 with a variable number of credits.
- Specific guides included in the DESIGNERS' KIT support the adaptation of the EQF level and the related number of credits.
- Compliant with the main EU STANDARDS: qualification and credits transferability

An **online kit** available on NECTAR's website : <https://www.nectar-project.eu/main-outcomes/guidelines-and-tools-for-designers>

It includes guides supporting ANY VET Provider in Europe to implement the CGE Curriculum in his/her own context

Online courses (MOOC) available for free on <https://imoox.at/> addressing students and teachers.

Educational materials, lesson plans and design patterns downloadable from the project website

KEY ACTIVITIES & CORE COMPETENCES

1. Manage suppliers and buy in sustainable food ingredients
2. Screen, assess and monitor on client-level
3. Create recipes for a general population and for people with specific needs, complying with recommendations of health professionals
4. Manage the kitchen and coordinate personnel
5. Ensure quality of food and follow safety regulations
6. Use and adapt cooking techniques to the specific care setting and client
7. Communicate, interact and collaborate with clients and interprofessional team

Video presentation of NECTAR innovative approach

<https://youtu.be/q9-FI6MvTrg>

ALL RESULTS TO BE FOUND ON THE PROJECT'S WEBSITE

www.nectar-project.eu



DE, EN, IT, NL, PT

Self-study

Chefs in future integrated health care

Medical University of Graz

4% complete



€ Free of charge



146

Start Date:

10.10.2022

Enddate: -



EN

Self-study

NECTAR Online Training of Trainers

Medical University of Graz

21% complete



€ Free of charge



88

Start Date:

20.09.2022

Enddate: -

ITALY / CAMPANIA PILOT



The class group is formed by 20 students, mostly residents in Campania Region. Most of the students have a qualification at EQF level 4 and only one student has indicated that his/her highest qualification is EQF level 6. Most of the students are unemployed. One of the main motivations to participate at the course of *Chef di Cucina salutistica* was exactly the possibility to access to the labor market. To this is added the interest regarding the specific training proposal that has been published on institutional website and sponsored on the social channels of the **ITS BACT Foundation**. The name of *Chef di Cucina Salutistica* is the choice used by the Campania Region to indicate the professional figure of level V EQF that will be published in the Repertoire of titles and qualifications.

The students started the training course with Face-to-Face lessons. After this the students started the lab phase, creating dishes and recipes for specific customer needs.

The ITS BACT Foundation in its partnership has involved, in the project N.E.C.T.A.R., the SAGIFI S.p.A. a company of collective catering. Its target customers are school canteens, hospitals and public bodies. It produces more than 3000 meals a day. Within the production's departments there are specific areas dedicated to different types of diets and storage of foods with a protective atmosphere.

Chef di Cucina Salutistica's course has been appreciated by both students and teachers. The training proposal was received with great enthusiasm and great participation

The results achieved are very positive in relation to the skills acquired

The work-based learning phase has actively involved students in the procedures of preparing menus differentiated according to specific diets and the different targets to which they are addressed.

The **NECTAR project** is synergistic both with the **CCM iPerseo project**, aimed at preventing obesity in adolescents, offering a diagnostic - therapeutic integrated, and with the activities of the **Aegean Living Lab**, where adult subjects (over 65) create together and experiment innovative solutions with **Unina** researchers.



ITALY / LIGURIA PILOT

5th December 2022 – 31st May 2023

40 ECVET

1000 hours

EQF 5

Nine modules

Trainers involved: Teachers from IPSEOA Marco Polo, Experts from the University of Genoa, Dietetics department, Experts from the Chamber of Commerce of Genoa

Attendance: 19 students - Entry level EQF4

Qualification: 16 students obtained qualification as 'Chef di cucina salutistica'

BLENDED LEARNING STRATEGIES:

Lectures face-to-face or online on food chemistry, study of commodities, basic knowledge of dietetics, basics of ICT, basic knowledge of food safety and HACCP

Lectures from healthcare professionals about taste/smell deterioration and other diseases (e.g. swallowing problems)

Kitchen labs Hands-on activities on taste perception of food and drink, cooking methods, sustainable criteria in supplying choices, activities on menu planning and cost evaluation, assessment of patient taste perception and of individual food preferences

ITC lab Design of a private ICT platform to interact with healthcare professionals

WBL: internship experiences in

- Hotel facilities for senior citizens
- Retirement homes (RSA)
- Rehabilitation centers and facilities to assist the disabled



UNIVERSITÀ
DEGLI STUDI
DI GENOVA



The Project was presented on 23 of March 2023 as a conference meeting "Invecchiare con gusto" co-organised by **Università degli studi di Genova, Istituto Alberghiero "Marco Polo" Genova, SI4Life** and with the support of ALFA, Agenzia regionale per il lavoro la formazione e l'accREDITAMENTO, Regione Liguria, the RSCN.

[Video: Graduation Ceremony](#)

[Video: some students' testimonies](#)



CHEF DI CUCINA SALUTISTICA

SCHEDA FIGURA PROFESSIONALE

[Scheda Figura Professionale \(regione.liguria.it\)](https://regione.liguria.it)

PORTUGAL PILOT SANTA CASA DA MISERICORDIA DE ALBUFERIA

Disciplinas disponíveis

 <p>Diversos Especialização em Cozinha Adaptada</p> <p>Objetivo dotar os profissionais de competências que lhes</p>	 <p>Diversos Ações de Sensibilização</p> <p>As ações de sensibilização apresentam como principal objetivo promover</p>	 <p>Diversos Programa de Segurança Alimentar</p>	 <p>Diversos Segurança Alimentar</p>
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Inscrições Abertas

Especialização em cozinha de reabilitação/ terapêutica

Especialização que visa formar profissionais com competências para a confeção e trabalho em cozinha adaptada a pessoas com fragilidades a nível de saúde.

<p>Perfil de entrada</p> <ul style="list-style-type: none"> 12º ano de escolaridade; Constitui-se assim como uma especialização para quem trabalha ou pretende vir a trabalhar na área de cozinha, a nível hospitalar, institucional ou até mesmo particular. 	<p>Duração</p> <p>1250 horas</p>
<p>Para mais informações</p> <p>www.misericordiaalbufeira.com/projeto/nectar/</p>	<p>Data de inicio</p> <p>Novembro 2022</p>
<p>Co-funded by the Europe for Citizens Programme of the European Union</p> <p>INSTITUTO DE QUALIFICAÇÃO CERTIFICADA</p>	<p>Custo</p> <p>Gratuito</p>
<p>Contactos</p> <p>nectar@scmalbufeira.com www.misericordiaalbufeira.com</p>	<p>Regime</p> <p>B-learning</p>

Inscrição




- **Student recruitment:** June to November 2022
- **Duration pilot:** December 6th 2022 to July 2023
- **Teaching methods:** blended learning complemented by practical cooking classes
- **Pilot teachers n= 4**
- **Graduation = 5**

Key Facts Recruitment & Implementation

Pilot analysis

- The need for training is unequivocal
- Modules with high workload
- Modules need to be reorganized
- Cook trainees - training allows food to be combined with the needs of the user



BELGIAN PILOT

Within the current Belgian program Chef Gastro-engineering, organized for more than 15 years under the impetus of the Center for Gastrology and in close collaboration with VET-provider Odisee University of Applied Sciences, NECTAR project has proved to be a leverage to:

- expand to full-fledged EQF5 training (120 ECVET)
- while retaining the contents of current modules
- supplemented with LOs that we are currently missing in the CGE profile:
 - Communication
 - Human Resources
 - Project & Process Management



Lessons learned

- The additional LOs mainly concern theoretical knowledge and require connection with the concrete daily practice of an institutional kitchen
- Teaching (theoretical) lessons online is possible and is highly appreciated by students
- The new conceptual framework that has emerged and the associated specific terminology are not always understood in the same way by actors in the various EU member states.

The chefs are not organized nationally or internationally, which makes them difficult to approach/reach. This concerns a large but diffuse group of employees in healthcare, in need of representation:

- NECTAR provided the impetus for the establishment of a recognized professional association for chefs in healthcare

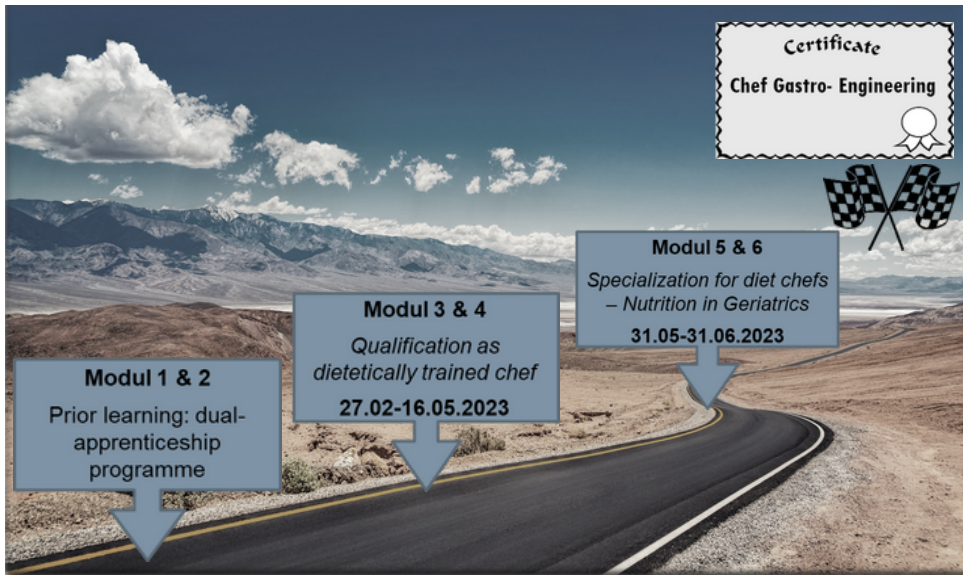
Centre of Gastrology is currently negotiating the strengthening of our network in order to be able to offer an officially recognized full-fledged EQF5 CGE training course



info@centerforgastrology.com
+32 (0) 494 497 969

Center for Gastrology & Primary Food Care
<http://www.centerforgastrology.com/>

AUSTRIAN PILOT. MEDICAL UNIVERSITY OF GRAZ



- 50 ECVET points
- 1250 hours workload
- EQF5

Entry requirements:

- dual-apprenticeship degree (EQF4),
- 2 years of job experience
- if applicable acknowledgement of already completed pre-existing course (diet cook)

Language: German

Exam modalities: written, oral & practical exam + written & WBL assignments

Completion: Diploma - Certificate

Learnings from the Austrian pilot

Promotion of the pilot

- Strong VET provider, intensified promotion of the training à CAVE: competition, monopoly

Delivery of the pilot

- Need for an inter-professional team for teaching content/teaching
- Cooperation with university > ensures latest standard is taught!

Evaluation of the pilot

- VET provider already has its own tool for standardized course evaluation > partial overlap (project & VET provider tool), CAVE: oversaturation of participants
- Desire for further training opportunities beyond the dual-apprenticeship education

Scaling-Up Process

CGE curriculum:

- Engaged with key stakeholder & professional societies for the purpose of national scaling-up
- Meeting umbrella organisation WIFI Austria (planned for December 2023)

Occupational profile:

- Application at the national contact point for NQ5 planned

What can we share with other regions that are considering adopting the occupational profile & curriculum?

- Look for/find a network for collaboration to ensure sustainability
- Seek close contacts with trusts, hospital providers and other relevant bodies/institutions to be able to recruit enough chefs interested
- Adapt to the capacities of chefs/cooks in your region

https://www.medunigraz.at/en/university-departments/internal-medicine/research/research_aging-ukim@medunigraz.at; +43 316 385 78047

NECTAR AT AHL-NAPOLI, 13-15 NOVEMBER 2023



Two sessions were organised to present the Nectar project during the AHL conference in Napoli. First session, held 13th November brought together a number of experts on the subject of “Strengthening the impact of healthy nutrition in primary food care – NECTAR Hands-on knowledge exchange”. On the 15th November there was a NECTAR food demonstration and the presentation of the NECTAR Awards for the most innovative and healthy meals.



Students from the Institute G. Fortunato and Vittorio Veneto of Naples, along with their teachers Domenico Parisi and Patrizia Libetti. Also in the photograph are Guglielmo Chinese, Director of the ITS BACT Foundation, ITS BACT NECTAR project coordinator Emanuela Di Marino, Professor Maddalena Illario and Dr. Claudia Vetrani.



NECTAR @ AHL NAPOLI 2023

ITS BACT and Campania Region facilitated 2 sessions at AHL Napoli 2023 held from 13th to 15th November. The first session on 13...

nectar-project.eu / Nov 23

<https://www.nectar-project.eu/2023/11/23/nectar-ahl-napoli-2023/>

ENDING ON A GOOD NOTE !

The Austrian Public Employment Service has already accepted the CGE Occupational Profile, as a professional specialization of cooks, into its Occupational Information System (<https://bis.ams.or.at/bis/>) and the Occupational Taxonomy that is used for the nationwide matching of job supply and demand.

In addition, regional recognition has been assured in the two Italian pilot regions Campania and Liguria by integrating by regional decree the Occupational Profile (named in Italian “Chef esperto in Cucina Salutistica”) in the respective Regional Repositories of Occupations. The profile has been also uploaded within the National Framework of Regional Qualifications - section of the Atlas of Labor and Qualifications - subsection: Atlas and Qualifications - managed by INAPP, the Italian National Institute for Public Policy Analysis.

ABOUT THE FUTURE...

We are proud to announce that we have signed the **NECTAR Network for Cooperation and Mobility (NNCM)** and, in addition to the project partners, **30 new stakeholders** have joined our network!



MEMORANDUM of UNDERSTANDING

NECTAR project's main results demonstrated to be general, across the board and thus suitable to play a referen...

[nectar-project.eu /](https://nectar-project.eu/)

<https://www.nectar-project.eu/main-outcomes/memorandum-of-understanding//nectar-ahl-napoli-2023/>



SOME FACES OF THE INVOLVED COMMUNITY!



Kitchen practice/ cooking class, Styria

ITS BACT Teachers & students. Campania



Part of the graduates at the graduation ceremony, Styria.



ITeachers & students. Liguria



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