



MICRO-CREDENTIALS DEVELOPMENT

about sustainable cooking
“How to Cook to Save the World”



Co-funded by
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SUSTAINABLE COOKING

BASIC INFORMATION

Identification of the learner	Participants of trainings
Title and code of micro-credential	Food waste identification Code: Netherlands partnership: FWGR 3.1
Country(ies)/Region(s) of the issuer	FINLAND, CYPRUS, POLAND, ITALY, NETHERLANDS
Awarding body(ies)	GREASE Consortium Project Number: 1339812
Date of issuing	September 2025
Notional workload needed to achieve the learning outcomes	14 hrs
Level of the learning experience leading to the micro-credential	EQF 5
Type of assessment	Automatically marked 15 multiple choice questions and 1 peer marked open-ended question Passing score: 75%
Form of participation in the learning activity	Online Asynchronous
Type of quality assurance used to underpin the micro-credential	Peer Review
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LEARNING OUTCOMES

Learning outcomes

- Recognize the value of seasonal and local ingredients in sustainable cooking.
- Apply basic cooking techniques to maximize flavor while reducing waste.
- Utilize the whole vegetable and other resources efficiently to minimize food loss.
- Demonstrate how sustainable cooking contributes to a circular economy and a healthier planet.

DESCRIPTION

This unit introduces learners to sustainable cooking practices, emphasizing the use of seasonal and local ingredients, waste prevention, and efficient cooking techniques. Learners explore how culinary choices contribute to environmental sustainability and gain hands-on strategies to cook with awareness of resources and food systems.

QUESTIONS

Can you identify examples of seasonal produce in your region?

How confident are you in using all parts of a vegetable in your cooking?

What steps can you take in your kitchen to reduce food waste on a daily basis?

CIRCULAR ECONOMY IN FOOD WASTE MANAGEMENT (FWGR 3.1)

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