

CATALAN CUISINE: A MEDITERRANEAN TREASURE	
CODE COURSE: 5124016 -Cooking and Health: the 21st Century Challenge	COURSE CONTENT: Health
	0.5 ECTS
COURSE DESCRIPTION	
<p>This course develops an expanded understanding of the Mediterranean Diet as a way of eating and living, and the importance of this diet in the prevention of health issues. The student will learn the fundamentals of organic farming, plant-based diet, and plant-forward trends.</p>	
COURSE OBJECTIVES	
<ul style="list-style-type: none"> ● Identify the Mediterranean Diet Pyramid elements ● Understand the healthy way of living linked to this Diet, as a prevention of health issues. 	
ACADEMIC CONTENT	
<p>The Mediterranean Diet is a perfect model.</p> <ol style="list-style-type: none"> a. A healthy lifestyle b. Farm-to-table concept c. Trends in healthy and sustainable eating d. A plant-based diet and Plant-forward trends e. Organic farming 	
METHODOLOGY	
<p>Theoretical basis and practical hands-on learning experiences to solve professional and personal challenges, encouraging self-reflection and conversations about Catalan gastronomy.</p> <p>To understand our cultural background, our learning tools and strategies will be focused on real-life demands that involve the student's contact with the people who are launching these requests (other students, external collaborators, companies, local producers, chefs, etc...). Using different techniques and methodologies, all participants will create elaborations, ranging from traditional to modern, in order to experience authentic Catalan everyday cuisine.</p>	

The program will follow many common and interdisciplinary experiences, such as lectures, show cooking, producer visits, workshops, problem-solving learning, and activities that involve adaptability to changes or promote content creation through collaborative learning and personal background.

ASSESSMENT SYSTEM

The competence and training evaluation focuses on the students' process to learn, how they perform, and their doing.

The quality of their process will be assessed day in and day out, including their attendance, creativity, communication skills, adaptability, and respect.

Their learning progress, in the face of their own mistakes, will also be assessed, as well as their attitudes toward their classmates and teachers, toward possible challenges, and how they confront and resolve them.

Self-assessment is a very important part. Every student has a logbook to write down all their processes to gain knowledge. But not only the knowledge, in this logbook; the students can also express all their feelings, sensations, achievements, concerns, etc. It is a good way to be aware of all the emotional trajectories.

In the final week of the program, students will complete a final project challenge, to evaluate everything they have learned.

EVALUATION CRITERIA

Technical skills: 70 %

They respond to the development of day-to-day activities, whether technical implementation or experiential. In addition to the internships in the company and the capstone project.

General competencies: 30 %

They respond to the skills, knowledge, capacities, or aptitudes of the students that allow them to develop specific activities (Communication, Digitization, Creativity, Teamwork, Responsibility, and emotional intelligence).