



emetris
consulting



ERASMUS+ PROGRAMM

Exploring the Flavours of Cretan diet



Contacts



www.emetris.gr/erasmus/



erasmus@emetris.gr



facebook.com/EmetrisSA.Erasmus



linkedin.com/in/emetrissa-erasmus

Crete

Dimakopoulou 5, 71304

Heraklion, Crete

Tel: +302810246710

Fax: +302810246719

Thessaloniki

Adrianoupoleos 22, 55133

Kalamaria Thessaloniki

Tel: +30 2310 471 721

Fax: +30 2310 471720

Pic: 960240443

Target group

The course is addressed to students who are interested in professional cooking or to increase their knowledge in a highly nutritious diet, Cretan diet, which is helping to prevent many of the modern diseases.

“The Cretan diet is not just a variety of dishes land on the table”, Philosophy and practice in yours services.

Objectives

The training course provides the basic elements of:

- The key nutrients of a Cretan diet
- Demonstration of cooking skills and how to design appropriate meal plans based on the principles of a Cretan dietary patent.
- Methods of ensurance that, the appropriate procedure of culinary art is followed (Cretan diet).
- This course offers a unique experience combining an academic study in culinary arts with an opportunity to apply new skills and knowledge in hands on experience. Participants will get to appreciate the value of the culinary techniques of the area.

Methodology

The training course is based on a blended learning model with class based learning modules (formal teaching with a teacher / tutor in a classroom) and laboratory based learning modules (Hand on cooking workshops will take place).

Participants will prepare meals with traditional main dishes and desserts (which they will enjoy at the end of each work shop.

Representative schedule: The order of workshops may change.

Services

Emetris provides vocational education and training for adults promoted by public national authorities, but also business training for companies and European training projects.

Experience

Emetris activates in the field of education since 2010 and specialized at making lifelong learning programs, the promotion of the employment and the development of entrepreneurship.

Network

Emetris has a strong educational business network within and outside the country with associate business partners, representatives and educational providers.



Modules

Day 1	Inspection tour to the classroom and workshops, presentation of teaching methods and curriculum.
Day 2	Introduction to the key principles of the Mediterranean Diet. Health, Benefits, Lifestyle.
Day 3	Historical review and presentation of Cretan diet.
Day 4	Presentation of an indicative dietitian Menu based on Cretan diet. Nutrition benefits
Day 5	Presentation of Breakfast Menu based in Cretan diet, using local food products.
Day 6	Cultural activities (Visit to Knossos, the center of Minoan civilization and capital of Minoan Crete)*
Day 7	Cultural activities (Visit to Archaeological Museum of Herakleion)*



Collaboration

We collaborate with 22 partners in the private sector that concerns specialized training centers (fully equipped with all modern technological and educational resources for the full implementation of education), trainers, hotels etc.

Adaptable

For every program we adapt to the needs of the concerned group, choosing partners, timetable, the composition of lessons and the trainers, aimed at acquiring or developing knowledge, skills and competences, which contribute to the formation of an integrated personality, vocational integration and development of the individual, social cohesion and social, economic and cultural development.



Modules

Day 8	Presentation of healthy snacks for Brunch, eating at school or office.
Day 9	Presentation of appetizers and Meze, using local food products.
Day 10	Presentation of chosen traditional recipes, using local food products.
Day 11	Participants will prepare any traditional recipe they wish. (Food taste)
Day 12	Final test -- Evaluation (Questionnaires) - Europass Certifications
Day 13	Cultural activities (Visit to Aquarium)*
Day 14	Cultural activities (Visit to Traditional Cretan Village)*

Course Dates (optional)

* Please note, that cultural activities are not included in the price of the program

