



# **Curriculum on Slow Food Tourism Practices for Educational Purposes**

*"SReST – Slow Food and Sustainable Gastronomy"*

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## **1. GENERAL INFORMATION**

### **1.1 Course Profile**

The course "SReST – Slow Food and Sustainable Gastronomy" is designed for secondary schools and hotel academies. It provides students with a practical understanding of food systems, sustainability, and their application in tourism and gastronomy. The course focuses on interactive and practice-oriented learning.

### **1.2 Organization of the Course**

- Course format: Full-time
- Duration: Full academic year
- Teaching frequency: 1 lesson per week (45 minutes)
- Total duration: approx. 34 lessons
- Method: Combined (in-person with digital support)

### **1.3 Course Assessment**

- 40% continuous activities (activities, mini projects)
- 40% final group project
- 20% participation and presentation

## 1.4 Learning Outcomes

Students will understand Slow Food principles, analyse food choices, design simple food concepts, work in teams, and apply knowledge in real-life situations.

## 2. DETAILED STRUCTURE OF COURSE

### Module A — Basics of slow food and conscious eating

#### 1. What is Slow Food?

Topic description: Pupils will learn that slow food means good, clean and fair food. They will understand the difference between fast consumption and conscious selection of foods that have a story, origin and value.

Activity tip / homework: Everyone brings a package from their favorite dish and tells what they know about the product: where it is from, who made it and why they chose it.

#### 2. Food and healthy lifestyle

Topic description: The topic connects slow food with health, energy and mental well-being. Pupils will understand that the quality, freshness and regularity of food affect concentration, performance and mood.

Activity tip / homework: Create "my day on a plate" – a brief assessment of what I eat during the day and what could be improved without extremes.

#### 3. Local and seasonal foods

Topic description: Pupils will discover why local and seasonal foods are often fresher, tastier and more meaningful for the region. They will learn to distinguish what is naturally seasonal in our conditions.

Activity Tip / Homework: Put together a simple "seasonal calendar" for 10 fruits, vegetables or herbs available in the region.

#### 4. Mindful eating: eating slowly

Topic description: The topic shows that slow eating is not boring, but a way to perceive taste, satiety and emotions more. Pupils will find out how the speed of eating is related to digestion and stress.

Activity tip / Homework: A short "mindful eating" exercise with a piece of fruit or pastry: observing the smell, texture, taste and then reflecting.

#### 5. Traditional dishes in a modern version

Topic description: Pupils will discover that traditional dishes can be prepared sensitively and more modernly without losing their identity. It is about finding a balance between tradition, health and taste.

Activity tip / Homework: Suggest a "lighter version" of one traditional dish from a family or region and a brief justification for the modifications.

#### 6. Taste, origin and story of the food

Topic description: Pupils learn that food is not only a product, but also a story of a place, family, craft and nature. The theme develops respect for the origin of raw materials and the people who produce them.

Activity tip / Homework: Choose one ingredient (honey, cheese, apple, bread) and see what story it could tell "from field to table".

#### 7. Slow Food menu for students

Topic description: The aim is to show that slow food can be simple, accessible and suitable for young people. Pupils compose food from local and seasonal ingredients without unnecessary complication.

Activity tip / Homework: In pairs, design a school slow food menu: snack, lunch, drink – with an emphasis on seasonality and simplicity.

#### 8. Reflection: my habits and my food

Topic description: The pupils summarize what surprised them in the first block. They name one habit they would like to change and one reason why it makes sense to eat more consciously.

Activity tip / Homework: A short personal commitment for 2 weeks – e.g. eat slower, buy seasonally, don't throw away a snack, try a local product.

## **Module B – Zero Waste, the Future of Food and Cooking**

### 9. Why do we waste food?

Description of the topic: The pupils name the most common reasons for waste: poor planning, large purchases, ignorance of storage or rejection of "ugly" fruits and vegetables.

Activity tip / Homework: Write down what was thrown out of the food at home and why for 3 days. To propose solutions together at school.

### 10. Zero Waste in the kitchen

Description of the topic: The theme develops the principle of "make the most of it". Pupils will learn how leftovers or less attractive ingredients can be transformed into tasty and meaningful food.

Activity tip / Homework: Come up with a recipe from "endangered ingredients" – overripe fruit, older pastries, vegetable scraps.

### 11. How to store food properly?

Topic description: Pupils will learn that a lot of waste is generated due to improper storage. The theme will show simple rules for pastries, fruits, vegetables, herbs or leftovers.

Activity Tip / Homework: Develop a short "anti-waste guide" for the household: 5 tips on how to prolong the freshness of food.

### 12. Fast food vs. slow food

Topic description: The topic compares two approaches: speed, uniformity and industrial processing versus locality, quality and food culture. Pupils learn to compare without moralizing.

Activity tip / Homework: Prepare a "Fast vs. Slow" poster in groups according to taste, price, origin, waste and the atmosphere of the meal.

### 13. Shocking facts about food supply and trade

Topic description: Pupils explore surprising but real facts about the global food system, such as long transport distances, food waste, and dependence on few crops. They reflect on how modern food supply is often inefficient, unequal, and disconnected from its origin, despite the illusion of abundance. The topic supports critical thinking about everyday food choices and their hidden impacts.

Activity tip / Homework: Choose one surprising fact about food trade (e.g. food miles, waste, or monocultures) and create a simple infographic or social media post explaining it to others in an engaging way.

### 14. Food globalization and loss of traditions

Topic description: Pupils will discover that the global market brings availability, but also pressure for sameness of tastes and the decline of regional dishes. The theme encourages interest in local culinary heritage.

Activity tip / Homework: Find food or raw material from a region that is less known and prepare a short "rescue card" for it.

### 15. Food of the future: what do we want to preserve?

Topic description: The topic leads to the question of what food will look like in 20 years. Pupils think about what should be changed and what should be preserved: tastes, recipes, crafts and local producers.

Activity tip / Homework: Write a short message to the "menu of the future" - which should definitely not be missing in it.

### 16. Traditional techniques: fermentation, baking, canning

Topic description: Pupils will learn about older kitchen techniques that save ingredients, enhance taste and build a relationship with time when preparing food. They perceive them as a living part of today.

Activity tip / Homework: Look at what traditional techniques are still used at home (leavening, canning, pickling) and bring an example.

## 17. Mini project: a family recipe with a story

Topic description: Pupils connect school with family experience. The chosen recipe becomes an entry into a conversation about history, customs, seasonality and how food connects generations.

Activity tip / Homework: A conversation with a parent or grandparent about one recipe: when it is cooked, from what, why it is important.

## Module C — Farms, Cultivation, Beverages and City

### 18. How "clean" food is made?

Description of the topic: The topic presents sustainable production in a simple way: food should not harm the soil, water, animals or people. Pupils understand the difference between an industrial approach and a more sensitive approach.

Activity Tip / Homework: Create "good farm" criteria in groups – what they would notice as customers or visitors.

### 19. Bio, organic and regenerative cultivation

Topic description: Pupils will get acquainted with the basics of ecological, agroecological and regenerative management without being overwhelmed with concepts. The aim is to understand soil care and biodiversity.

Activity tip / Homework: Compare two farms or two product labels and try to name which approach is closer to slow food.

### 20. Ethical farming and food quality

Description of the topic: The topic sensitively opens the connection between breeding conditions, food quality and consumer responsibility. Pupils learn to ask where the food comes from and under what circumstances it was created.

Activity tip / Homework: Discussion over the model situation: cheaper anonymous product versus more expensive local product with a clear origin.

## 21. Design your slow farm

Topic description: Pupils will use their creativity to design a simple farm model that considers soil, water, crop diversity, animals, community and economy.

Activity tip / Homework: Teamwork on the poster: field, orchard, herbs, compost, sales, cooperation with the community.

## 22. Slow Drinks for young people

Topic description: The topic takes students through the world of traditional and natural soft drinks: homemade syrups, herbal teas, lemonades and fermented drinks as part of culture and seasonality.

Activity tip / Homework: Design your own "slow drink" from local or seasonal ingredients and describe its taste, origin and name.

## 23. Herbs, teas, syrups and fermented drinks

Topic description: Pupils will discover that even a drink can have a story of a region and a season. The theme develops a desire to experiment without industrial additives and with respect for tradition.

Activity tip / Homework: Create a card of one herb or fruit: when it grows, what it is used for, what drink can be prepared from it.

## 24. Urban cultivation and school garden

Topic description: The theme will show that slow food does not belong only in the countryside. Pupils will get to know community gardens, balcony cultivation or small urban projects that combine food, ecology and people.

Activity tip / Homework: Design of a small school herb garden or grow corner on the windowsill, hallway or yard.

## 25. Compost, biowaste and life in the city

Topic description: Students will understand that urban cultivation is also related to what is left after a meal. The theme connects biowaste, composting and the return of nutrients back to the soil in a simple way.

Activity tip / Homework: Suggest how the school could better sort bio-waste or use herbal residues, peels and coffee grounds.

## **Module D – Travel, Community, Heritage and Activism**

### 26. Slow travel: how to travel responsibly

Topic description: Students will learn that travel can support local people, crafts and food. The theme shows the difference between a superficial experience and a deeper exploration of the region through gastronomy.

Activity tip / Homework: Plan a one-day "slow trip" around the region: market, small producer, local food, a short story of the place.

### 27. Local gastronomic heritage through the eyes of young people

Description of the topic: The topic raises the question of how young people perceive traditional dishes: whether they find them attractive, outdated or inspiring. The pupils are looking for how to translate the tradition into today's language.

Activity tip / Homework: Mini poll in the classroom: which traditional food we know, eat and which we would like to "bring back into the game".

### 28. Modern processing of traditional recipes

Topic description: Students explore how a recipe can be modernized without losing its essence. They learn that innovation does not have to destroy tradition but can help it reach a new generation.

Activity tip / Homework: In a group, propose a "modern menu" from a traditional dish – a new name, serving, seasonal change.

### 29. Food as a Community Tool

Topic description: The theme shows that food connects family, neighborhood, school and different generations. Slow food will be presented as a space for conversation, sharing stories and building mutuality.

Activity tip / Homework: A proposal for a class or school event "Table of Stories" – food, recipes and memories from different families.

### 30. Intergenerational learning through recipes

Topic description: The pupils discover that the recipe is not just a procedure, but a carrier of experience. The topic encourages conversation with older people and respect for what is passed on outside of textbooks.

Activity Tip / Homework: A short audio/video or written capture of a family recipe and the story of the person who submitted it.

### 31. Food as a Tool for Inclusion and Building Relationships

Topic description: Pupils discover that food is more than nutrition – it can connect people, include vulnerable groups, and rebuild relationships in communities. The topic shows how shared cooking, eating, and food projects help overcome social barriers, support dignity, and create belonging across generations and cultures.

Activity Tip / Homework: Design a simple class or school project (e.g. shared cooking day, community lunch, or “food stories” event) that could bring together different groups of people and strengthen relationships.

### 32. Digital tools for slow food

Topic description: The theme will show that technology can also help: maps of local producers, anti-waste apps, digital recipe archives or online presentation of farmers' stories.

Activity Tip / Homework: Search for 1 digital tool or idea to help the school reduce waste or encourage local food.

### 33. How to become a slow food ambassador

Topic description: Students learn that an ambassador does not have to be an expert. It is enough to be able to explain why the origin of food, producers, seasonality and responsible consumption in everyday life matter.

Activity tip / Homework: Create a slogan, a short poster or a 30-second video "Why I care about slow food".

### 34. Final Project: Slow Food for Our School

Topic description: The final lesson connects everything learned. Pupils will design a real or small pilot project for the school: a herb corner, an anti-waste campaign, a tasting, a map of local resources.

Activity tip / Homework: Team presentation of the project with the goal, implementation step, needs and expected benefit for the school.