

## **P-Seminar-Konzept**

**Lehrkraft:** N. Jandera

**Leitfach:** Englisch

**Projektthema:** Sustainable Feasts - Catering with a Plant-Based Twist

### **Kurzbeschreibung des Projekts:**

A plant-based diet is often praised for its positive effects on both physical and mental health. It has been linked to reducing the risk of chronic diseases, boosting mood, increasing resilience, and promoting longevity. In this course, we will investigate the scientific evidence behind these claims and explore the practical aspects of plant-based nutrition. Together, we'll prepare recipes that are not only nutrient-rich but also delicious and appealing.

This course is not about convincing anyone to adopt a vegetarian or vegan lifestyle. Instead, we aim to learn how to create plant-based meals while excluding animal products (with the exception of our own honey). The highlight of the course will be our final project: catering the *Schulfest* at the end of the school year with the skills and knowledge we've gained.

### Aspekte der beruflichen Orientierung:

- Developing practical cooking skills, planning and executing events, learning about nutrition and its impact on health, understanding plant-based dietary trends and sustainability, teamwork in catering

### Bezug zu Berufsfeldern und Studiengängen:

- Culinary arts, dietetics and nutrition, medicine (preventive healthcare), environmental studies, event management

### **geplante Leistungserhebungen:**

- Active participation grades
- Test
- Portfolio

### **Zusammenarbeit mit externen Partnern:**

- Possibly plant-based restaurants, organic gardeners, nutritionists and/or scientists or doctors

**ggf. Teilnahmevoraussetzungen:** If you can cook and are open to trying new things, this is the class for you. You should have basic cooking skills and be curious about preparing and tasting new foods.