



Co-funded by
the European Union



2023-1-PLO1-KA210-YOU-000133199

Healthy Body Healthy Mind

W zdrowym ciele zdrowy duch

A two-year international initiative on youth mental health, bringing together Poland, Slovakia and Czech Republic to share knowledge, build awareness, and support young people's well-being.



STOWARZYSZENIE
MŁODYCH
ARTYSTÓW



Gulôčka
občianske združenie

Processing of vegetable and fruit species

Creative processing of fruits and vegetables for young entrepreneurs in occupational therapy.

Introduction to the issue

The purpose of the educational program is the application of the principles of organic fruit and vegetable cultivation for the subsequent high-quality processing of these raw materials in the form of traditional and creatively modified recipes into products interesting for the market and ensuring business intentions. It is about connecting knowledge from traditional procedures and science into a cooperative whole, which the buyer and consumer can subsequently appreciate as an interesting element of their purchase. We want to apply these activities to the everyday life of families and the community to support healthy joint work on quality products that are part of our diet and can bring us the renewal of tastes that we have already forgotten and that cannot be achieved in industrially produced products.

The main goal of the educational program is to train participants from the target groups in the field of correct processing procedures for individual types of fruit and vegetables. To create a space for creative procedures and linking recipes for the production of interesting products, which will be a suitable assortment for the business intentions of young entrepreneurs. All this with a connection to the need for work therapy, which supports the healthy development of young people in the case of excessive use of electronics and electronic smog, which negatively affects the psychological and social development of children and young people. To be able to apply the principles of occupational therapy and analyze their application in everyday life.

Initial situation

Every day we choose what foods to use when preparing food for ourselves and our loved ones. Not everyone has the opportunity to grow suitable food. But those who have such an opportunity, it is advisable to preserve them in high quality by proper processing procedures. They will thus increase their value several times, mainly due to durability, but it is often possible to increase their quality as well with a suitable procedure. In addition, there is a reduction in waste and the creation of food waste when we are unable to consume larger amounts. On the other hand, there is a large group of residents who do not have the opportunity to grow fruit and vegetables and would like to include high-quality, local food in their diet. This creates the need for the creation of a sufficient number of entrepreneurs, processors who will offer these products in the form of farmers' markets, local stores, or in the form of yard sales. The amount of time we spend on one-sided work, which causes us psychological problems and often social isolation, needs to be replaced with active and meaningful work. The processing of fruits and vegetables can be carried out outside, cultivation is also active work and movement that we it will keep your hands busy, but also your head. It removes stress, supports creativity and the resulting effect is ready for further enjoyment of delicious food. Also the need for social skills and community work is what we need to renew and learn at the present time. That's why we decided to develop this educational program, which across all generations will lead young people, young adults, to work with their drillers.

By working with parents and community members, they will be able to evaluate and observe work procedures and techniques. Together with the generation of grandparents, they will acquire the skills of traditional procedures and tastes. By supporting fine motor skills and better skills, even among people with disabilities, we can support their sense of necessity and independence. Even with the use of small mechanical aids. This creates a need to develop manual skills, social

interactions and teamwork. for the support of healthy mental well-being and creative business intent. For each area, the taste of local foods is a specific characteristic and an interesting article in the field of business and gastronomy and the support of taste experiences.

Target group

The course is aimed at adults, young adults, volunteers of youth organizations, leisure centers and centers for families with children. Individuals and members of organizations, workers with marginalized groups, teaching and non-teaching workers with handicaps and various limitations.

Educational objectives of the program

The educational program enables the development of individual competencies in the target group of participants.

Competence of knowledge: The participants of the training can proceed according to the prepared technological procedures in the cultivation of basic types of small fruits and vegetables. They will thus create material for further processing. They then lead and lead the youth to work independently in the flower beds, to improve their motor skills, and at the same time, within the framework of ergotherapy, to relieve stress from repetitive previous activities. Based on data analysis and synthesis, they will evaluate the suitability of using individual species for the selected method of processing and production of finished products. They can use simple aids in the mechanical processing of raw materials and correctly use a suitable recipe that will extend the durability of products. They will create a set of products that should be included in the business plan for effective involvement in an independent work process using marketing tools.

Skill competences: By using and observing examples of positive practice, the participant can independently reproduce work procedures and, at the same time, pass them on in the form of independent work. Based on the acquired skills, he can create similar processing procedures and creatively complement them with his own regional specifics. It connects the acquired skill with the added value of local properties and observed skills from its location of operation. The resulting product is his design, which he can present and reuse.

Attitude Competence: The participant considers the application of new creative recipes and products to enrich their own and business portfolio for self-supply, expanding taste experiences and business opportunities. The participant guides the youth and associated target groups to understand the importance of preserving traditional recipes. It points to the importance of occupational therapy in improving mental health. He actively approaches the use of interesting products for a creative and viable business purpose. He gets new stimuli and interactions in work with target groups in their application in life.

Topic: Therapy by working on the land and during processing

An individual approach makes it possible to implement some topics in depth, others to be mastered less.

Repeated visits of participants are recommended to master the entire content of the Course.

Covered course topics:

Topic: Growing fruits and vegetables on a scale

Topic: Fruit processing - methods and procedures

Topic: Vegetable processing - methods and procedures

Topic: Fruit and vegetable processing - traditional recipes

Topic: Creative procedures and innovative recipes in processing

Topic: Marketing and business

Practical demonstrations are part of the Course and are carried out after individual agreements.

Content of individual topics:

Growing fruits and vegetables

The purpose of the topic is to present the methods of growing selected fruits and vegetables suitable for further processing and production of products suitable for storage.

The main goal of the topic is the understanding and subsequent application of technological procedures from soil preparation, through sowing and planting of individual species. Subsequently, care for cultivated species throughout the year with an emphasis on the high quality of the resulting material and raw materials processing. Collection and temporary storage until the time of processing into products. The education will be divided into a lecture with a flipchart and a presentation to clarify the basic concepts and connections between the mini, and then it will go into an exercise. In part of the lecture, we will focus on taking care of choosing a suitable plot and soil characteristics for specific types of fruit and vegetables. Sowing options and optimal sowing and planting dates. Caring for transplants in compliance with optimal growth and maturation conditions. Observing the appropriate harvest time according to species and storage options. The group exercise will verify understanding of the topic and prepare a set of unanswered or incomprehensible questions that will arise from the group preparation of the sowing procedure for the planned crop plot for further processing. As a result, a design for sowing and planting has been created, which will contain a sufficiently wide range of species for subsequent processing options according to the taste of the participants.

Fruit processing - methods and procedures

The purpose of the topic is to familiarize participants with the possibilities, methods and types of fruit processing.

The main goal is to provide ideas for extending the shelf life of fresh fruit, creating finished products that are durable and can be stored for a longer period of time. For the course of education, we will use a lecture with specific examples of positive practice. By pointing to examples from practice, the lecturer demonstrates their application and use for subsequent sales and as elements of a business plan. / canning, drying, juicing, production of fruit skins, freezing/ In group work, participants work with individual procedures, discuss them with each other and consider the possibilities of transfer to occupational therapy. They will choose from the individual procedures suitable for the groups of limitations they encounter and evaluate their impact on the improvement of individual motor and social skills. The result is an evaluation of the extent of use of these fruit processing procedures to improve the emotional states of participants with limitations.

Vegetable processing - methods and procedures

The purpose of the topic is to familiarize participants with the possibilities, methods and types of vegetable processing.

The main goal is to provide ideas for extending the shelf life of fresh vegetables, creating finished products that are durable and can be stored for a longer period of time. For the course of education, we will use a lecture with specific examples of positive practice. By pointing to examples from practice, the lecturer demonstrates their application and use for subsequent sales and as elements of a business plan. / canning, drying, juicing, making vegetable chutneys, freezing/ In group work, participants work with individual procedures, discuss them with each other and consider the possibilities of transfer to occupational therapy. They will choose from the individual procedures suitable for the groups of limitations they encounter and evaluate their impact on the improvement of individual motor and social skills. The result is an evaluation of the extent of the use of these vegetable processing procedures to improve the emotional states of participants with limitations.

Processing of fruits and vegetables - traditional recipes

The purpose of the theme is to consciously transfer the traditional recipes of individual regions to the processing of fruits and vegetables and thus apply them in informal education, support of the connection of generations and the use of the quality of the work of our ancestors.

The main goal of the topic is to obtain the tools and procedures that our ancestors used in the processing of fruits and vegetables and apply them to currently produced products. Align all this with the inclusion of recipes in the business assortment of products. In the educational program, we will use a short lecture with a presentation focused on the historical context in product processing and the production of products using traditional procedures. We will use image and video material from archives according to individual areas and regions in Slovakia and in the immediate vicinity of neighboring states. the connection of gastronomy and technological procedures were very intertwined in the border areas and it is an important source of information. A study visit - an excursion to a local fruit and vegetable processing company in a traditional way will practically explain and supplement the information. In reflection, the participants will evaluate the application of traditional recipes

in the current business portfolio, taking into account the tastes of the products produced in this way in the factory.

Creative procedures and innovative recipes in processing

The purpose of the theme is to make special and create new combinations of tastes and appearance of the created products, which will be an interesting product for the customer. Combine and apply the connection of the traditional with the modern, possibly exotic.

The main goal of the topic is to obtain tools and procedures that can be used together with special devices, machines, so that the result of processing is different, timeless, or interesting from another point of view. In the educational program, we will use the Role Play method, with the aim of gaining an insight into the situation or problem from a perspective other than our own - from the side of the customer who buys the manufactured product and should be interested in it. In this part of the VVP, we focus on the taste components of the product, so we adapt the technologies to enhance the taste with mixtures, addition of spices, combination of fruits and vegetables. Participants will gain an insight into the topic in broad contexts by working in groups.

The participants will also include in the processing the possibility of a waste-free procedure, where the by-product of the processing is also used for another product. The result is a set of innovative recipes that are interesting due to the processing procedure and interesting flavors. We will also apply innovation and creativity by forming the opposite of fast food - food, products from local ingredients and domestic technology.

Marketing and business plan with fruit and vegetable products

The purpose of this topic is to consciously and with economic reasoning transfer the processing of fruits and vegetables to the business environment and its implementation in informal education. The main goal is the understanding and application of business in the field of fruit and vegetable processing to interesting products for the customer with the creation of a business plan. In this topic, we will use the Brainstorming method with notes on a flipchart. In this way, the group creates as many ideas as possible for the basic idea of the business plan. Through a guided discussion, the lecturer demonstrates to the participants the individual components of marketing, which is a necessary part of sales techniques. / legislation, rules, advertising, permits, labeling, labels.../ The activity will result in a business plan and plan.

Therapy by working on the land and during processing

The purpose of the topic is the implementation of acquired knowledge in informal education. The main goal is to invent and create specific instructions for the use and use of occupational therapy in the processing of fruits and vegetables. We will use the simulation method, the participants will apply the created business plans and instructions for the use of work

therapy in informal education. Supplemented group work will allow participants to react to the processed material in the group. The discussion will stimulate the explanation of the individual options used. The resulting summary objective synthesizes the acquired information, knowledge and skills.

How does the Course contribute to the development of competencies that will enable the participants of the educational program to actively participate in society

With regard to the SR Youth Strategy, which follows the EU Youth Strategy for the years 2021-2027, the educational program fulfills the following areas: - education - employment support for young people and youth with limitations - creativity and entrepreneurship - healthy lifestyle - work with youth. By supporting critical thinking, a creative approach in solving global problems.