



YENİMAHALLE DIRECTORATE of NATIONAL EDUCATION

Call for Proposals 2017 for Erasmus+ Key Action 1

Traditional Food Course Programme



Ankara, TURKEY

HOSTING ORGANIZATION

Yenimahalle Directorate of National Education (YIMEM) is a governmental regional educational authority in charge of planning and coordination of all educational and training activities from pre-school to the end of secondary school. Along with schools the institution provides services to community with Consulting&Research Centre, Public Education Centre, Vocational Guiding Department, Guiding Research and Development, Vocational Training Centre, Apprenticeship and Vocational Technical Education which support adult training with non-formal courses to create a better social cohesion and opportunities for employability for beneficiaries. The vision of the institution is to ensure authentic contribution of the development of Turkish National Education system by providing effective usage of knowledge, skills, values and technology required for knowledge era of today's world. YIMEM shall maintain constant liaison with the partners and cooperate with the rest of the consortium in all administrative, dissemination strategies. YIMEM will be active especially in the dissemination of project outcomes since it is an umbrella organization and can reach students and adults in the district.

INTRODUCTION OF THE COURSE

According to many culinary experts, Turkish food is considered to be among the top three greatest cuisines in the world along with French and Chinese. The variation of Turkish food from region to region is as a result of a diverse weather, life style due to geographic location and ancestry. Turkey is composed of people from different ancestries who carry on their food traditions for centuries allowing a wide range of food to be served in Turkey. Thanks to the diverse weather, numerous types of crops grow in Turkey enabling a rich cuisine to form. The foundation of Turkish food is based on the freshness of the ingredients. In rural areas as the vegetables come right out of people's garden just before cooking, the meat comes from a farm or local butcher.

- ❖ Turkish food can be divided into the following groups:
- ❖ Mezeler (Appetizers)
- ❖ Dolmalar (Stuffed vegetables with rice or meat)
- ❖ Çorbalar (Soups)
- ❖ Salatalar (Salads)
- ❖ Baklagiller (Legumes)
- ❖ Zeytinyağlı Sebzeler (Olive oil vegetable dishes which are usually served cold)
- ❖ Pilavlar (Rice or bulgur pilafs)
- ❖ Etli Sebzeler (Vegetables with meat)
- ❖ Börekler (Stuffed pastries with meat, cheese or vegetables)
- ❖ Pidelər (Flat bread with cheese, meat or vegetables)
- ❖ Kebaplar (Kebabs which range from kebabs cooked in a pot to skewered kebabs)
- ❖ Balık ve Deniz Ürünleri (Fish and other sea food items)
- ❖ Tatlılar (Desserts)

TARGET GROUP

Teachers, people interested in cooking

OBJECTIVES OF THE TRAINING ACTIVITY

- ❖ Increase basic food preparation skills,
- ❖ Increase basic cooking and presentation skills,
- ❖ Gain an awareness of food safety
- ❖ Gain an awareness of using safe and hygienic practices,
- ❖ Follow written or oral recipes/instructions
- ❖ Utilise and adapt available ingredients
- ❖ Understand basic cookery terms,
- ❖ Demonstrate the concept of a balanced meal,
- ❖ Produce food that is cooked an acceptable standard.

PREPARATION

The prospective participants will receive a list of documents along with websites connected to the course content. Via e-mail, a questionnaire will be sent in order to understand their needs, interests and expectations related to the subject of the course.

Pre-register for the course to receive a letter of intent.

The course can be funded by Erasmus+ Ka1 grant. Apply for the grant at your National Agency.

After receiving confirmation from your national agency inform the organizer to complete the registration.

COURSE PROGRAMME

SUNDAY Arrival Day	MONDAY Welcome Day Course welcome and introduction Aims and objectives of the course Team building activities
TUESDAY General information about cooking including common weighing and measuring terms, <ul style="list-style-type: none">- Cooking times and temperatures,- Food safety during food preparation, cooking and storage.	WEDNESDAY Basic soups preparation, cooking and presentation will be practiced.
THURSDAY Stuffed pastries with meat, cheese or vegetables will be practiced.	FRIDAY Kebaps will be practiced.
SATURDAY A day trip to Farewell party	SUNDAY Departure Day

COURSE SESSION 2017/2018

From 08/10/2017 to 15/10/2017

From 11/03/2018 to 18/03/2018

