

Foodcomp workshop

Module 1 – Activity 1

Subject	Dehydration Techniques for Stocked Food Preservation
Duration	90 minutes
Students' ages	10+
Type of activities (educational, entertainment, practical, other)	educational and practical
Objective	<ul style="list-style-type: none"> To introduce participants to the dehydration technique and its application in preventing food waste while creating value-added products.
Methods (presentation, discussion, film screening, brainstorming, teaching games)	<ul style="list-style-type: none"> Demonstration Method: The facilitator or instructor demonstrates the process of dehydrating fruits or vegetables using a dehydrator or an oven. This is a visual and auditory method where participants observe and learn from the instructor's actions and explanations. Hands-on Method: After the demonstration, participants engage in a hands-on activity where they practice the steps themselves. This method allows participants to actively apply the knowledge gained during the demonstration and gain practical experience in dehydrating fruits or vegetables. Experiential Learning: Participants learn through direct experience by actively engaging in the dehydrating process. This method fosters deeper understanding and retention of knowledge as participants actively manipulate the materials and equipment. Collaborative Learning: The activity involves group work, with participants divided into small groups and assigned different fruits or vegetables to dehydrate. This collaborative approach promotes teamwork, communication, and knowledge-sharing among participants. Visual Aids: The use of presentation slides, whiteboards, visual examples (e.g., pictures or videos), and charts/graphs helps reinforce key points and concepts, making the learning experience more engaging and memorable. Discussion Method: After the hands-on activity, a group discussion is facilitated to discuss challenges encountered, lessons learned, and potential applications of dehydrated products. This method encourages participants to share their ideas and experiences, leading to a deeper understanding of the topic. Question and Answer (Q&A): Throughout the activity, participants may ask questions, and the facilitator answers them to clarify doubts and ensure a comprehensive understanding of the process. Reflection and Evaluation: Participants evaluate the dried fruits or vegetables for texture, appearance, and taste. This reflective process allows them to assess the success of their efforts and identify areas for improvement.

Forms of work (individual, group, other)	Work in groups.
Materials needed	Lesson journal, blackboard, PPT presentation, computer, projector, knives, oven or dehydrator, first aid kit, cutting boards, knives, fruits or vegetables, washing station, storage containers, tables or workstations, safety gear, recipe and instruction cards, demonstrative samples, cleaning supplies, dehydrated fruits and vegetables, tasting plates or bowls, evaluation sheets or cards, pens or pencils, prompts and discussion topics, feedback form

Lesson scenario

Duration	Description	Materials used
1 minute	<p>Welcome and introduction:</p> <ul style="list-style-type: none"> • Checking the attendance list • Presentation of the purpose of the lesson 	Lesson journal, blackboard
15 minutes	<p>Recapitulation</p> <ul style="list-style-type: none"> • Recap the lecture on available technologies for secondary processing of stocked food, focusing on the importance of dehydration. • Highlight the benefits of dehydration, such as extended shelf life, preservation of nutritional value, and compact storage. 	PPT presentation, computer, projector
5 minutes	<p>Health and Safety Instructions</p> <p>Before starting the demonstration and hands-on activity of dehydrating fruits or vegetables, it's essential to provide health and safety instructions to ensure the well-being of all participants. Here are some guidelines to consider:</p> <ul style="list-style-type: none"> • proper knife handling to prevent accidental cuts or injuries, sanitization, food safety, allergies and dietary restrictions, proper oven or dehydrator use, first aid instructions 	PPT presentation, computer, projector, knives, oven or dehydrator, first aid kit
45 minutes	<p>Demonstration and Hands-on Activity</p> <ul style="list-style-type: none"> • Demonstrate the process of dehydrating fruits or vegetables using a dehydrator or an oven. • Provide participants with the necessary equipment, such as cutting boards, knives, and dehydrators or ovens. • Divide participants into small groups and assign each group a different fruit or vegetable to dehydrate. • Instruct participants to wash, peel (if necessary), and slice the produce into uniform pieces. • Guide participants on how to properly load the dehydrator or set up trays for oven dehydration. • Explain the optimal temperature and duration for dehydration. • Allow participants to dehydrate their assigned produce and monitor the process. 	dehydrator or oven, cutting boards, knives, fruits or vegetables, washing station, storage containers, tables or workstations, safety gear, recipe and instruction cards, demonstrative samples, cleaning supplies

20 minutes	<p>Evaluation and Discussion</p> <ul style="list-style-type: none"> • Once the dehydration process is complete, evaluate the dried fruits or vegetables for texture, appearance, and taste. • Facilitate a group discussion on the challenges encountered and lessons learned during the dehydration process. • Discuss potential applications of dehydrated products, such as snacks, toppings, or ingredients for soups and stews. • Encourage participants to share their ideas for implementing dehydration techniques in their own contexts to prevent food waste. 	dehydrated fruits and vegetables, tasting plates or bowls, evaluation sheets or cards, pens or pencils, prompts and discussion topics
4 minutes	<p>Summary of the lesson, impressions about the work done, conclusions.</p>	feedback form