



Funded by the  
Erasmus+ Programme  
of the European Union



Project-N° 2022-1-BG01-KA220-VET-000085377

## DIGITAL CHECK & LEARN TOOL FOR ADAPTING RECIPES

Circulation	All partners
Authors	Hilda
Date	August 21, 2023
Doc.Ref.	WP 2 – Act 4



Funded by the  
Erasmus+ Programme  
of the European Union



## TOOL INTRODUCTION

Students have the task to renew the recipes they have collected during the interviews with elderly people. To renew the recipes they have to think about all kinds of sustainability and nutrition issues.

The Digital Check & Learn Tool is a handy tool that gives students an overview of all the aspects and issues they have to think about when they work on the renewal of the recipes. By using this checklist they are sure that they did not forget anything. They can use it preparing the new recipes or afterwards as an evaluation tool.

The tool contains a lot of different aspects and is of course not possible and needed to adapt recipes to every aspect. This is largely dependent of the context in which they are going to be used. Regarding the goals of the YMOCH project it is most important to adapt the recipes to healthy nutrition values for elderly people and sustainability issues.

The tool can be used on paper or through an online checklist: [ link to form]

You can use an online calculator to convert measuring units : <https://www.aqua-calc.com/calculate/food-calories> or <https://www.rapidtables.com/convert/weight/>



## THE TOOL

Did you think about alternative ingredients regarding the following issues and adapted the recipe accordingly?

Converting Measuring units	Yes	No	Dos not apply
Conversion of volumes?			
Conversion of weight			
<b>Healthy Nutrition</b>			
Balanced diet based on EU guidelines			
Increase of proteins			
Reduction of salt /alternatives			
Reduction of sugar / alternatives			
Reduction of unhealthy vets / alternatives			
<b>Disabilities elderly</b>			
Bad teeth			
<b>Allergies</b>			
Allergy for cow's milk			
Allergy for eggs			
Allergy for tree nuts			
Allergy for peanuts			
Allergy for shellfish			
Allergy for fish			
Allergy for wheat			
Allergy for soy			
Allergy for fruit			
<b>Sustainability</b>			
Pure ingredients			
Seasonal ingredients			
Local ingredients			
Meat alternatives / Plant based protein			
Less Food waste			