



Conference of Colleges Diversity Fund
Project on special dietary requirements

Ethical Eating Workbook



CONSULTANCY

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Module: Ethical Eating

Aim

The aim of the session is to enable participants understand and cater to staff and students who whose diet is driven by their values.

Objectives

By the end of the session participants will be able to:

- Demonstrate an understanding of the ways peoples' ethics and values affect their dietary choices
- Recognise the importance of addressing ethical choice in customer service
- Develop insight and knowledge that will enable them to consider changes when developing the college menus
- Plan and change menus to meet the needs of ethical eaters

Programme

-00:15	Arrivals
00:00	<p>Introductions</p> <p>Overview of Ethical Eating</p> <p>Is it Vegan?</p> <p>The Law</p> <p>Overview of Ethical Eating</p> <p>What is it?</p> <p>Customer Service</p> <p>BREAK</p> <p>Veganism</p> <p>Vegetarianism</p> <p>The Organic Movement</p> <p>Shopping Bag of Delights</p> <p>Balancing Nutrition</p> <p>Adapting the Menu</p>
03:00	End of session

Overview of Ethical Eating



Ethical Eating – An Overview

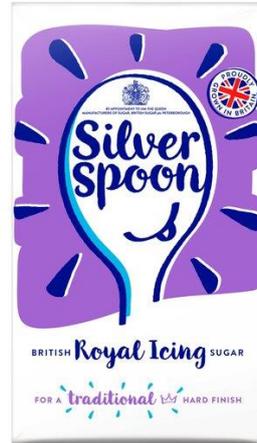
- What is meant by ethical eating?
- Why we should take it seriously?
- How it will effect you in the workplace



Is it Vegan?

In pairs decide which, if any, of the products below are Vegan





What Is It?

Is it: ✓ Lawful ✗ Unlawful ✓ Good Practice ✗ Bad Practice

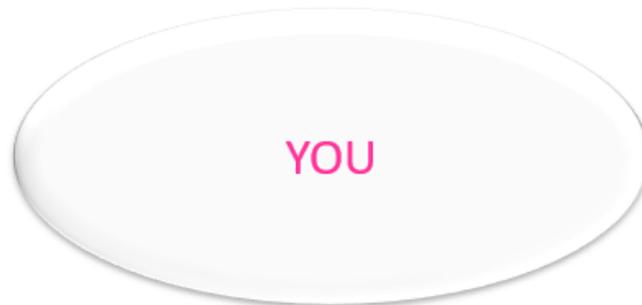
	✓	✗
1. A patient in hospital is denied vegan food.		
2. A customer in a pub asks why there is no vegetarian option?		
3. A restaurant refuses to prepare and serve Steak Tartare on health grounds.		
4. A student asks for a chair that is covered in leather made from pigs be replaced.		
5. A student tells you that it is illegal for the College to use Nutella because it conflicts with their philosophical beliefs.		
6. At a formal event there is no vegan wine on offer.		
7. One of your colleagues informs you that they are thinking of refusing handling raw meat and fish on ethical grounds.		
8. The student body at your college takes a decision that the College only use 'eco-friendly' cleaning products.		
9. There is a lot of banter amongst staff in the kitchen who keep making jokes about a particular colleague, saying that they are "too weak" to open packets and jars.		
10. It is World Vegan Day - is it acceptable for your College to accept a leather Louis Vuitton handbag valued at £10,000 as a raffle-prize?		
11. At an event there are general rumbings that everyone has eaten the 'vegan food', leaving very little for the actual Vegans to eat.		
12. A 'front of house' member of staff has a prominent "Meat is Murder" tattoo.		

Customer Service



Who are my customers?

Around the diagram, write the types of people you come into contact with, who you regard as your customers



The Shopping Bag of Delights

Consider each of the following scenarios and use the items in the shopping bag of delights to identify which object (or objects) would best help in the situation.

Where there are a range of items, you must identify the unsuitable item and discard it.

Put the number of the object(s) in the grid next to the situation.

a.	A student asks which breakfast cereals are entirely free from sugar	
b.	At a conference an organiser asks for a range of vegan wines	
c.	A fruitarian asks for a suitable mid-morning snack to be served at their meeting	
d.	You have been asked if the fruit you use in your Summer Pudding are sourced locally	
e.	You have had an enquiry for a conference – one of the requests is for insect-based nibbles.	
f.	Someone following a paleo-diet (Sometimes known as the Cave Man/Woman diet) wants to know what suitable protein you can offer them.	
g.	You have been asked to arrange an array of Accidentally Vegan snacks for the university's Dungeons and Dragons Society Annual Get Together!	
h.	In this nightmarish version of Supermarket Dash you have to find 4 packets of biscuits for a vegan professor who's just given up smoking and has cravings!!!	
i.	A memorial service require suitable food for an inclusive reception – to honour the deceased "No Stimulants" are to be served	
j.	You are organising a wedding reception for a vegan couple. They have requested a vegan menu with a choice of lemon meringue and chocolate mousse for dessert.	

Case Studies - Menu adaptations

You have 15 minutes to plan an alternative menu To the Bold items to match each student's dietary needs. First you need to decide what kind of diet the people below are following.

Once you have done this the adapt the following menus to suit each student's diet for ethical eating purposes, consider what replacements might be offered instead.

Remember to think about nutrition and make sure any alternatives give the student a nutritionally balanced meal.

One

Leila Shah is reading Biochemistry at St Scholastica's. She is in her first year at Oxford and has very little experience of life away from home especially when it comes to food and cooking for herself. She is thinking about becoming Vegan. She decides she is going to try it during Veganuary (January)!

Spaghetti Carbonara
Chocolate Mousse

Two

Bhavesh Lakhani is reading English at Jordan College and has really enjoyed his time at Oxford so far. Bhavesh grew up in Scotland so the community and the culture are very different from what he is used to. Bhavesh is a strict vegetarian.

Jerk Chicken, Rice and Peas
Eve's Pudding, Vanilla custard

Three

Helen Fox is a first-year medical student at St Michael's. She loves university life and has settled in very well. She likes eating in hall with her friends she would be a strict vegetarian but has a weakness for cheese omelettes.

Chicken Tikka Masala, Braised rice
Lemon and Orange posset, Berry Compote, Shortbread

Four

Ben Levy is reading Modern Languages at Queen Philippa's College. He is flexitarian, he'd probably be a full-on vegan, but can never quite get it together. Also, too many late-night drinking sessions have ended in kebabs. However, when he dines in hall and someone else is cooking, he talks-the-talk and is always forthrightly vegan.

**Baked Aubergine, Roasted Cauliflower and Yoghurt Dressing
Red velvet cake sandwich, Salted Caramel sauce**

Five

Sara Dawkins is completing her master's in history at Wykeham College. She loves studying and the Bodleian has become her second home. She is mostly vegetarian but has become adept at creating the fish finger sandwich, with ketchup, which reminds her of her home in Trinidad.

**Breaded Pork Escalope, creamy mushroom sauce
Pear Sponge pudding with Chantilly cream**

Six

Prem Joshi is reading Law at Cardinal College. As an international student his family has spent a considerable amount of money for him to be at Oxford. This is the longest he has ever been away from India. He was brought up as a strict vegetarian. Since being at Oxford Prem has developed a taste for banana milkshakes and really smelly French cheeses. Prem does not go to the Gym!

**Herb Battered Fillet of Haddock, Tartare Sauce and Lemon
Bread and Butter Pudding with Crème Anglaise**



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