



Conference of Colleges Diversity Fund  
Project on special dietary requirements

# Worldwide Eating

## Workbook



CONSULTANCY

## Contents

Module: Worldwide Eating .....	3
Thinking Space.....	4
Name that food.....	5
What is it? .....	<b>Error! Bookmark not defined.</b>
Eating habits of people in the UK .....	<b>Error! Bookmark not defined.</b>
Timeline .....	9
The Formal Menu Adaptions .....	10
Action Planning.....	14

## Module: Worldwide Eating

### Aim

The overall aim of the course is to enable participants to identify the changing eating habits for the people and explore food from across the world.

### Objectives

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

- Recognise the importance of diversity when catering for a wide audience
- Consider new recipes, cooking styles and ingredients and how to adapt them for the modern kitchen
- Demonstrate skills that we enable them to plan diverse and diet specific formal menus
- Appreciate the significant benefits of having diverse menus and dishes and staff

### Programme

-00:15	<b>Arrivals</b>
00:00	<p>Introductions <i>and ice breaker</i></p> <p><b>Context setting</b> - Why is it important we consider world food in our menu planning?          What is the potential impact on the student when we don't consider globally diverse food?          Who is the Oxford Student?</p> <p><b>Name that food?</b></p> <p><b>The eating habits of people in the UK</b>          What historical factors have influenced eating habits in the UK?          What current factors have influenced eating habits in the UK?</p> <p><b>Break</b></p> <p><b>Food Timeline</b>  <b>Menu Adaptations</b>  <b>Action Planning</b>  <b>Final questions</b></p>
03:00	<b>End of session</b>

## Thinking Space

In pairs or small groups consider the question below

Why is it important we consider world food in our menu planning?

What is the potential impact on the student when we don't consider globally diverse food?

## Name that food

Working in pairs decide what the food is called, what part of the world it comes from and what it's used for

1	2
	
<p>Its Name</p> <p>Where it's grown</p> <p>Uses</p>	<p>Its Name</p> <p>Where it's grown</p> <p>Uses</p>
3	4
	
<p>Its Name</p> <p>Where it's grown?</p> <p>Uses</p>	<p>Its Name</p> <p>Where it's grown?</p> <p>Uses</p>

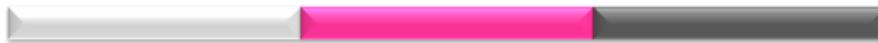
5	6
	
<p>Its Name</p> <p>Where it's grown</p> <p>Uses</p>	<p>Its Name</p> <p>Where it's grown</p> <p>Uses</p>
7	8
	
<p>Its Name</p> <p>Where it's grown?</p> <p>Uses</p>	<p>Its Name</p> <p>Where it's grown?</p> <p>Uses</p>

9	10
	
<p>Its Name</p> <p>Where it's grown</p> <p>Uses</p>	<p>Its Name</p> <p>Where it's grown</p> <p>Uses</p>
11	12
	
<p>Its Name</p> <p>Where it's grown</p> <p>Uses</p>	<p>Its Name</p> <p>Where it's grown</p> <p>Uses</p>



This is a time to allow people to taste some of the food items you have brought with you.

Back in 15 minutes or so!



## **A WORKING BREAK**

## Timeline



### Timeline Exercise

- Place your food on the timeline at the point you think it was first introduced to the UK
- Check to see where other people have placed their food items
- Move yours and replace it on a different time if you want

## The Formal Menu Adaptions

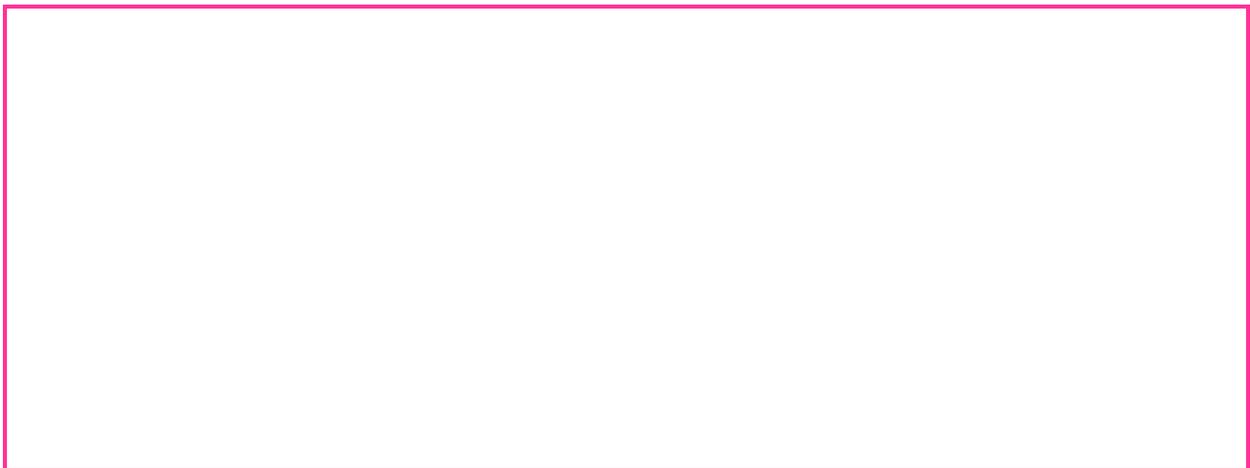
Another year on and all of our students have moved on to pastures new. Academic life carries on at Oxford and we have another mad social whirl of college formals: this time with a twist

Taken what you have learnt so far and with a hard-headed money is no object approach we would like you to create menus and formals for each of the following scenarios.

Each Formal and menu is to have **three** courses and **drinks** where appropriate

Don't forget to think about what's on offer and make sure everyone has a nutritionally balanced meal.

### **One:** Create an entirely Vegan menu

A large, empty rectangular box with a pink border, intended for the student to create a menu for a formal dinner where all food and drinks are entirely vegan.

### **Two:** Create a SE Asian menu for a Muslim audience where at least 6 people have a peanut allergy

A large, empty rectangular box with a pink border, intended for the student to create a menu for a formal dinner for a Muslim audience, where at least 6 people have a peanut allergy.

**Three:** Create a menu for a conference of Jains.  
They have asked for all the menu items to be from  
the Indian sub-continent



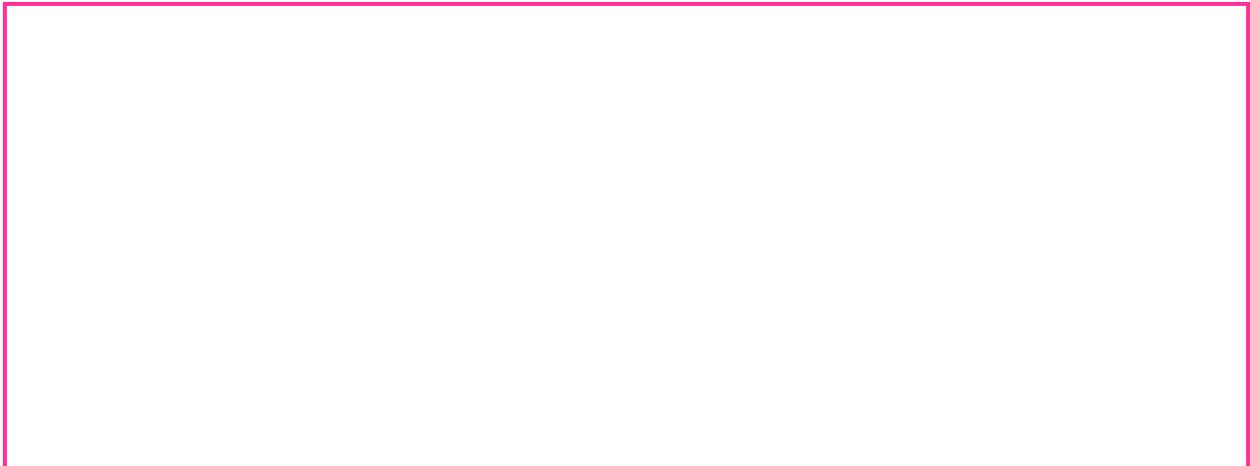
**Four:** Create a menu using only food and drink from  
sub-Saharan Africa



**Five:** Now repeat number four, but for Vegans, with Coeliac Disease.



**Six:** Create a diet for the Oxford Rowing Team that does not involve meat, but is protein rich and has approximately 4000 calories a day



**Seven:** Create a dim sum selection for people who cannot eat Fish, Molluscs or Crustaceans



**Eight:** It is World Religion Week create a meal that everyone from the 8 religions previously discussed can enjoy



## Action Planning

In pairs or small groups consider what has been discussed in these four modules and discuss what has been learnt and how you can carry this back to your kitchen.

What changes are you going to make as a result of attending this course?

What support will you need in order to do this and from whom?

What will be your first step?

**This workshop, the content and exercises  
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