



**CHEEP: “Cooking Healthy European Paths”**

Project code : 2020-1-IT02-KA201-079674

# **Kick-off Meeting**

**1<sup>st</sup> day – 04th November 2020**

# Welcome on board!

- The purpose of this document is to create a common paper to record and share ideas and tasks.
- Please read it and fill it in all together. It will follow the agenda of the kick off meeting
- Please add to these slides any consideration you think it is important for the project
- If during the meeting you need any further information or give any suggestions, please write them on the side chat

# AO & Partners

*Coordinator:* **IPSSEOA “Pietro Piazza” Palermo**

*Partners:*

- Centro Integrado De Formación Profesional La Merced (Spain)
- Fondation Apprentis d'Auteuil (France)
- Szkol Gastronomiczno-Hotelarskich (Poland)
- Department of Psychology, Educational Science and Human Movement of the University of Palermo (Italy)
- Consiglio Nazionale delle Ricerche (Istituto per la Ricerca e l'Innovazione Biomedica IRIB, Istituto per le Tecnologie Didattiche ITD) (Italy)

# IPSSEOA “Pietro Piazza” Palermo



IPSSEOA "Pietro Piazza" is an important Hotel and Catering Vocational School, located in Palermo, the capital city of Sicily. Our school has almost **3000 students** and about **350 teachers**

The Hospitality and Catering School curricolo is divided into a first **two-year cycle** (14-15 year old students) and a second **three year-cycle** (16-18 year old students) to get the upper secondary school diploma which allows them either to find a job or attend university.

The first two years, students acquire a basic level of vocational skills as well as general knowledge and transversal competences, the last three years they acquire specific vocational skills in one of the three sectors of specialization: **Hospitality and Hotel Reception - Restaurant and Bar Management - Cookery - Pastry.**

Our school prepares its students to enter the world of Catering and Enogastronomy as professional experts. Apart from the practical school activities in the cooking labs, pupils study several subjects such as Biology, Chemistry, Nutrition, Food Science and Safety, which give them a deep knowledge and skills to become real professional chefs.

# **Centro Integrado De Formación Profesional La Merced (Spain)**

**Fondation Apprentis d'Auteuil  
(France)**

# **Szkol Gastronomiczno-Hotelarskich (Poland)**

**Department of Psychology, Educational Science and Human  
Movement  
University of Palermo  
(Italy)**



**Università  
degli Studi  
di Palermo**



Consiglio Nazionale delle Ricerche

# CHEEP Project

**Stefania La Grutta**

Istituto per la Ricerca e l'Innovazione Biomedica IRIB CNR

**Giuseppe Chiazese**

Istituto per le Tecnologie Didattiche ITD CNR



**IRIB CNR**

ISTITUTO PER LA RICERCA E L'INNOVAZIONE BIOMEDICA  
CONSIGLIO NAZIONALE DELLE RICERCHE



Istituto per le  
Tecnologie Didattiche



# Consiglio Nazionale delle Ricerche

- The National Research Council (CNR) is the largest public research institution in Italy, the only one under the Research Ministry performing multidisciplinary activities.

CNR's mission is

**to perform research** in its own Institutes

**to promote innovation** and competitiveness of the national industrial system

**to promote the internationalization of the national research system**

**to provide technologies and solutions** to emerging public and private needs

**to advice Government** and other public bodies

**to contribute to the qualification of human resources.**





# Consiglio Nazionale delle Ricerche

The National Research Council participates to the project with the expertise and experience of two institutes:



## Scienze Biomediche

Malattie cardiopolmonari,  
neuroscienze, oncologia, Immunologia  
e infettivologia, medicina molecolare...



## Scienze umane e sociali

Scienze umane, scienze sociali,  
patrimonio culturale



## IRIB CNR

ISTITUTO PER LA RICERCA E L'INNOVAZIONE BIOMEDICA  
CONSIGLIO NAZIONALE DELLE RICERCHE



Istituto per le  
Tecnologie Didattiche

# Team Project

**Clinical and Environmental Epidemiology of Pulmonary and Allergic Diseases- CEEPAPD Research Unit**

**Administrative and Communication Staff**

**Stefania La Grutta**  
Senior Researcher



**Giovanna Cilluffo**  
Researcher



**Salvatore Fasola**  
PostDoc Research Fellow



**Velia Malizia**  
Researcher



**Laura Montalbano**  
PostDoc Research Fellow



**Donatella Spera**  
Financial Project Manager



**Anna Bonomolo**  
Communication Manager



# Team Project

## CNR ITD CHEEP Research TEAM

## Administrative and Communication Staff

G. Chiazzese



A. Chifari



M. Arrigo



C. Tosto



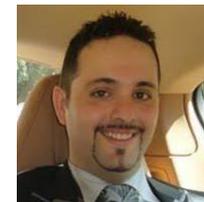
G. Merlo



Paola Denaro  
Financial Project Manager



Giovanni Todaro  
Technical web Project Manager



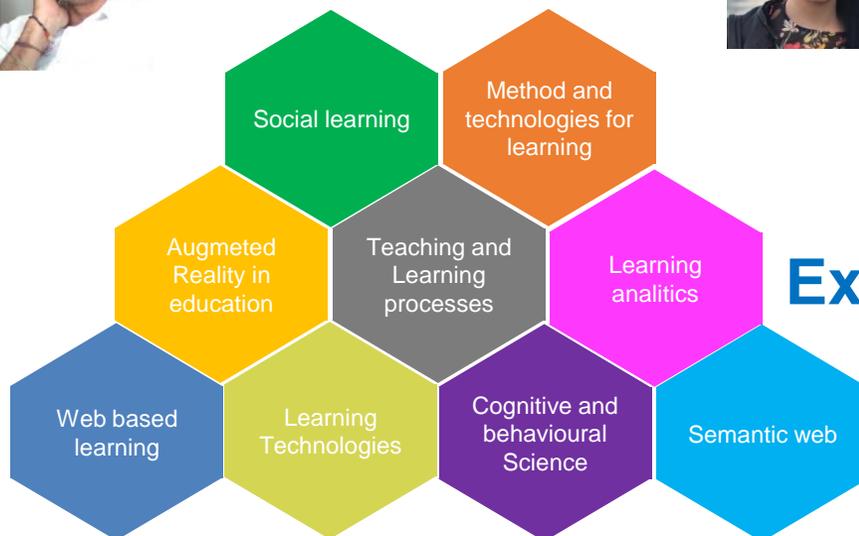
L. Seta



M. Farella



Doriana Drami  
Communication Manager



**Expertise**

# GENERAL OVERVIEW OF THE PROJECT OBJECTIVES:

- Improve knowledge about how to deal with special dietary needs
- Foster European awareness rediscovering and redesigning and sharing traditional dishes
- Introduce a new specific school path of education
- Create a specializing certification of acquired competences
- Create a free multi language digital book in Augmented Reality

# Intellectual Outputs

- 1 Evaluation of knowledge, attitude and perception in the field of Healthy cooking
- 2 School professional development of pilot training course in healthy cooking
- 3 Healthy cooking webinar for teachers
- 4 Recipes and multimedia contents for healthy cooking book
- 5 Healthy cooking book in augmented reality

# Intellectual Outputs

	IO1	IO2	IO3	IO4	IO5	TOTAL WORKING DAYS PER PARTNER
<i>IPSSEOA Pietro Piazza</i>	10	90	10	40	20	170
<i>Fondation Apprentis d'Auteuil</i>	10	50	10	40	20	130
<b>CONSIGLIO NAZIONALE DELLE RICERCHE</b>	70	50	70	20	225	435
<b>UNIVERSITA DEGLI STUDI DI PALERMO</b>	141	0	0	0	0	141
<b>CENTRO INTEGRADO DE FORMACIÓN PROFESIONAL LA MERCED</b>	10	50	10	40	20	130
<i>Zespol Szkol Gastronomiczno-Hotelarskich</i>	10	50	10	40	20	130
<b>TOT.</b>	251	290	110	180	305	1.136

## I.O.1 Evaluation of knowledge, attitude and perception in the field of Healthy cooking



Erasmus+

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Project code : 2020-1-IT02-KA201-079674

# **Evaluation of Knowledge, Attitude, and Perception in the field of Healthy Cooking**

Intellectual Output 1

Alberto Mirisola & Isabella Giammusso

University of Palermo - UNIPA

# Description of the IO1

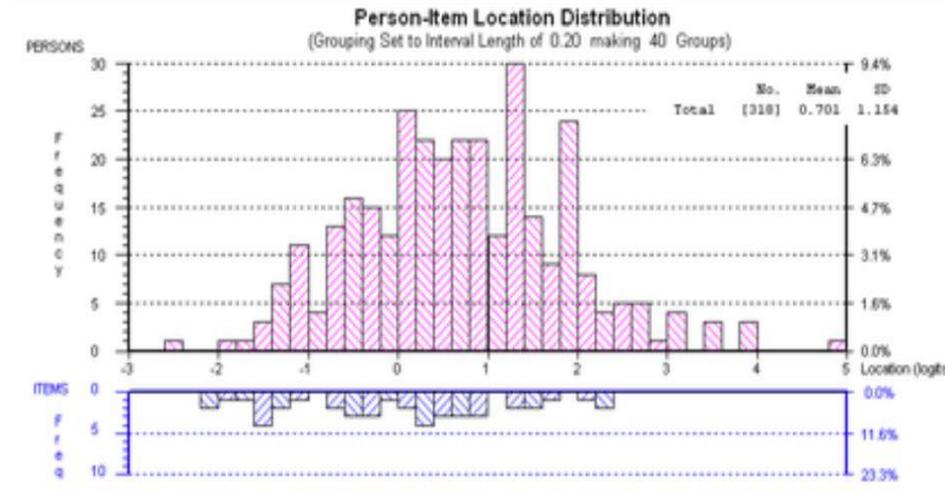
**GOAL:** To evaluate the efficacy of the courses

**METHOD:** Questionnaire assessing Knowledge, Attitude and Perception about healthy cooking submitted to *2 groups* of participants in each school *before* and *after* the courses

# Description of the IO1

## KNOWLEDGE

- Definition of the knowledge of interest
- Items type: Yes/No
- Analysis: Rasch analysis



$$P(X_{ij}=1|\theta_j, b_i) = \frac{\exp(\theta_j - b_i)}{1 + \exp(\theta_j - b_i)}$$

# Description of the IO1

## ATTITUDE & PERCEPTION

- Definition of the behavior of interest
- Items type: Likert
- Analysis: Item analysis and Factorial analysis

I think this 5-point Likert scale question is an excellent survey question style.



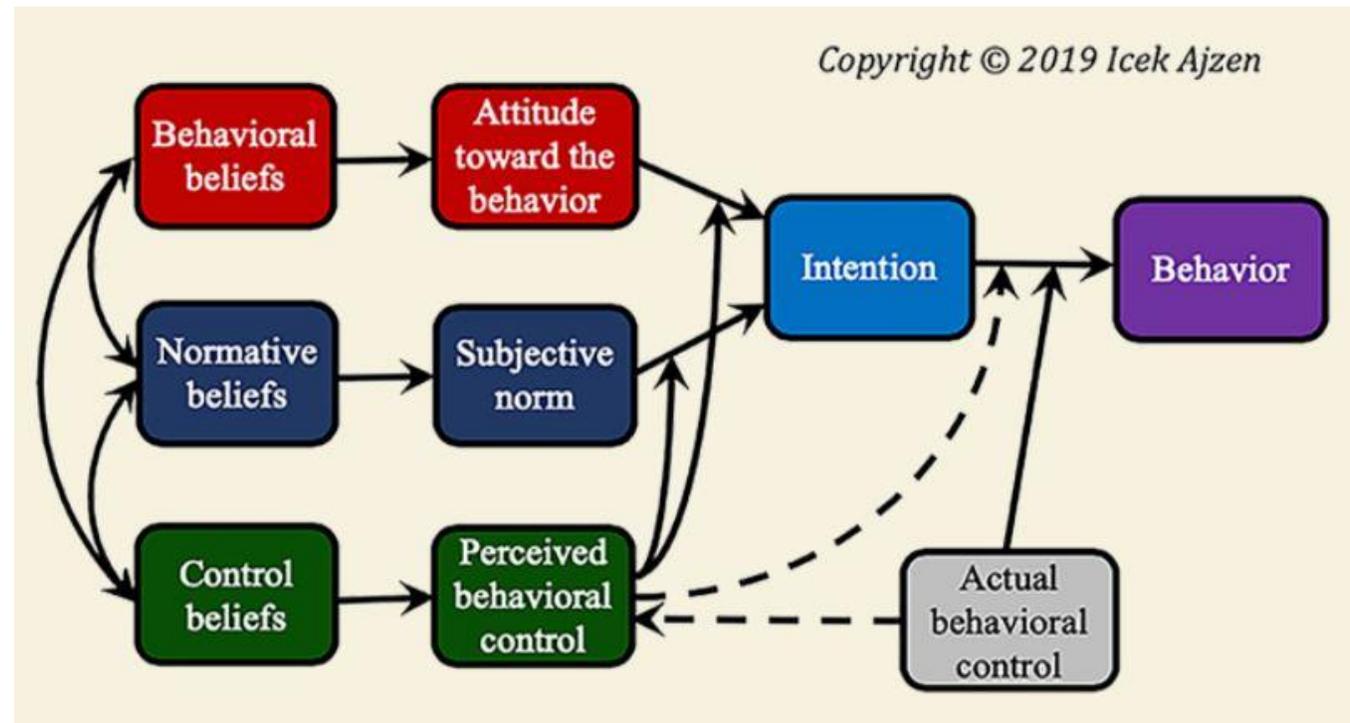
I prefer 7-point Likert scales over their 5-point brethren.



# Description of the IO1

## ATTITUDE & PERCEPTION

The Theory of Planned Behaviour (Ajzen, 1995)



# Description of the IO1

## TASKS:

- IO1.1 Elaboration of the first draft of the questionnaire about knowledge and attitude toward healthy cooking
- IO1.2 First draft delivered to a sample of students from “IPSSEOA Pietro Piazza”
- IO1.3 Final questionnaire delivered to two groups of students (experimental and control group) before and after the courses
- IO1.4 Final report

# **Participating Organizations' Activities for Each Task**

# Participating Organizations to IO1

- Consiglio Nazionale delle Ricerche (70 days)
- Fondation Apprentis d'Auteuil (10 days)
- IPSSEOA Pietro Piazza (10 days)
- Zespol Szkol Gastronomiczno - Hotelarskich (10 days)
- Centro Integrado de Formación Profesional La Merced (10 days)

# Participating Organizations

## Activities for Each Task

### Task IO1.1: Elaboration of the first draft of the questionnaire

**UNIPA:** To elaborate of the first draft using information about the contents of pilot courses to assess Knowledge and literature to assess Attitudes;

**CNR:** To provide information about the contents of pilot courses and items on Knowledge about healthy cooking

# Participating Organizations

## Activities for Each Task

**Task IO1.2: First draft delivered to a sample of students from “IPSSEOA Pietro Piazza”**

**UNIPA:** To provide the link to the first draft of the questionnaire to IPSSEOA Pietro Piazza for the collection of data and analysis of data;

**IPPSEOA PIETRO PIAZZA:** To collect the informed consent from students and their caregivers and to submit the questionnaire to students.

# Participating Organizations Activities for Each Task

\*\*\*Clarifications about Task IO1.2\*\*\*

IPPSEOA PIETRO PIAZZA: To collect the informed consent from students and their caregivers and to submit the questionnaire to students.

*The informed consent form and the link to the questionnaire will be provided by UNIPA*

# Participating Organizations

## Activities for Each Task

**Task IO1.3: Final questionnaire delivered to two groups of students before and after the mobility**

**UNIPA:** To provide the link to the questionnaires and to analyze data

**FONDATION APPRENTIS D'AUTEUIL; ZESPOL SZKOL GASTRONOMICZNO - HOTELARSKICH; CENTRO INTEGRADO DE FORMACIÓN PROFESIONAL LA MERCED; IPPSEOA PIETRO PIAZZA:**

- a) To translate the questionnaire and informed consent form in their language;
- b) To collect the informed consent from students and their caregivers and submit the questionnaire to students

# Participating Organizations

## Activities for Each Task

\*\*\*Clarifications about Task IO1.3\*\*\*

- a) To translate the questionnaire and informed consent form in their languages:

*The questionnaire and the informed consent form will be provided by UNIPA in english*

# Participating Organizations

## Activities for Each Task

\*\*\*Clarifications about Task IO1.3\*\*\*

b) To collect the informed consent from students and their caregivers and submit the questionnaire to students before and after the courses

*The experimental group is composed by students participating in the courses, while the control group is a group composed by students, similar for age and sex distribution, that will not participate in the courses.*

*The questionnaire about Knowledge will be submitted also at the end of each mobility activity.*

# Participating Organizations Activities for Each Task

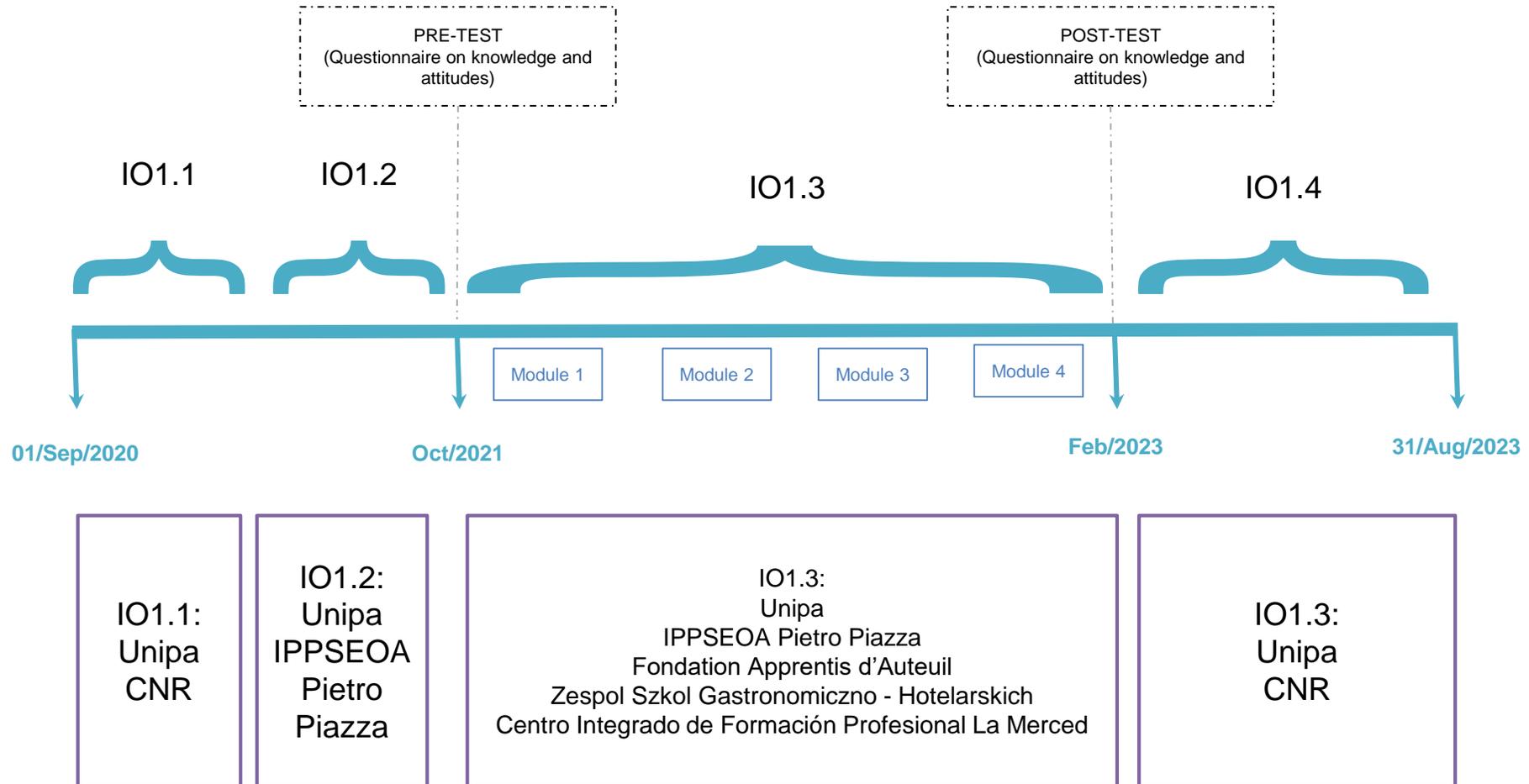
## Task IO1.4: Final report

**UNIPA:** To analyze data from Task IO1.3 and to write the final report

**CNR:** To participate in writing the final report (in particular for what concerns the Knowledge about healthy cooking)

# Timeline

# Timeline of the IO1



**Next steps**

- Provide to UNIPA the name and email address of a referent for the activities of IO1;
- Translate questionnaires and consent forms in their languages.

## To-do

*Please, refer to  
isabella.giammusso@unipa.it  
and (in cc)  
alberto.mirisola@unipa.it for  
communications*

## I.O.2 School professional development of pilot training course in healthy cooking

- **Leading Organization: IPSSEOA “Piazza”**
- **TASK 1:** Selection of teachers and students involved in the pilot course
- **TASK 2:** After CNR Webinar (I.O.3), schools will define contents of the Pilot Course and plan Short term Mobilities activities
- **TASK 3:** Pilot Course Implementation
- **TASK 4:** Production of Pilot Course report supported by data coming from I.O.1

# TASK 3: Possible structure

## Pilot Course Implementation

**Students' theoretical and practical knowledge will be increased and deepened through:**

- Modules that should concern: Food Science, Cookery Lab, ESP English, French/German
- The drawing of these additional Specific Modules (Theoretical and Practical) could be carried out as Vocational training paths (**Dual system School-Work**) to develop specializing vocational skills and competences and to lay the foundations for the development of a new school path in Healthy Cooking

# Definition of “Working Day”

- A ‘working day’ (see the definition of ‘unit contribution’ in Annex III) could be of 6/7 hours, to be decided among partners.
- The total amount of hours obtained will be divided by the number of tasks leading to the production of the I.O.

## I.O.3 Healthy cooking webinar for teachers

- Leading Organization:  
Consiglio Nazionale delle Ricerche CNR  
Istituto per la Ricerca e l'Innovazione Biomedica IRIB

IO3 - Healthy  
cooking  
webinar for  
teachers

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Output Title

Healthy cooking webinar for teachers

Output Type

Open / online / digital education – Virtual training seminar / webinar

Start Date (yyyy-mm-dd)

2020-10-01

End Date (yyyy-mm-dd)

2021-02-28

Output Description (including: needs analysis, target groups, elements of innovation, expected impact and transferability potential)

Today healthy cooking and healthy diet are relevant issues deeply influencing our wellness. In order to follow these principles, you need to have a basic knowledge supported by nutritional and scientific data to meet market needs. The aim of this IO is to train selected teachers from the school partners. Through a webinar, the scientific committee, made up of experts in the medical health sector, will train and provide cookery and food science teachers with theoretical knowledge and the scientific notions, necessary to promote and develop healthy cooking. The contents of the seminar will allow teachers to increase their knowledge and skills in order to be able to develop a pilot specializing Pilot Training Course (IO2) addressed to students of the last three years of the vocational schools involved. The scientific committee will be composed by experts with the aim to design the webinar training program.

Please describe the division of work, the tasks leading to the production of the intellectual output and the applied methodology

Task IO3.1: identification of teachers to attend the webinar (AO, P1, P4, P5)  
Task IO3.2: set up of the technological infrastructure to be used for the webinar (P2)  
Task IO3.3: composition of the scientific committee who will deliver the webinar (P2)  
Task IO3.4: design of the webinar training contents (P2)  
The applied methodology for providing learning contents will use distance learning processes through webinars using online services.

Leading Organisation

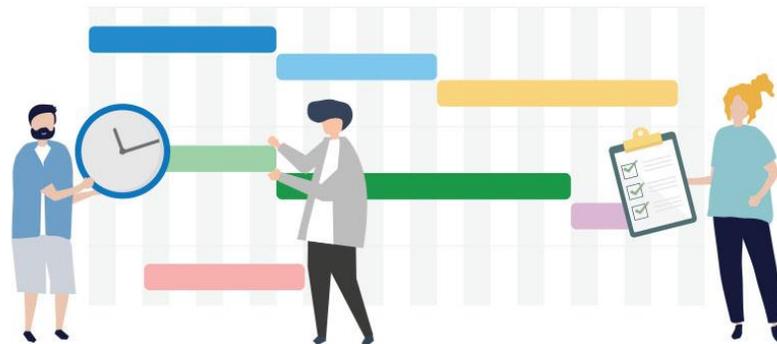
CONSIGLIO NAZIONALE DELLE RICERCHE (E10209413, IT)

# I.O.3 Healthy cooking webinar for teachers



## Gantt Chart – Project progress timeline

	sep 2020	oct 2020	nov 2020	dec 2020	jan 2021	feb 2021
O3 Healthy cooking webinar for teachers						



## I.O.3 Healthy cooking webinar for teachers



### Aims

To train cooks (or chefs)

To provide food science teachers

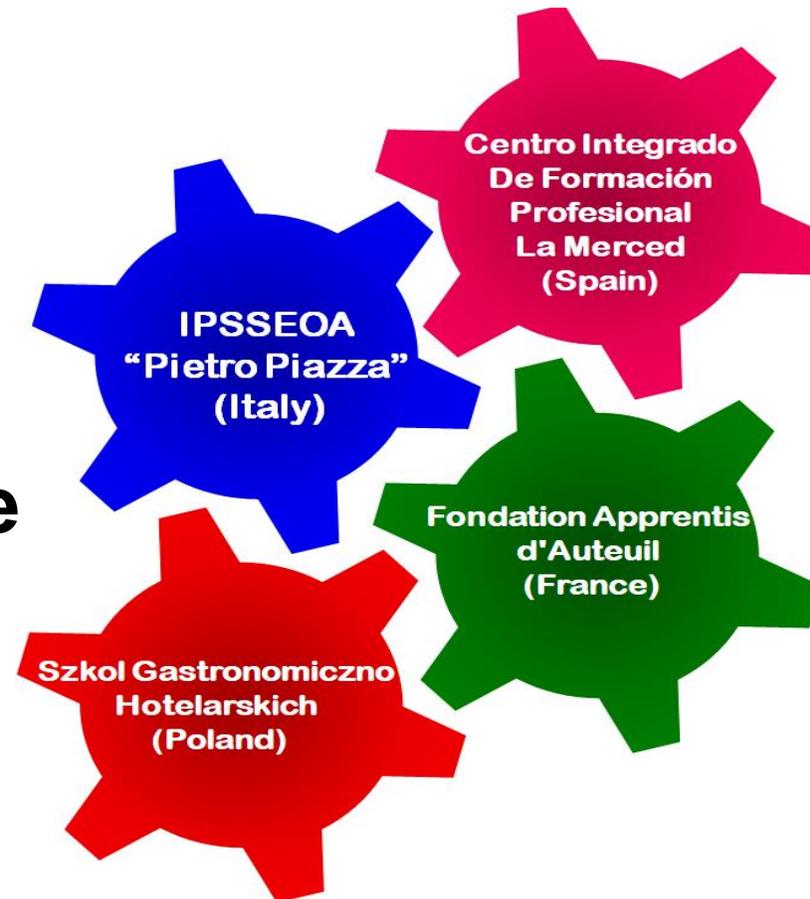
To spread theoretical knowledge

To confer scientific notions

**promote and  
develop healthy  
cooking**

## I.O.3 Healthy cooking webinar for teachers

**Task IO3.1**  
identification of  
teachers to attend the  
webinar



## I.O.3 Healthy cooking webinar for teachers

**Task IO3.2:** set up of the technological infrastructure to be used for the webinar



or



CNR is currently committed in the comparative evaluation (chat function, Doc storage, audio via phone and computer, full desktop sharing, instant messaging, join from Mac, PC, iPad®, iPhone® or Android, etc)

# I.O.3 Healthy cooking webinar for teachers

**Task IO3.3:** composition of the scientific committee who will deliver the webinar

Dr. Fabio Lauria

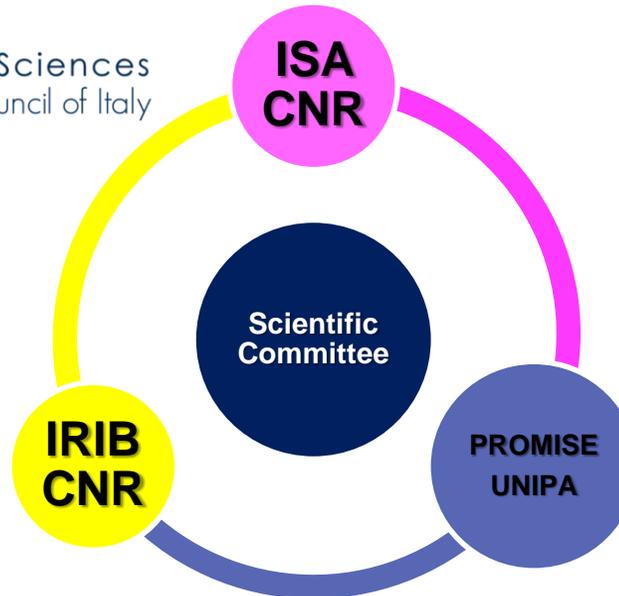


 Institute of Food Sciences  
National Research Council of Italy

Dr. Stefania La Grutta



 IRIB CNR 



Prof. Carla Giordano

 **PROMISE**  
UNIPA  
Dipartimento di Prevenzione della Salute, Materno-Infantile, Medicina Interna e Specialistica di Eccezione "G. D'Alessandro"  
 UNIVERSITÀ  
DEGLI STUDI  
DI PALERMO



## I.O.3 Healthy cooking webinar for teachers: **OBESITY**

### Introduction to obesity

the most common metabolic disorder in the Western industrialized countries with worldwide epidemic proportions

### The toxic environment:

**Genes** ↔ **Lifestyle**

### Changes in dietary habits:

**Med Diet** → **Western Diet**

### Aim of the webinar

**Med Diet**

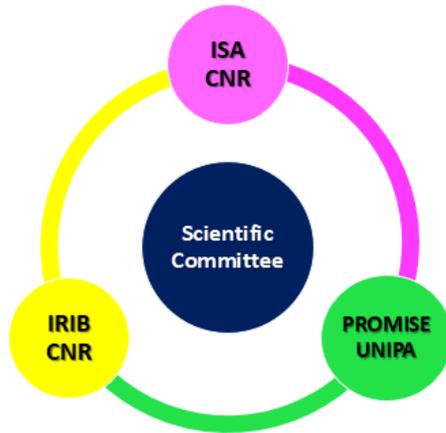
**Western Diet**

*From Guidelines to Practice*

*Dietary advice & Practice*

# I.O.3 Healthy cooking webinar for teachers

## Task IO3.4: Design of the webinar training contents



- Official Language English
- The webinar will be recorded and will be freely accessible through the web sites

<p><i>ex-ante questionnaire</i></p> <p><b>TUESDAY 12th Jan 2021</b> 3.30 PM – 5.00 PM CET</p> <p><i>post-ante questionnaire</i></p>	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• From Giudelines To Practice</li> <li>• Principles Of Healthy Diet</li> <li>• Dietary Advice And Practice</li> <li>• Q &amp; A</li> </ul>	<p><b>FOOD ALLERGY</b></p>
<p><i>ex-ante questionnaire</i></p> <p><b>TUESDAY 19th Jan 2021</b> 3.30 PM – 5.00 PM CET</p> <p><i>post-ante questionnaire</i></p>	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• From Giudelines To Practice</li> <li>• Principles Of Healthy Diet</li> <li>• Dietary Advice And Practice</li> <li>• Q &amp; A</li> </ul>	<p><b>DIABETES</b></p>
<p><i>ex-ante questionnaire</i></p> <p><b>TUESDAY 26th Jan 2021</b> 3.30 PM – 5.00 PM CET</p> <p><i>post-ante questionnaire</i></p>	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• From Giudelines To Practice</li> <li>• Principles Of Healthy Diet</li> <li>• Dietary Advice And Practice</li> <li>• Q &amp; A</li> </ul>	<p><b>CELIAC DISEASE</b></p>
<p><i>ex-ante questionnaire</i></p> <p><b>TUESDAY Feb 2nd 2021</b> 3.30 PM – 5.00 PM CET</p> <p><i>post-ante questionnaire</i></p>	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• From Giudelines To Practice</li> <li>• Principles Of Healthy Diet</li> <li>• Dietary Advice And Practice</li> <li>• Q &amp; A</li> </ul>	<p><b>OBESITY</b></p>

## I.O.4 Recipes and multimedia contents for healthy cooking book

- **Leading Organization: IPSSEOA “Piazza”**
- Cookery teachers will identify recipes belonging to their cultural heritage
- Cookery teachers will redesign recipes in a healthier vision with the support of the scientific committee (P2)
- Collection of materials for the production of the pilot training course handbook both in mother tongue and in English (AO, P1, P4, P5)
- Practical realization of the selected recipes in school cookery labs and video recording of dish preparation (AO, P1, P4, P5)

## I.O.5 Healthy cooking book in Augmented Reality

- Leading Organization:  
Consiglio Nazionale delle Ricerche CNR  
Istituto per le Tecnologie Didattiche ITD

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# 105 - Healthy cooking book in Augmented Reality

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IMAGE RETRIVED FROM: [HTTP://WWW.EDIAMSISTEMAS.COM/EASY-RECIPES-USING-AUGMENTED-REALITY/](http://www.ediamsistemas.com/easy-recipes-using-augmented-reality/) FOR EDUCATIONAL PURPOSE



# Erasmus+

Call 2020 Round 1 KA2 - Cooperation for innovation and the exchange of good practices

KA201 - Strategic Partnerships for school education

## Cooking Healthy European Paths CHEEP

Output Title	Healthy cooking book in Augmented Reality
Output Type	Open / online / digital education – Open Education Resource (OER)
Start Date (yyyy-mm-dd)	2021-04-01
End Date (yyyy-mm-dd)	2023-05-31

**Output Description (including: needs analysis, target groups, elements of innovation, expected impact and transferability potential)**

In this IO, P2 will develop a new type of mixed-reality book experience, which augments the images of the book with video contents allowing users to explore and navigate the recipes. P2 will develop a "pop-up book" where pictures come to life as video, which describe the steps and the execution of the dishes. The system developed is based on natural feature tracking and image marker processing techniques that can be easily exploited in AR video contents. The video of all 36 recipes produced in IO4, will be used for creating the AR Healthy Cooking Book.

The source code of mobile app will be released as open source digital educational software. The repository of video receipts will be released as open educational resources that will be used and enriched of new contents by the schools.

The book will be released as free mobile application in the Android and Apple market place.

The mobile app will be translated in the languages of the partner countries with the collaboration of school partners.

The app will be presented at the final multiplier events in the 4 partner countries.

**Please describe the division of work, the tasks leading to the production of the intellectual output and the applied methodology**

Task IO5.1: project of mobile app (P2)  
 Task IO5.2: development and releasing of mobile app as open source digital educational software (P2)  
 Task O5.3: mobile app translation in the languages of partner countries (P2, AO, P1,P4, P5)

A mixed-reality book interaction experience between the user and the interface will be used for designing the AR Healthy Cooking Book and the Agile methodology ( Fowler, Martin, and Jim Highsmith. "The agile manifesto." Software Development 9.8 (2001): 28-35.) will be applied during the software development process.

Leading Organisation	CONSIGLIO NAZIONALE DELLE RICERCHE (E10209413, IT)
Media	Other
Participating Organisations	IPSSEOA Pietro Piazza (E10037108, IT) Fondation Apprentis d'Auteuil (E10063272, FR) Zespol Szkol Gastronomiczno-Hotelarskich (E10014417, PL) CENTRO INTEGRADO DE FORMACIÓN PROFESIONAL LA MERCED (E10102177, ES)



Erasmus+

## IO5 - Healthy cooking book in Augmented Reality

- P2 will develop an AR “pop-up book”
- Imagine how a recipe described in the book can be enriched with content that helps the user to execute the recipe.
- The description of a recipe is enriched of additional AR contents and an image of a cook at the stove come to life as video for describing the steps of execution of the dish.
- An example of a marine environment book in AR  
<https://www.youtube.com/watch?v=LCtzTqGZxJY>

Traditional Pop-Up Book

AR Book



Image of Istanbul Culinary Institute Pop-Up Cookery Book





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Call 2020 Round 1 KA2 - Cooperation for innovation and the exchange of good practices

KA201 - Strategic Partnerships for school education

## Cooking Healthy European Paths CHEEP

### IO5 development tasks

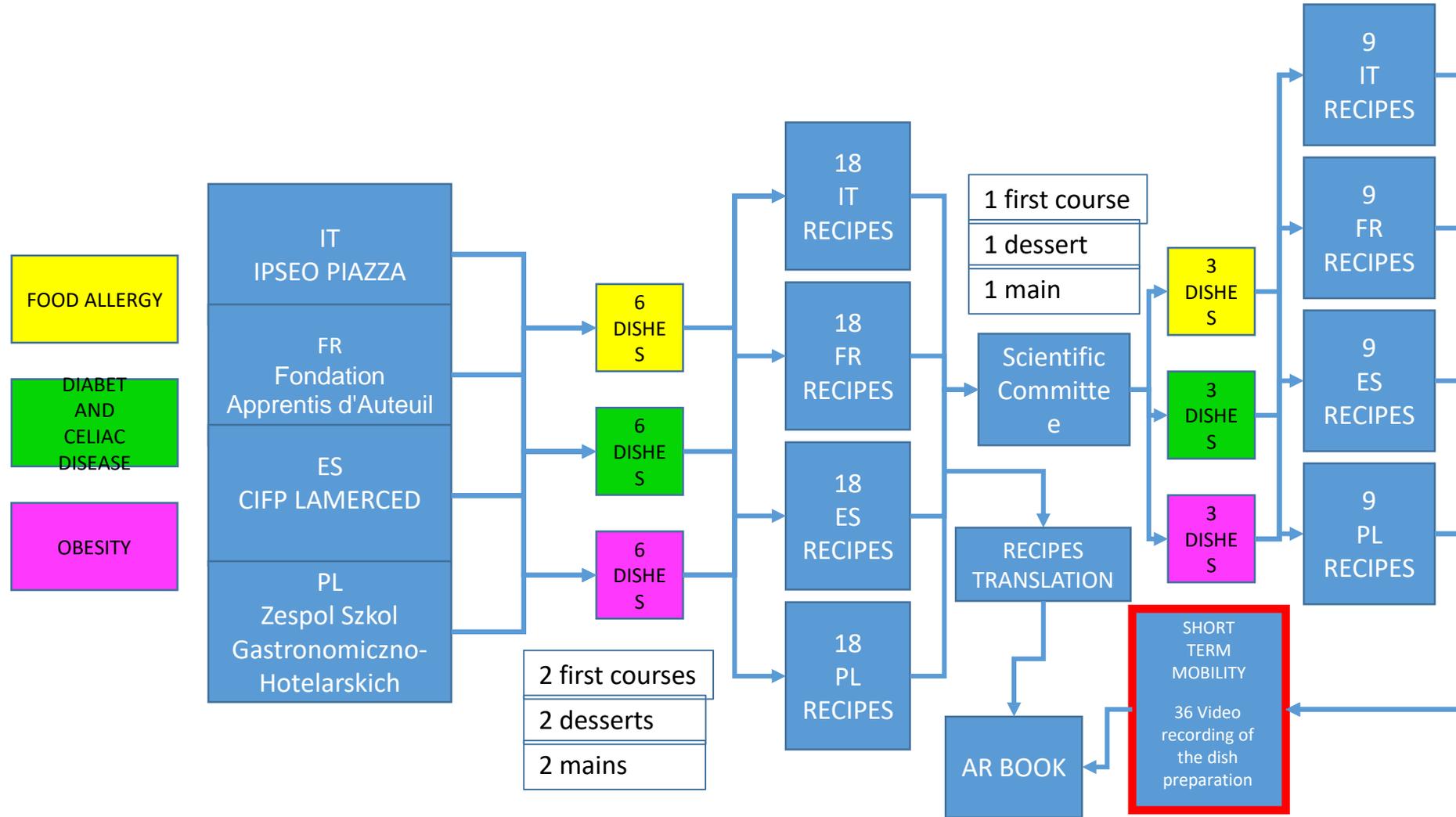
- Task IO5.1: project of mobile app (P2)
- Task IO5.2: development and releasing of mobile app as open source digital educational software (P2)
- Task O5.3: mobile app translation in the languages of partner countries (P2, AO, P1,P4, P5)

2021-04-01

2023-05-31



# Schools involvement in the development process



## IO5 What is the school roles

- Video recording of the 9 dishes preparation for a total of 36. The practical realization of selected recipes in the school cooking labs will be video-recorded by technical school staff for the AR Healthy Cooking Book.
- Translation of Cooking book in English, Italian, Polish, Spanish, French, languages of partner countries. English will be the source language from which to translate into the other languages.

# Supporting documents for Intellectual Outputs

- proof of the intellectual output produced
- proof of the staff time invested in the production of the intellectual output in the form of a **timesheet** per person, identifying the name of the person, the category of staff in terms of the 4 categories specified in Annex IV, the dates and the total number of working days per person for the production of the intellectual output.

- Proof of the **nature of the relationship** between the person and the institution concerned (such as type of employment contract, voluntary work, etc.).

In all cases, **the beneficiaries must be able to demonstrate the formal link with the person concerned, whether he/she is involved in the Project on a professional or voluntary basis.**

- Persons working for an Institution on the basis of service contract (e.g. translators, web designer etc.) are not considered as staff of the organisation concerned. Their working time can therefore not be claimed under "intellectual outputs" but may be eligible under "**exceptional costs**".

# Questions