



# ممارسات الطهي النباتية والمستدامة في العالم العربي: دليل محسن لتحسين تصنيف محركات البحث

**Duration:** 5 Days

**Language:** ar

**Course Code:** IND10 - 114

## Objective

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

- Understand the principles and benefits of plant-based and sustainable cooking
- Apply creative culinary techniques using plant-based ingredients
- Design menus that balance nutrition, flavour, and sustainability
- Implement strategies for ethical sourcing, waste reduction, and resource efficiency
- Promote sustainability practices across the food service and hospitality sectors

## Audience

:This course is ideal for

- Chefs, Sous Chefs, and Culinary Professionals
- Food and Beverage Managers
- Nutritionists and Wellness Experts
- Sustainability and Food System Consultants
- Restaurateurs and Caterers focused on eco-conscious cuisine

## Training Methodology

The course combines demonstrations, case studies, and interactive discussions. Participants will learn through practical examples, menu planning exercises, and sustainability impact assessments to ensure a hands-on and engaging learning experience

## Summary

This course offers a comprehensive and forward-looking approach to **plant-based and sustainable culinary practices**, equipping culinary professionals with the knowledge and skills to create environmentally responsible, health-focused, and flavour-driven menus

Participants will explore the fundamentals of plant-based cooking, sustainable sourcing, food waste reduction, and the nutritional and ethical dimensions of plant-forward cuisine. The programme integrates practical culinary techniques with sustainability principles, preparing participants to innovate within modern food systems and align their culinary operations with global sustainability goals

## Course Content & Outline

### Section 1: The Evolution of Plant-Based Cuisine

- Understanding the rise of plant-based diets and global food trends
- Environmental, health, and ethical motivations behind plant-forward cooking
- Key differences between vegetarian, vegan, flexitarian, and plant-forward approaches
- The culinary shift toward sustainability and conscious consumption

### Section 2: Fundamentals of Plant-Based Cooking

- Essential ingredients: legumes, grains, nuts, seeds, and plant proteins

- .Balancing flavour, texture, and nutrition in plant-based dishes
- .Cooking methods that preserve nutrients and minimise waste
- Substituting animal products: dairy, meat, and eggs with plant-based alternatives

### Section 3: Sustainable Sourcing and Kitchen Management

- .Principles of sustainable sourcing and supply chain transparency
- .Working with local, seasonal, and organic produce
- .Reducing food waste and optimising resource use
- .Energy-efficient kitchen operations and packaging alternatives

### Section 4: Menu Design and Nutritional Balance

- .Creating balanced menus with plant-based proteins and essential nutrients
- .Culinary creativity: fusing global cuisines with sustainability principles
- .Designing menus for different dietary needs and lifestyles
- .Marketing sustainability: communicating value to eco-conscious consumers

### Section 5: Culinary Innovation and the Future of Sustainable Food

- Emerging innovations: lab-grown foods, alternative proteins, and circular gastronomy
- .The chef's role as a sustainability advocate and educator
- .Collaboration between culinary arts, agriculture, and food technology
- .Developing a long-term sustainability action plan for kitchens and restaurants

## Certificate Description

Holistique Training. عند إتمام هذه الدورة التدريبية بنجاح، سيحصل المشاركون على شهادة إتمام التدريب من (e-Certificate) وبالنسبة للذين يحضرون ويكملون الدورة التدريبية عبر الإنترنت، سيتم تزويدهم بشهادة إلكترونية من Holistique Training.

وخدمة اعتماد التطوير المهني (BAC) معتمدة من المجلس البريطاني للتقييم Holistique Training شهادات

ISO 29993 او ISO 21001 او ISO 9001 كما أنها معتمدة وفق معايير (CPD) المستمر

لهذه الدورة من خلال شهادتنا، وستظهر هذه النقاط على شهادة إتمام (CPD) يتم منح نقاط التطوير المهني المستمر واحدة عن كل ساعة CPD يتم منح نقطة CPD، ووفقاً لمعايير خدمة اعتماد Holistique Training التدريب من لأي دورة واحدة نقدمها حالياً CPD حضور في الدورة. ويمكن المطالبة بحد أقصى قدره 50 نقطة

## Categories

الترفيه والضيافة والرياضة, الأغذية والمشروبات

## Related Articles



### The Evolution Of The Hospitality Industry: Trends & Innovations

The hospitality industry is undergoing significant transformations driven by emerging trends, technological advancements, and changing consumer expectations. This blog post examines the future of hospitality, highlighting trends like personalisation, sustainability, and the impact of AI and ML. It also discusses the crucial role of hospitality specialists in navigating this evolving