



KNOWLEDGE AREA

# Food

## We intend to increase knowledge about food

In the Food knowledge area, we intend to stimulate well-informed food selection. We do this by presenting information in an inspiring way, customised to the groups we meet.

We are food and diet consultants who provide information and training for companies, organisations and public authorities. We are qualified domestic scientists, dietary economists and health communication officers, and our assignments could be anything from projects to training, including lectures, seminars, courses, demonstrations and exhibitions. We can tailor training programmes to your wishes and requirements, either on our own or the customer's premises.

Theory is combined with practical food preparation, experiments and tasting. The information is based on current dietary recommendations and guidelines in Sweden. Our inspiration and dedication are grounded in our extensive interest in the area, which has partly resulted in a number of books about food.

## Our projects

**A good start:** Together with childcare centres, we teach new parents how to make their own baby food, and suggest how to lay a good foundation for healthy eating.

**Food as a force for development:** The aim is to highlight regional food culture and stimulate food-based enterprise.

**Good food – preventive healthcare:** Theoretical and practical healthcare training for employees and catering personnel, in order to promote good health.

**Foundation course in food hygiene:** The purpose of this programme is to ensure safe food for everyone. It is intended for institutional caterers, and is in line with the Swedish National Food Administration course plan.

**Technical food assignment training:** These courses are aimed at the food industry, and intend to increase knowledge about food, nutrition, quality and hygiene.

**A healthy food generation:** The project aimed at personnel and children in childcare, and their parents. The purpose is to stimulate increased awareness of food and mealtimes.

**Food for all the senses – sensory training:** The project aiming to generate inquisitiveness and interest in food among children and young people, in a fun and positive way.

**Store training for good environmental choice:** Intends to stimulate good environmental choice. This programme is conducted in association with the municipal health and environment protection board.

**Local-Eco:** This project intends to increase the use of local products and organic foods in the public sector.



## We offer training in the following areas:

### FOOD & HEALTH

- Food as a health factor
- Food and nutrition
- Food quality and food safety
- Food hygiene

### GOOD FOOD FOR DIFFERENT GROUPS

- Food for children
- Food in schools
- Food for the elderly
- Food and sport
- Special diets for people with food allergies
- Vegetarian food

### FOOD AND THE ENVIRONMENT

- Eating habits and the environment
- Environmentally friendly meals

### FOOD SCIENCE & PREPARATION

- Fruit and vegetables
- Meat, poultry and fish
- Dairy products and eggs
- Bread, grain and pasta

### FOOD CULTURE

- Traditions and trends
- Regional food culture
- Food for various seasons and festivals
- Food from different countries and cultures

### FOOD PROCESSING

- Product and quality development
- Preservation methods
- Brand production
- Sensory analysis

### OUR TARGET GROUPS INCLUDE:

- Personnel in schools and healthcare
- Teachers and other pedagogues
- Restaurant and waiting staff
- Store personnel
- Students
- Food companies
- Companies and their employees

**CONTACT US!** Sweden's Agricultural Societies are independent organisations based on a membership structure that is open to everyone. In Sweden our organisations have approximately 800 coworkers, with expertise in areas such as Agriculture, Environment, Food, Rural Development, Horticulture, Economics, Fishing and Tourism.

Contact our food and diet consultants to discuss your training and information needs. We look forward to hearing from you!

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