



“Sustainable Cereals”

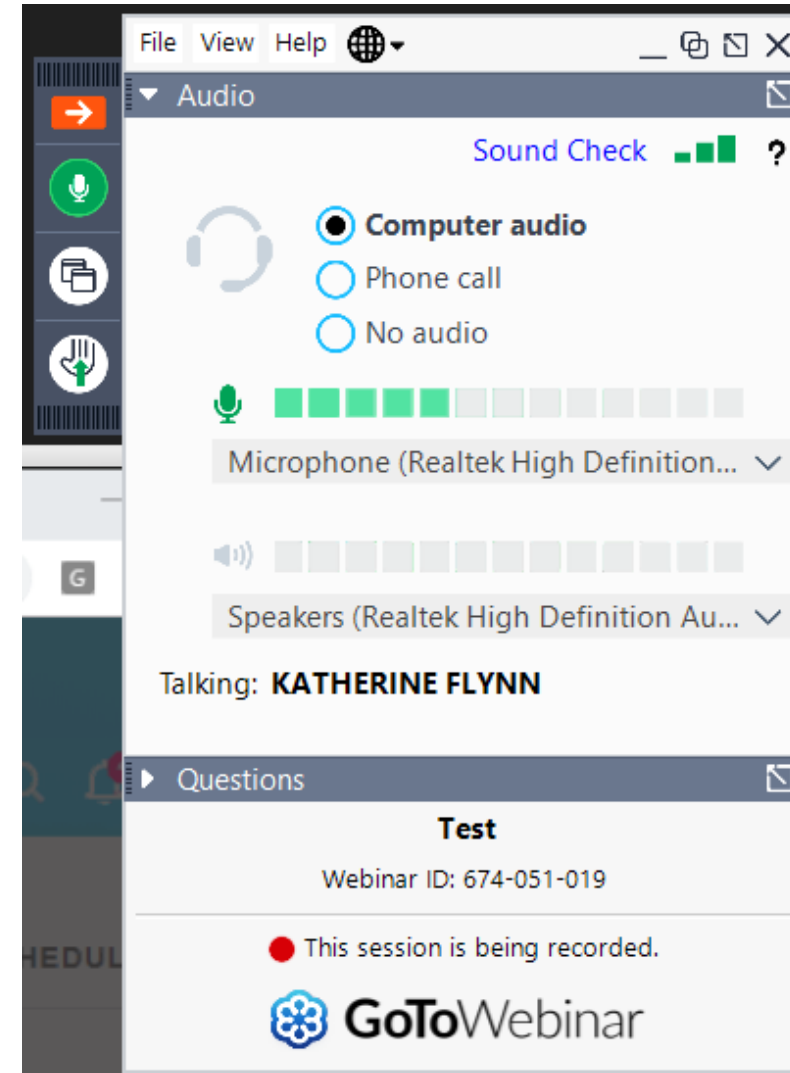
The Virtual Visit Webinar



Co-funded by the Horizon 2020 programme of the European Union

How to use your control panel:

- minimize panel →
- mute/unmute micro →
- raise hand →



**Sessions will be recorded and available on the ISEKI-Food YouTube site.

**Slides will be available on the Competition website: <https://food-sta.eu/ssc2019-b/timeline-and-important-dates>

Today's Agenda

- Ohmic Heating of Gluten-Free Bread
 - University of Natural Resources and Life Sciences in Vienna (BOKU), Austria – the institute of food technology, pilot plant for lesser-used cereals
- Beer Fermentation
 - Institut Français des Boissons, de la Brasserie et de la Malterie (IFBM) France – a research and training centre primarily for the barley to beer and wheat to bread sectors
- Structured Reflection Session
 - A time to link our experiences to theory and personal development. We will focus on the two visits, then reflect - individually, in small groups and as a whole.

A visit to BOKU

To watch the videos, you can either use the link you received in an email earlier this morning from Katherine or copy the link you see in the chat box

Questions for the BOKU representatives

A visit to IFPM

To watch the videos, you can either use the link you received in an email earlier this morning from Katherine or copy the link you see in the chat box

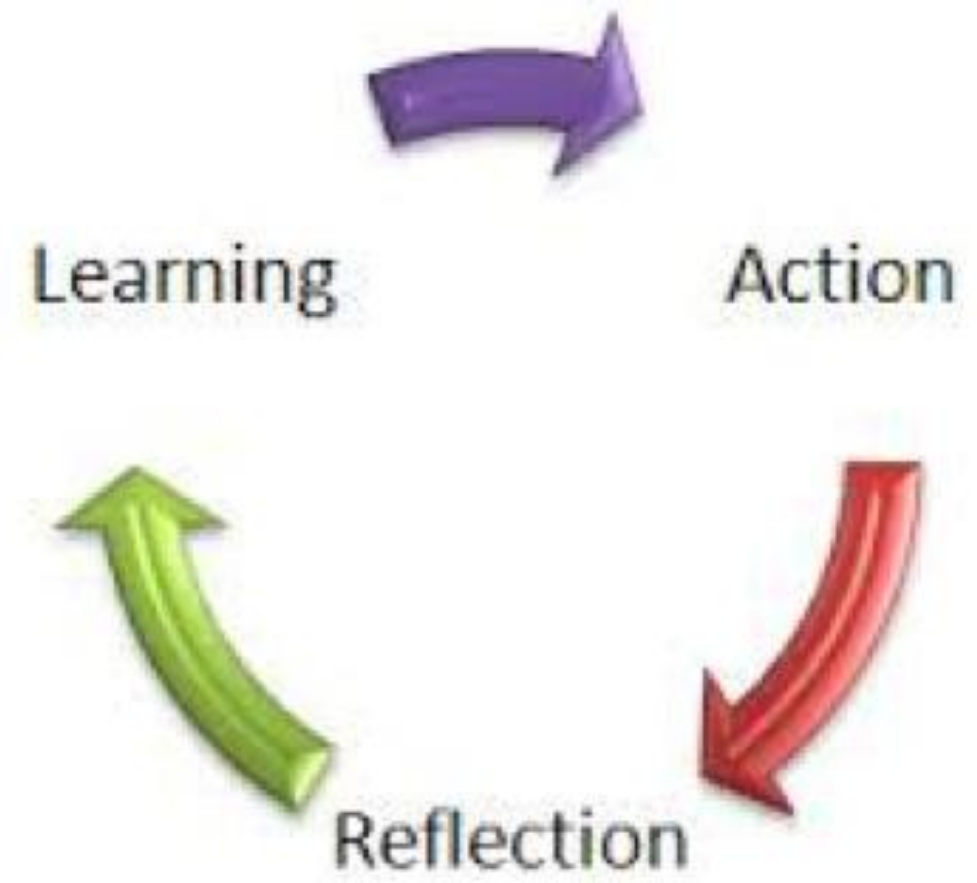
Questions?
Other questions can be sent to the
IFPM representatives via
C.COTILLON@actia-asso.eu

Welcome to the Structured Reflection Session

Reflection is a process of exploring and examining ourselves, our perspectives, attributes, experiences and actions and interactions.

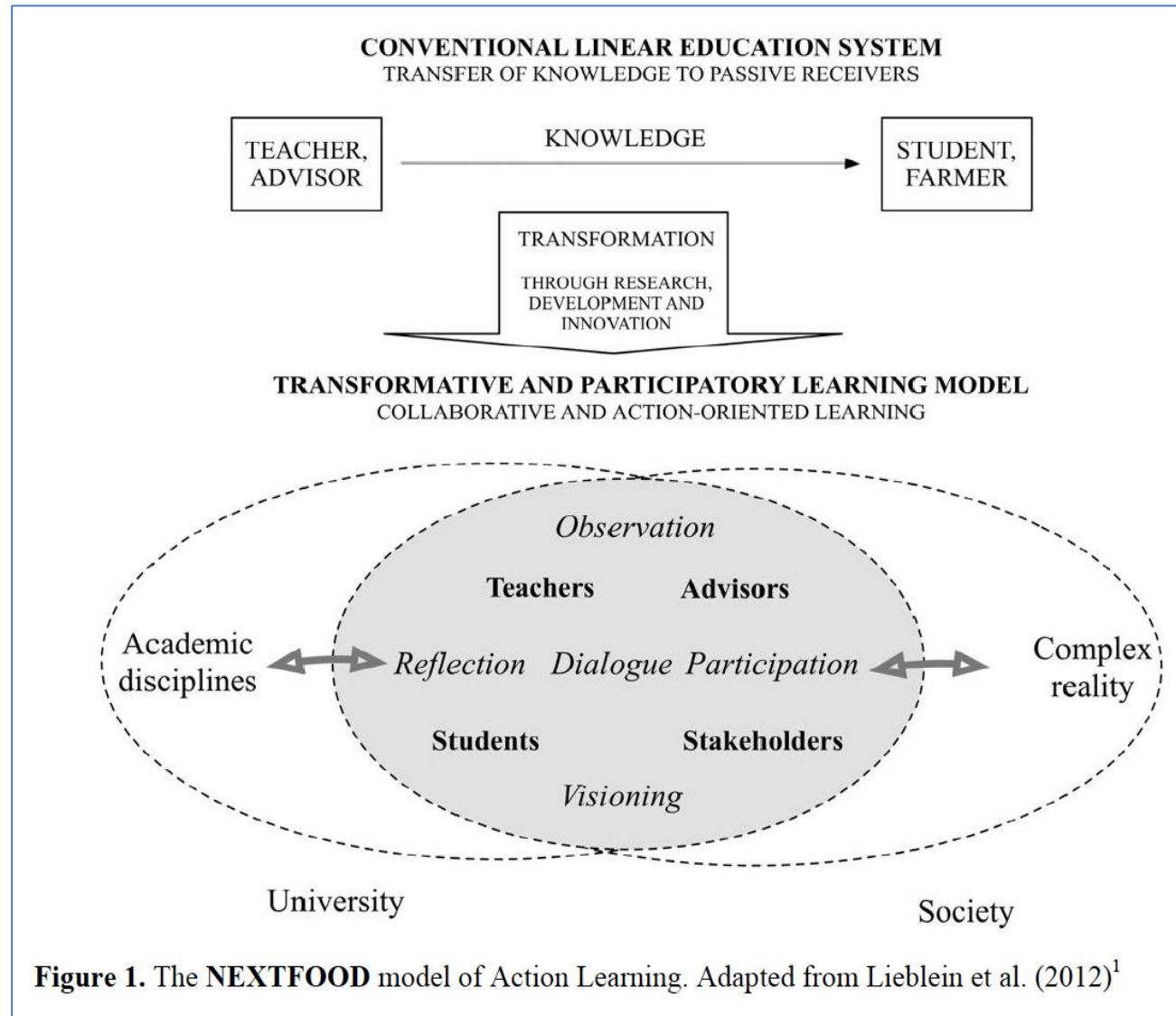
It helps us gain insight and see how to move forward.

It increases our ability to link our own experiences to theory in sustainable food systems and to our personal development.



From: Commonwealth of Learning

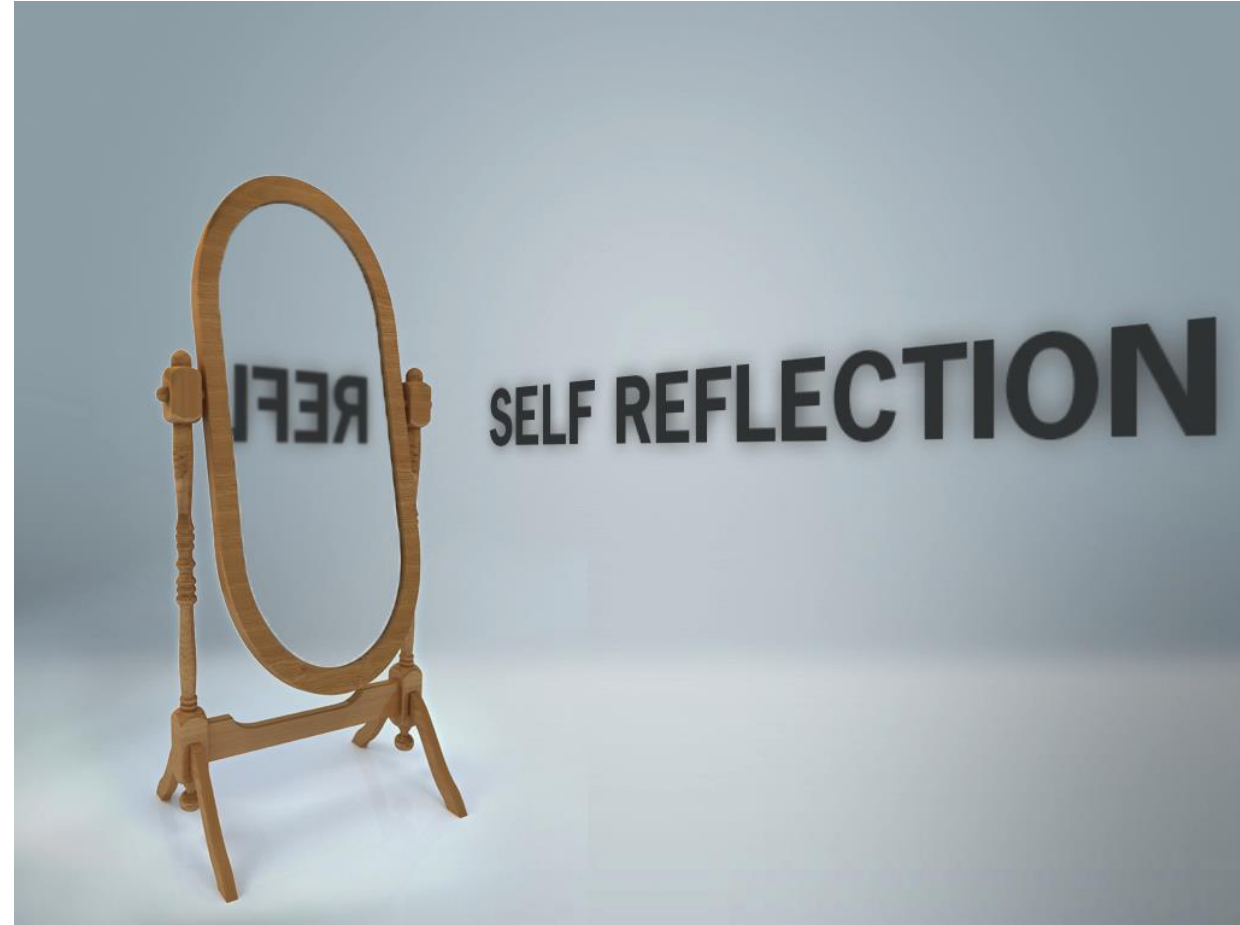
The 5 Core Competences of Participatory Learning



How to Reflect

Reflecting requires asking ourselves deep questions and being completely honest in our answers.

Reflecting requires quiet and focus.



First Reflection Question

Thinking about the virtual visits we just did,

What did you observe that was most interesting about each location?

2 minutes of individual and silent reflection

Each person notes 3 most interesting points about each location

Discuss with your teammates (or reflect on your own)
and choose 3 points in order of interest

What was most interesting about each location?

- State-of-the-art facilities, machinery, equipment in pilot plants
- New approach/unconventional
- Innovation
- Ohmic heating
- Infra red to create crusts
- Process of turning seeds into malt
- Rapidity of cooking by ohmics, seconds!
 - Business opportunity. Show consumers
- Application of electricity to baking
- Variety of processes
- Variety of disciplines
- Micro testing

Second Reflection Question

Thinking about the virtual visits we just did,

How could these interesting points inspire your group project?

2 minutes of individual and silent reflection

Each person notes how 2 of their interesting points could help improve their group project.

Discuss with your teammates (or reflect on your own) and choose any 2 points and HOW they could inspire your project

How could the visits help your group project?

Today's Reflection is Over

- By reflection, you can get full value from all your experiences and make yourself more effective at home and at work.
- Reflection is a competence that, with practice, one can master.
- Keep a logbook with your reflections and regularly reflect and write individually.



Announcement: Award sponsored by ICC

3 free registrations for the Whole Grain Summit in Rome 16 – 18 November 2020 + a guaranteed oral presentation of the winning project!



Questions and Comments?

- Each participant should please fill out the survey
 - Directly after the Webinar
 - In the thank you for attending email you receive tomorrow
- The recording will be available on our ISEKI-Food Association YouTube channel at <https://www.youtube.com/channel/UC-zYsCKACSKx-HfGOfy77YQ/videos>