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Digital Tools to Support the Food Includes Approach

www.foodincludes.eu

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Imprint Page

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FOOD INCLUDES: Reaching, Recruiting and Engaging Excluded Learners by Harnessing the Power of Food

Food Includes Consortium

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The Role of Digital Tools in Food Pedagogy

The integration of **digital tools into food education** can contribute to the enhancement of **pedagogical approaches**, supporting both **theoretical and practical learning** in diverse and dynamic ways. Food pedagogy encompasses a broad spectrum of competencies, including **culinary skills, nutritional literacy, food sustainability, and socio-cultural understandings of food**. While traditional methods of instruction, such as **hands-on cooking sessions and face-to-face discussions**, remain fundamental, **digital technologies have the potential to complement and extend these approaches** by providing **interactive, accessible, and personalised learning experiences**.

Digital tools can facilitate **multimodal engagement**, accommodating different **learning preferences** through **visual, auditory, and interactive elements**. They can support knowledge acquisition by providing access to **digital repositories, instructional videos, and virtual simulations**, which may reinforce **theoretical concepts** related to **food science, health, and sustainability**. Furthermore, these tools have the potential to enhance engagement through interactive learning activities, such as **gamified quizzes and self-paced modules**, which can support retention and understanding of key concepts such as **food safety, dietary planning, and cooking techniques**.

Collaboration and communication in food education can also be supported by **digital platforms**, particularly in contexts where students **work in teams to develop recipes, analyse dietary data, or examine issues related to food security and ethical consumption**. Digital tools may facilitate seamless interaction, resource sharing, and project management, ensuring that learning is not confined to the classroom but extends into virtual spaces that encourage **discussion, critical thinking, and knowledge exchange**.

Additionally, digital technologies have the potential to foster **research and reflection** in food pedagogy. By enabling access to a wide range of online resources, students can **critically engage** with **contemporary food-related challenges**, explore **diverse culinary traditions**, and evaluate the social and **environmental implications** of food choices. The ability to access, analyse, and synthesise such information is integral to developing a **holistic understanding of food systems** and their broader implications.

While digital tools cannot replace the experiential and sensory aspects of food education, they can serve as **valuable pedagogical enhancements** that increase **accessibility, engagement, and flexibility** in learning. The incorporation of digital technologies into food pedagogy must be approached critically, ensuring that they are used to **complement rather than replace** practical, hands-on experiences. When integrated effectively, digital tools have the potential to create a more inclusive, interactive, and reflective learning environment, equipping learners with both **practical competencies and a broader awareness of the complex relationships between food, culture, and sustainability**.

Objectives of Our Toolbox



The purpose of this Toolbox is to provide educators with a comprehensive resource on how digital tools can support and enhance food pedagogy. In an evolving educational landscape, where technology increasingly intersects with traditional teaching methods, digital platforms have the potential to facilitate more engaging, accessible, and interactive learning experiences. We aim to explore how these tools can complement existing food education practices, supporting both theoretical understanding and practical application.

Our toolbox seeks to:

- Present a range of digital platforms that can be used to support various aspects of food pedagogy, from theoretical knowledge acquisition to practical culinary skill development.
- Demonstrate how technology can be utilised to make food education more dynamic, accessible, and adaptable to different learning environments.
- Highlight tools that enable real-time collaboration, discussion, and knowledge sharing among students, educators, and industry professionals.
- Outline digital resources that can aid in research, critical thinking, and student-led inquiry into key topics such as food sustainability, nutrition, and cultural food practices.
- Address how digital tools can support diverse learning needs, allowing for flexible and inclusive food education experiences that cater to various learning styles and backgrounds.

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01

**Collaborative Learning
& Communication Tools**

Microsoft Teams

Description

Microsoft Teams is a collaboration and communication platform that integrates with Microsoft Office 365, offering tools for real-time chat, video meetings, file sharing, and project management. It allows educators and students to collaborate seamlessly, whether in a virtual classroom or a blended learning environment. The platform supports structured team organisation, document sharing, and task tracking.



<https://www.microsoft.com/en-gb/microsoft-teams/group-chat-software>

Use Case in Food Pedagogy

Microsoft Teams can enhance food education by streamlining communication, collaboration, and resource management, through:

- Organising and conducting virtual food education classes, where students can participate in live cooking demonstrations, food science discussions, and nutrition workshops.
- Facilitating group collaboration, allowing students to work together on food sustainability projects, recipe development, and dietary research assignments.
- Sharing educational resources, including lesson plans, recipe books, instructional videos, and academic articles.
- Coordinating student assessments and feedback, with built-in tools for submitting coursework, grading assignments, and providing feedback on practical cooking tasks.

Pricing (in EUR)

- Free: Basic chat and collaboration features, including messaging and file sharing.
- Business Basic: €4.60 per user/month – includes additional Office apps and expanded features.
- Business Standard: €11.50 per user/month – offers advanced collaboration tools and security features.
- Premium: €18.40 per user/month – includes comprehensive security, management features, and IT support

Advantages

- ✓ Seamless integration with Microsoft Office 365, enabling document editing and collaboration.
- ✓ Comprehensive communication and collaboration tools, including chat, meetings, and shared workspaces.
- ✓ Scalable for large teams and institutions

Disadvantages

- ✗ Higher cost for advanced features, which may not be feasible for all educators.
- ✗ Requires internet access for full functionality, limiting offline usability.

Slack

Description

Slack is a team collaboration and communication platform that enables users to organise conversations, share files, and integrate with various productivity tools. It features real-time messaging, threaded discussions, and dedicated channels, making it a structured and efficient way to coordinate projects and streamline communication.



<https://slack.com/intl/en-gb>

Use Case in Food Pedagogy

Slack can enhance food education by facilitating communication, project coordination, and resource sharing through:

- Organising digital classrooms, where educators can create channels for different topics such as food sustainability, nutrition discussions, or recipe development.
- Coordinating food-related projects, enabling students to collaborate on meal-planning assignments, research food cultures, or track cooking experiments.
- Sharing multimedia resources, including videos, articles, and infographics on food science, food safety, and culinary skills.
- Encouraging peer learning, by creating discussion threads for students to ask questions, exchange cooking tips, and share experiences.
- Facilitating guest interactions, where educators can invite chefs, nutritionists, and food industry professionals for live Q&A sessions.

Pricing (in EUR)

- Free: Basic messaging and collaboration tools, with limited storage.
- Standard: €6.14 per user/month – includes additional features and increased storage.
- Plus: €11.50 per user/month – offers advanced administrative controls and enhanced security features.

Advantages

- ✓ Real-time communication and collaboration, improving student engagement.
- ✓ Integration with various apps and services, such as Google Drive and Trello.
- ✓ User-friendly interface, making it accessible for both educators and students.

Disadvantages

- ✗ Limited features and storage in the free version.
- ✗ High message volume can become overwhelming in active discussions.
- ✗ Premium plans may be costly for larger student groups.

Google Classroom

Description

Google Classroom is an online learning management system that integrates with Google services to help educators organise, distribute, and assess coursework efficiently. It provides a centralised platform for assignments, communication, and resource sharing, streamlining the teaching and learning experience in both in-person and remote settings.



<https://sites.google.com/view/classroom-workspace/login>

Use Case in Food Pedagogy

Google Classroom can enhance organisation and collaboration in food education by:

- Structuring course materials, ensuring that lesson plans, food safety guidelines, and culinary theory resources are easily accessible.
- Managing assignments and assessments, where students submit work such as nutrition projects, meal plans, or reflective cooking journals.
- Facilitating class discussions, allowing students to engage in food-related debates, share ideas on sustainable food systems, or critique food marketing strategies.
- Integrating with Google Meet for virtual cooking demonstrations, guest lectures from food industry professionals, or collaborative student projects.
- Providing immediate feedback, enabling educators to track progress, comment on student submissions, and offer personalised guidance.

Pricing (in EUR)

- Free: Includes basic features for managing courses, assignments, and communication.
- G Suite for Education: Free, offering additional features like Google Meet integration and enhanced collaboration tools.
- G Suite Enterprise for Education: Custom pricing, includes advanced administrative controls, security features, and expanded functionality.

Advantages

- ✓ Seamless integration with Google services, such as Google Drive, Docs, and Meet.
- ✓ User-friendly and intuitive, making course management efficient.
- ✓ Free for educational use, making it widely accessible to schools and educators.

Disadvantages

- ✗ Limited to users with Google accounts, which may restrict accessibility.
- ✗ Some advanced features require G Suite Enterprise, limiting functionality in the free version.
- ✗ Dependent on internet connectivity, affecting access in low-bandwidth areas.

Padlet

Description

Padlet is a digital collaboration tool that allows users to create and share content in a flexible and visually engaging format. It functions as an interactive bulletin board where educators and students can post text, images, videos, and links, fostering collaborative learning and engagement. The platform supports various layouts, enabling structured discussions, brainstorming sessions, and multimedia resource sharing.



<https://padlet.com/>

Use Case in Food Pedagogy

Padlet can be a valuable tool for enhancing student interaction and resource curation in food education. Educators can use Padlet to:

- Create interactive discussion boards where students explore topics such as food sustainability, ethical consumption, or global food cultures.
- Develop collaborative recipe banks, where students contribute and annotate recipes with nutritional insights, ingredient substitutions, and cultural significance.
- Facilitate visual learning experiences, such as compiling step-by-step cooking guides, food safety infographics, or dietary comparison charts.
- Encourage reflection and knowledge exchange, enabling students to share insights from practical cooking sessions, research projects, or food-related experiments.
- Organise community-driven projects, such as student-led food waste awareness campaigns or local food mapping exercises.

Pricing (in EUR)

- Free: Limited to three Padlets.
- Pro: €9.20 per user/month – offers unlimited Padlets, larger file uploads, and enhanced privacy options.
- Business: €11.04 per user/month – includes all Pro features plus team management tools and priority support.

Advantages

- ✓ Easy to use and set up.
- ✓ Supports various types of media, including images, video, and links.
- ✓ Encourages collaborative and interactive learning.

Disadvantages

- ✗ Free version has significant limitations.
- ✗ Can become disorganised if not well-structured.
- ✗ Privacy settings can be complex to manage.

Miro

Description

Miro is an online collaborative whiteboard platform that enables teams to brainstorm, plan, and organise ideas visually. It supports real-time collaboration, allowing users to create mind maps, flowcharts, and structured diagrams. With its shared digital canvas, Miro enhances interactive learning, teamwork, and project development, making it a valuable tool for education and creative planning.



<https://miro.com/>

Use Case in Food Pedagogy

Miro can enhance food education by providing a structured, visual approach to brainstorming, curriculum development, and project planning, through:

- Developing food education curricula, where educators map out lesson plans, cooking modules, and theoretical discussions on nutrition and food sustainability.
- Brainstorming recipe ideas, allowing students to collaboratively modify ingredients, discuss alternative cooking methods, and create personalised meal plans.
- Planning food-related projects, such as community food drives, zero-waste cooking initiatives, or school-wide healthy eating campaigns.
- Creating mind maps for food science topics, helping students visualise ingredient interactions, nutritional breakdowns, and food processing methods.

Pricing (in EUR)

- Free: Basic features with three editable boards.
- Team: €7.36 per user/month – includes unlimited boards and advanced collaboration tools.
- Business: €14.72 per user/month – offers single sign-on, advanced integrations, and administrative controls.
- Enterprise: Custom pricing – designed for large organisations with enhanced security and administrative features.

Advantages

- ✓ Highly interactive and visual, making complex ideas more accessible.
- ✓ Supports real-time collaboration, ideal for teamwork-based learning.
- ✓ Integrates with other productivity tools, including Google Drive, Slack, and Microsoft Teams.

Disadvantages

- ✗ Free version is limited, restricting users to three editable boards.
- ✗ Can be overwhelming with too many features, requiring some initial training.
- ✗ Higher cost for advanced features, which may not be affordable for educational institutions.

Zoom

Description

Zoom is a video conferencing platform that enables virtual meetings, webinars, and live chat, supporting high-definition video and audio. It includes screen sharing, recording capabilities, and breakout rooms, making it an effective tool for interactive and remote learning. The platform is widely used for online education, offering a structured way to engage students in real-time discussions and demonstrations.



www.zoom.com

Use Case in Food Pedagogy

Zoom can be a valuable tool for enhancing remote and hybrid food education by:

- Conducting virtual cooking classes where students can follow along in real-time, receive feedback, and engage with instructors.
- Facilitating guest lectures with chefs, nutritionists, and food industry professionals who may not be locally available.
- Hosting live food demonstrations, allowing educators to showcase specific techniques or food science experiments.
- Encouraging collaborative learning, through breakout rooms where students can discuss food-related topics, analyse case studies, or plan group projects.
- Recording lessons for flexible learning, enabling students to revisit nutrition lectures, cooking techniques, and sustainability discussions at their own pace.

Pricing (in EUR)

- Free: 40-minute limit on group meetings, unlimited one-on-one meetings.
- Pro: €13.79 per host/month – includes a 24-hour meeting duration and advanced features.
- Business: €18.39 per host/month – offers additional admin features and branding options.
- Enterprise: Custom pricing – includes advanced admin controls and large meeting capacities.

Advantages

- ✓ **High-quality video and audio, ensuring clear communication.**
- ✓ **Reliable and easy to use, with a simple interface.**
- ✓ **Collaboration tools, including screen sharing, breakout rooms and chat features.**

Disadvantages

- ✗ **Free version has a time limit on group meetings.**
- ✗ **Security concerns have been raised in the past, requiring proper settings management.**
- ✗ **Higher cost for advanced features, which may be limiting for educational institutions.**

MindMeister

Description

MindMeister is an online mind mapping tool designed to help users visually organise information, supporting brainstorming, planning, and collaborative idea development. It allows for real-time collaboration, integrates with Google Drive, and provides a structured way to organise complex topics. This makes it a valuable tool for visual learning and creative thinking in food education.



<https://www.mindmeister.com/>

Use Case in Food Pedagogy

MindMeister can enhance food education by enabling structured planning, creative brainstorming, and curriculum development, through:

- Planning food education curricula, mapping out nutrition topics, sustainability lessons, and cooking techniques in a structured way.
- Organising recipe components, allowing students to visually map ingredient substitutions, meal-planning strategies, and cooking methods.
- Brainstorming food-related projects, such as food waste reduction initiatives, farm-to-table exploration, or dietary analysis assignments.
- Developing concept maps for food science topics, linking nutrient functions, digestion processes, and food chemistry concepts.
- Facilitating group discussions, enabling students to collaboratively structure ideas on food ethics, global food security, and cultural food traditions.

Pricing (in EUR)

- Free: Basic mind mapping features with limited collaboration tools.
- Personal: €4.59 per user/month – includes additional storage and features.
- Pro: €7.59 per user/month – offers advanced collaboration tools and integrations.
- Business: €11.49 per user/month – includes administrative controls and priority support.

Advantages

- ✓ **Visual and intuitive interface, making complex ideas easier to understand.**
- ✓ **Supports real-time collaboration, allowing students to work together.**
- ✓ **Integrates with other tools, such as Google Drive and project management platforms.**

Disadvantages

- ✗ **Limited features in the free version, restricting advanced functionalities.**
- ✗ **Higher cost for advanced features, which may not be affordable for all educators.**
- ✗ **Can become cluttered with complex maps, requiring careful structuring to remain effective.**



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02

Visual & Multimedia-Based Learning Tools

YouTube

Description

YouTube is a video-sharing platform that hosts a vast array of educational and instructional content, enabling users to upload, share, and view videos on virtually any topic. The platform supports playlists, subtitles, live streaming, and interactive comment sections, making it a valuable tool for visual learning and digital engagement.



<https://www.youtube.com/>

Use Case in Food Pedagogy

YouTube can enhance food education by providing accessible, multimedia-rich learning experiences through:

- Creating curated playlists of cooking demonstrations, food documentaries, and nutrition education videos to support different learning objectives.
- Providing step-by-step visual guides, allowing students to observe cooking techniques, food preparation methods, and plating styles.
- Enhancing theoretical learning, with content on food science, sustainability, and global food cultures.
- Encouraging student-led content creation, where learners can document their cooking projects, share recipe adaptations, or present research findings.
- Facilitating virtual guest lectures, by streaming expert talks from chefs, nutritionists, and food industry professionals.

Pricing (in EUR)

- Free: Includes full access to educational content, with ads.
- YouTube Premium: €11.03 per month – offers ad-free experience, background play, and offline downloads.

Advantages

- ✓ Extensive library of educational content, catering to diverse learning needs.
- ✓ Easy to create and share playlists, making content organisation simple.
- ✓ Supports various types of educational materials, including tutorials, lectures, and documentaries.

Disadvantages

- ✗ Advertisements in the free version, which may disrupt learning.
- ✗ Quality of content varies, requiring careful curation of reliable sources.
- ✗ Requires internet access, limiting offline learning opportunities.

Vimeo

Description

Vimeo is a video hosting and sharing platform known for its high-quality video playback, offering advanced video creation, editing, and sharing tools. Unlike other video platforms, Vimeo is ad-free, ensuring a distraction-free learning experience. It is widely used for professional-quality content creation and educational video distribution.



<https://vimeo.com/>

Use Case in Food Pedagogy

Vimeo can enhance food education by providing a high-quality video platform for instructional content and student projects, through:

- Uploading and sharing high-resolution cooking demonstrations, ensuring students have clear and detailed visuals for step-by-step learning.
- Hosting food education lessons, such as nutrition tutorials, food sustainability discussions, and ingredient deep-dives.
- Facilitating student-led projects, where learners can document and share their own cooking experiments, recipe adaptations, or food research presentations.
- Providing a secure, ad-free learning space, reducing distractions compared to other video-sharing platforms.
- Enabling collaborative learning, by allowing students to comment, provide feedback, and engage with video-based discussions.

Pricing (in EUR)

- Free: Basic video hosting with limited storage and features.
- Plus: €6.44 per month – includes increased storage and customisation options.
- Pro: €18.40 per month – offers advanced tools, analytics, and higher upload limits.
- Business: €46.00 per month – includes team collaboration, marketing tools, and unlimited bandwidth.

Advantages

- ✓ High-quality video playback, ensuring detailed visuals for food demonstrations.
- ✓ No ads in videos, providing a distraction-free educational experience.
- ✓ Advanced video creation and sharing tools, offering customisation and analytics for enhanced teaching.

Disadvantages

- ✗ Limited features in the free version, restricting upload limits and functionality.
- ✗ Higher cost for advanced features, making it less accessible for some educators.
- ✗ Smaller user base compared to YouTube, reducing the availability of pre-existing food education content.

Flipgrid

Description

Flipgrid is a video discussion platform that allows educators to create interactive topics and prompts, where students can respond using short video clips. It fosters engagement, reflection, and collaboration by encouraging learners to express their thoughts through visual storytelling and peer interaction.



<https://flipgrid.en.softonic.com/>

Use Case in Food Pedagogy

web-apps

Flipgrid can enhance food education by promoting experiential learning and student engagement through:

- Encouraging students to document their cooking experiences, showcasing step-by-step recipe demonstrations, plating techniques, and food preparation skills.
- Facilitating food discussions, where students reflect on cultural food traditions, sustainability practices, and personal food choices.
- Providing peer-to-peer feedback, allowing students to share constructive critiques on presentation, cooking techniques, and food styling.
- Enhancing digital literacy, by enabling students to experiment with video editing, storytelling, and visual communication.
- Creating an interactive learning community, where students can share insights on food science, nutrition, and culinary trends in a visual and engaging way.

Pricing (in EUR)

- Free: Access to all features, including video responses, discussion boards, and interactive engagement tools.

Advantages

- ✓ Highly engaging and interactive, making learning more dynamic.
- ✓ Easy to use and set up, with a user-friendly interface.
- ✓ Encourages student participation, fostering creativity and peer learning.

Disadvantages

- ✗ Requires video capabilities, which may limit accessibility for some students.
- ✗ Privacy concerns with video sharing, requiring clear guidelines on responsible use.
- ✗ Limited to video-based discussions, which may not suit all learning styles.

Instagram

Description

Instagram is a social media platform designed for photo and video sharing, featuring stories, reels, IGTV, and direct messaging. It allows users to create visually engaging content, connect with communities, and explore educational topics through hashtags and interactive features. The platform is widely used for educational outreach, creative expression, and knowledge sharing.



<https://www.instagram.com/>

Use Case in Food Pedagogy

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Canva

Description

Canva is an easy-to-use digital design platform that allows users to create visually engaging educational materials using templates, images, icons, and fonts. Its drag-and-drop functionality makes it accessible for both beginners and advanced users, providing a simple way to design infographics, presentations, and promotional materials. Canva supports collaboration, enabling multiple users to work on a single project in real-time.



<https://www.canva.com/>

Use Case in Food Pedagogy

Canva can play a key role in enhancing visual learning in food education by:

- Creating engaging instructional materials, such as infographics on nutrition, food safety guidelines, and step-by-step cooking tutorials.
- Designing educational posters and recipe cards, helping students visualise cooking techniques, ingredient substitutions, or meal-planning strategies.
- Developing promotional content for school-based food initiatives, such as healthy eating campaigns, food sustainability projects, or student-led cooking workshops.
- Encouraging creativity in food projects, allowing students to design their own food blogs, digital recipe books, or social media content focused on food culture and sustainability.
- Enhancing student presentations, by enabling learners to create visually appealing slideshows and reports on food-related research topics.

Pricing (in EUR)

- Free: Basic features, limited templates and images.
- Pro: €11.95 per user/month – includes access to premium templates, images, and additional design tools.
- Enterprise: Custom pricing – offers advanced features such as brand kits, team functionalities, and administrative controls.

Advantages

- ✓ **User-friendly interface with a simple drag-and-drop system.**
- ✓ **Extensive library of templates, images, and design elements.**
- ✓ **Supports both individual and collaborative projects.**

Disadvantages

- ✗ **Limited features in the free version.**
- ✗ **Some advanced design tools require a learning curve.**
- ✗ **Costs can increase when used by multiple students or teams.**

Adobe Spark

Description

Adobe Spark, now known as Adobe Creative Cloud Express, is a suite of design tools that enables users to create graphics, web pages, and video content with professional-quality templates and easy-to-use design elements. It provides drag-and-drop functionality and integrates with other Adobe products, making it an accessible tool for visual storytelling and digital content creation.



<https://www.adobe.com/express/>

Use Case in Food Pedagogy

Adobe Creative Cloud Express can enhance food education by allowing educators and students to create visually compelling educational materials and digital projects, such as:

- Developing food education tutorials, using step-by-step visuals, text overlays, and animations for engaging instruction.
- Designing recipe cards and infographics, making nutritional information, food safety guidelines, and cooking techniques visually appealing and easy to understand.
- Creating video-based food projects, where students can document their cooking experiments, meal-planning strategies, or sustainability initiatives.
- Promoting school or community food events, designing posters, flyers, and social media content to raise awareness about food-related activities.
- Enhancing student presentations, by enabling learners to create multimedia reports on food sustainability, cultural cuisine studies, and food science research.

Pricing (in EUR)

- Free: Basic features with Adobe watermark.
- Individual: €9.19 per month – includes premium templates and watermark removal.
- Team: €18.39 per user/month – offers collaborative tools and team management features.

Advantages

- ✓ Professional-quality design tools, making content visually appealing.
- ✓ Easy to use, with templates for quick content creation.
- ✓ Integrates with other Adobe products, allowing for seamless workflow and design consistency.

Disadvantages

- ✗ Free version includes watermarks, reducing professional presentation quality.
- ✗ Higher cost for advanced features, which may not be accessible to all educators.
- ✗ Some learning curve for new users, especially for those unfamiliar with design software.

Pinterest

Description

Pinterest is a visual discovery and content curation platform that allows users to save, organise, and share ideas through boards and pins. It serves as a digital inspiration tool, enabling users to browse a vast range of images, infographics, and videos related to specific themes. The platform is widely used for curating educational materials, project ideas, and creative resources.



<https://uk.pinterest.com/>

Use Case in Food Pedagogy

Pinterest can be leveraged to enhance food education through visual learning and content organisation by:

- Curating thematic boards focused on healthy eating, food sustainability, and global cuisines to help students explore diverse food cultures.
- Collecting and organising recipes, where students can pin step-by-step guides, instructional videos, and meal-planning templates.
- Sharing food-related infographics, such as nutrition charts, food safety guidelines, and ingredient substitution tips.
- Inspiring culinary creativity, allowing students to gather plating techniques, food styling ideas, and presentation concepts.
- Providing research resources, where students can explore food history, ethical food sourcing, and emerging food trends.

Pricing (in EUR)

- Free: Includes basic content curation and sharing features.
- Promoted Pins: Available for advertising purposes.

Advantages

- ✓ **Highly visual and engaging, making it ideal for creative exploration.**
- ✓ **Easy to organise and share content, allowing for structured learning.**
- ✓ **Vast library of food-related resources, accessible to educators and students.**

Disadvantages

- ✗ **Limited to visual content, requiring supplementary materials for in-depth learning.**
- ✗ **Time-consuming to curate and maintain boards, particularly for structured educational use.**
- ✗ **Advertisements can be intrusive, potentially distracting from educational content.**



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03

Project & Task Management Tools

Trello

Description

Trello is a digital project management tool that enables users to organise tasks, lessons, and projects using boards, lists, and cards. Each board represents a project, while lists and cards help structure tasks, track progress, and manage deadlines. The platform supports collaboration through features like due dates, checklists, attachments, and commenting, making it a versatile tool for structured planning and teamwork.



<https://trello.com/>

Use Case in Food Pedagogy

Trello can be used to enhance organisation, collaboration, and progress tracking in food education by:

- Planning food education curricula, ensuring that lessons on nutrition, food science, sustainability, and practical cooking skills are structured effectively.
- Managing student-led projects, such as meal-planning assignments, food waste reduction initiatives, or collaborative recipe development.
- Tracking student progress in practical tasks like cooking challenges, research projects, or reflective food diaries.
- Coordinating group-based activities, such as community food events, cultural food presentations, or sustainability audits.
- Facilitating assessment and feedback, where students can upload their work, receive comments, and track their learning journey.

Pricing (in EUR)

- Free: Basic features, unlimited cards, and lists.
- Standard: €4.60 per user/month – includes advanced checklists and custom fields.
- Premium: €9.20 per user/month – offers timeline and calendar views, plus more integrations.

Advantages

- ✓ **User-friendly interface with drag-and-drop functionality.**
- ✓ **Highly customisable for different educational projects.**
- ✓ **Supports collaboration with commenting, file uploads, and task assignments.**

Disadvantages

- ✗ **Free version has limited functionality for complex projects.**
- ✗ **Can become cluttered with large-scale or multi-layered projects.**
- ✗ **Premium features may be costly for larger student groups.**

Asana

Description

Asana is a web and mobile task management platform designed to help teams organise, track, and manage work efficiently. It offers task assignments, project tracking, workflow automation, and collaboration tools, making it a structured way to coordinate projects and meet deadlines. Its intuitive interface and customisable task boards make it useful for both individual and team-based work.



<https://asana.com/>

Use Case in Food Pedagogy

Asana can enhance food education by streamlining project management, task organisation, and collaboration, through:

- Planning and tracking food education projects, ensuring smooth coordination of cooking workshops, food sustainability initiatives, and research assignments.
- Managing lesson plans and deadlines, allowing educators to schedule cooking demonstrations, nutrition lectures, and student assessments efficiently.
- Coordinating student group projects, where learners can assign tasks, track progress, and manage shared responsibilities in food-related studies.
- Tracking student progress, ensuring students meet learning objectives in practical cooking skills, theoretical food studies, and sustainability projects.
- Organising cooking events, such as community food drives, healthy eating campaigns, and cultural food showcases, by providing a structured workflow.

Pricing (in EUR)

- Free: Basic task and project management features.
- Premium: €10.11 per user/month – includes advanced project tracking, reporting tools, and workflow automation.
- Business: €22.99 per user/month – offers timelines, advanced integrations, and priority support.

Advantages

- ✓ **Comprehensive project management features, ensuring structured workflow management.**
- ✓ **User-friendly and highly customisable, adapting to different educational needs.**
- ✓ **Supports team collaboration and task tracking, improving group project coordination.**

Disadvantages

- ✗ **Limited features in the free version, restricting advanced project management tools.**
- ✗ **Complexity in advanced features, requiring initial learning for optimal use.**
- ✗ **Higher cost for premium plans, which may not be feasible for all educators.**

Evernote

Description

Evernote is a note-taking and organisation tool that allows users to capture ideas, create to-do lists, manage research, and store multimedia content. It supports text notes, voice memos, images, and document attachments, all of which sync across multiple devices. With its search and tagging system, users can efficiently organise information, making it a valuable tool for educational planning and research management.



<https://evernote.com/>

Use Case in Food Pedagogy

Evernote can enhance food education by serving as a digital workspace for organising learning materials, research, and lesson planning, through:

- Creating structured lesson plans, allowing educators to outline food education topics, cooking techniques, and nutrition lessons.
- Organising and storing recipes, where students and teachers can annotate, categorise, and modify recipes for different dietary needs and preferences.
- Taking notes during food science classes, enabling learners to document key concepts, practical insights, and research findings.
- Developing personal food diaries, where students can track their meals, monitor nutrition intake, and reflect on eating habits.

Pricing (in EUR)

- Free: Basic note-taking and organisation features, with limited storage.
- Personal: €7.35 per month – includes more storage and advanced features such as offline access.
- Professional: €9.19 per month – offers collaboration tools and enhanced organisation options.
- Teams: €13.79 per user/month – designed for team collaboration, administrative controls, and increased security.

Advantages

- ✓ **Versatile and user-friendly, supporting multiple content formats.**
- ✓ **Syncs across multiple devices, allowing access from anywhere.**
- ✓ **Robust organisation tools, including searchable notes, tags, and categories.**

Disadvantages

- ✗ **Limited features in the free version, restricting storage and functionality.**
- ✗ **Can become disorganised without proper tagging, making it difficult to locate notes.**
- ✗ **Costs can add up with multiple users, particularly for team-based collaboration.**



Food Includes



04

Interactive & Gamified Tools

Kahoot!

Description

Kahoot! is a game-based learning platform that allows educators to create interactive quizzes, surveys, and discussions, making learning engaging, competitive, and participatory. It supports real-time gameplay where students answer questions on their own devices, fostering an active learning environment that encourages knowledge retention and engagement.



<https://kahoot.com/>

Use Case in Food Pedagogy

Kahoot! can be used to enhance food education through interactive assessments and gamified learning. Educators can:

- Reinforce knowledge on food safety, testing students on hygiene practices, cross-contamination risks, and allergen awareness.
- Create quizzes on nutrition, helping learners understand dietary guidelines, macronutrients, and the impact of food choices on health.
- Assess understanding of culinary techniques, such as cooking methods, ingredient functions, and recipe terminology.
- Introduce cultural food knowledge, encouraging students to explore global cuisines, traditional food practices, and sustainability in food production.
- Foster competition and engagement, using live challenges and team-based quizzes to make learning more dynamic and enjoyable.

Pricing (in EUR)

- Free: Basic quiz creation and gameplay.
- Kahoot! Plus: €2.76 per user/month (billed annually) – includes advanced quiz creation tools and analytics.
- Kahoot! Pro: €5.52 per user/month (billed annually) – offers additional customisation, collaboration, and priority support.

Advantages

- ✓ **Highly engaging and interactive, promoting active participation.**
- ✓ **Easy to use, allowing quick quiz creation and instant feedback.**
- ✓ **Encourages competition and teamwork, making learning fun.**

Disadvantages

- ✗ **Limited features in the free version.**
- ✗ **Requires an internet connection for real-time play.**
- ✗ **Can become repetitive if quizzes are not varied.**

Quizlet

Description

Quizlet is an online learning platform that enables users to create and share flashcards, quizzes, and interactive games to support memorisation and concept retention. It offers various study modes, including matching exercises, practice tests, and spaced repetition, making it an effective tool for reinforcing knowledge in an engaging way.



www.quizlet.com

Use Case in Food Pedagogy

Quizlet can be used to enhance food education by supporting knowledge retention and interactive learning. Educators can use it to:

- Reinforce food safety principles, ensuring students memorise key hygiene practices and hazard prevention strategies.
- Develop culinary terminology quizzes, helping students learn and recall essential cooking terms, ingredient names, and techniques.
- Create study sets on nutrition, supporting students in understanding dietary requirements, nutrient functions, and meal planning.
- Assess recipe components and cooking methods, allowing students to test their knowledge of measurements, substitutions, and preparation techniques.
- Encourage independent and collaborative learning, by allowing students to create and share their own study materials on food-related topics.

Pricing (in EUR)

- Free: Basic flashcard creation and study modes.
- Quizlet Plus: €2.76 per user/month (billed annually) – includes offline access, ad-free studying, and image uploading.
- Quizlet for Teachers: €33.12 per year – offers class creation, student progress tracking, and additional customisation options.

Advantages

- ✓ Easy to create and share study materials.
- ✓ Interactive and engaging study modes, including games and quizzes.
- ✓ Mobile-friendly, allowing students to study on the go.

Disadvantages

- ✗ Limited features in the free version.
- ✗ Advertisements in the free version can be distracting.
- ✗ Some advanced features require payment.



Food Includes



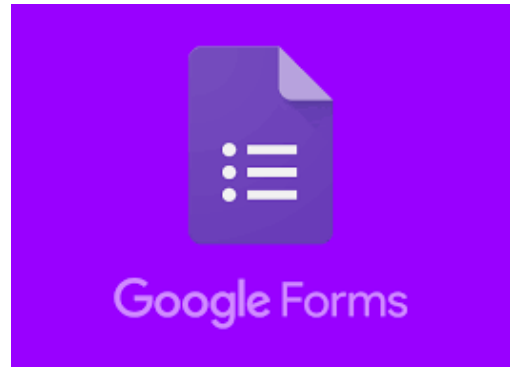
05

Results

Google Forms

Description

Google Forms is a free survey and assessment tool that allows users to create, distribute, and analyse quizzes, surveys, and feedback forms. It integrates seamlessly with Google Sheets for data analysis, offering various question types, templates, and automated response collection. It is widely used in education for assessments, feedback gathering, and student engagement tracking.



<https://sites.google.com/view/form-workspace/login?authuser=4>

Use Case in Food Pedagogy

Google Forms can support food education by providing an efficient way to collect, assess, and analyse information, including:

- Creating quizzes on food safety, testing students on hygiene practices, ingredient handling, and cooking temperatures.
- Gathering feedback on food education classes, helping educators improve course content, teaching methods, and practical demonstrations.
- Surveying students on dietary habits, collecting insights on nutrition awareness, meal planning skills, and food sustainability knowledge.
- Facilitating student research projects, allowing learners to design surveys on food preferences, cultural food traditions, and consumer behaviour.
- Tracking learning outcomes, using automated grading and data analytics to evaluate student progress in food-related subjects.

Pricing (in EUR)

- Free: Full access to survey creation, response collection, and data analysis tools with a Google account.

Advantages

- ✓ Easy to create and distribute, making data collection simple.
- ✓ Integrates with Google Sheets, allowing for automated organisation and analysis of responses.
- ✓ Free to use, making it accessible for all educators and students.

Disadvantages

- ✗ Limited customisation options, restricting visual design and branding.
- ✗ Requires internet access, limiting offline functionality.
- ✗ Basic interface, which may lack advanced survey features found in premium tools.

Survey Monkey

Description

SurveyMonkey is an online survey creation and data analysis tool that enables users to design, distribute, and analyse surveys efficiently. It offers customisable templates, various question formats, and real-time analytics, making it a valuable tool for collecting feedback and assessing educational outcomes.



<https://uk.surveymonkey.com/>

Use Case in Food Pedagogy

SurveyMonkey can enhance food education by providing a structured approach to gathering feedback, evaluating student learning, and assessing programme effectiveness, through:

- Collecting student feedback on cooking classes, nutrition lessons, and food sustainability discussions, helping educators refine their teaching methods.
- Assessing learning outcomes, by designing quizzes and self-assessment surveys on food safety, meal planning, and culinary techniques.
- Measuring student engagement and interest, identifying which food-related topics resonate most and where additional support is needed.
- Conducting research projects, where students can design and distribute surveys on dietary habits, food waste awareness, or cultural food preferences.
- Evaluating school or community food programmes, helping institutions track the impact of healthy eating initiatives and food sustainability efforts.

Pricing (in EUR)

- Free: Basic survey creation, with limited responses.
- Advantage: €29.44 per user/month – includes more responses and advanced features.
- Premier: €91.08 per user/month – offers advanced analytics and additional functionalities.

Advantages

- ✓ Easy to create and distribute surveys, making feedback collection seamless.
- ✓ Comprehensive data analysis tools, helping educators interpret results effectively.
- ✓ Variety of templates and question types, ensuring flexibility in survey design.

Disadvantages

- ✗ Limited responses in the free version, restricting large-scale surveys.
- ✗ Higher cost for advanced features, which may not be feasible for all institutions.
- ✗ Some users find the interface complex, requiring a learning curve for advanced functions.



Food Includes



06

**Food & Recipe
Management Tools**

Whisk

Description

Whisk is a meal-planning and recipe organisation app that enables users to save, modify, and share recipes, create shopping lists, and analyse nutritional content. The platform integrates with grocery delivery services, making meal planning practical and efficient for both individual and group settings. It also offers AI-powered recipe recommendations based on dietary preferences and nutritional goals.



<https://www.whiskapp.net/>

Use Case in Food Pedagogy

Whisk can enhance food education by supporting structured meal planning, nutrition awareness, and budgeting skills, through:

- Tracking meal plans and dietary intake, helping students understand balanced nutrition and portion control.
- Creating customised recipe collections, allowing educators to curate lessons on specific cuisines, dietary needs, or cooking techniques.
- Supporting grocery budgeting exercises, where students can estimate costs, compare ingredients, and plan meals based on affordability.
- Teaching sustainability and food waste reduction, by encouraging students to repurpose ingredients efficiently.
- Providing interactive learning, as students can experiment with modifying recipes and analysing their nutritional content.

Pricing (in EUR)

- Free: Includes basic features for meal planning and recipe saving.
- Premium: Custom pricing – offers advanced planning tools and additional integrations.

Advantages

- ✓ Supports nutritional analysis, making it valuable for dietetics and food science education.
- ✓ Allows recipe customisation and meal planning, helping students experiment with ingredients.
- ✓ Syncs with smart grocery lists, making meal preparation more organised.

Disadvantages

- ✗ Some features require internet access, limiting offline usability.
- ✗ Limited community engagement, as it lacks discussion forums or peer collaboration features.

BigOven

Description

BigOven is a recipe discovery and meal-planning platform that features over 1 million recipes, grocery list organisation, and social sharing features. It includes a meal planning calendar and a unique "Use Up Leftovers" tool, which suggests meals based on the ingredients users already have, making it ideal for sustainable cooking education.



<https://www.bigooven.com/>

Use Case in Food Pedagogy

BigOven can support food education by encouraging sustainability, cultural exploration, and practical meal planning, through:

- Allowing students to explore diverse cuisines, helping them understand global food traditions and dietary adaptations.
- Teaching food waste reduction strategies, with its "Use Up Leftovers" feature, which suggests meals using available ingredients.
- Supporting collaborative meal-planning projects, where students design weekly meal plans based on dietary needs, cost efficiency, and sustainability.
- Encouraging cost-conscious shopping, by helping students organise grocery lists and compare ingredient prices.
- Facilitating online recipe sharing, allowing students and educators to create and share their own customised recipes.

Pricing (in EUR)

- Free: Includes basic features with ads.
- BigOven Pro: Custom pricing – includes ad-free experience, advanced meal planning, and organisational tools.

Advantages

- ✓ Extensive recipe database, featuring both traditional and modern meals.
- ✓ Encourages food waste reduction, by suggesting recipes based on available ingredients.
- ✓ Easy grocery list management, making meal planning more structured.

Disadvantages

- ✗ Some advanced features require paid subscription, limiting full access.
- ✗ Ads in the free version, which may disrupt learning experiences.

Tasty

Description

Tasty is a recipe app developed by BuzzFeed, featuring a vast collection of video recipes, step-by-step cooking instructions, and meal-planning tools. The platform provides interactive cooking guides, meal customisation options, and grocery list integration, making it a user-friendly resource for learning and practising cooking skills.



<https://tasty.co/>

Use Case in Food Pedagogy

Tasty can enhance food education by providing visual, hands-on learning experiences through:

- Accessing a diverse recipe library, where students can explore different cuisines, dietary preferences, and ingredient substitutions.
- Utilising step-by-step cooking tutorials, helping visual learners understand cooking techniques, plating styles, and food preparation.
- Creating interactive meal plans, enabling students to design balanced, nutritious menus based on dietary needs and food sustainability.
- Supporting independent and collaborative learning, where students can practice recipes at home and share their experiences with peers.
- Enhancing culinary creativity, by allowing students to modify recipes, experiment with new ingredients, and document their adaptations.

Pricing (in EUR)

- Free: Access to basic features and a vast library of recipes, with ads.
- Tasty Plus: €4.60 per month or €46.00 per year – includes exclusive recipes, an ad-free experience, and enhanced meal-planning tools.

Advantages

- ✓ Extensive library of video recipes and tutorials, catering to various skill levels.
- ✓ User-friendly interface with step-by-step guides, making cooking approachable.
- ✓ Engaging and interactive for visual learners, improving food education accessibility.

Disadvantages

- ✗ Free version includes ads, which may be distracting.
- ✗ Limited customisation options for recipes, restricting ingredient modifications in the app.
- ✗ Some advanced features are behind a paywall, limiting access to exclusive content.

Kitchen Stories

Description

Kitchen Stories is a recipe and cooking tutorial platform that provides step-by-step video guides, high-quality instructional images, and community-driven content. It encourages hands-on learning by making cooking visual, interactive, and accessible.



<https://www.kitchenstories.com/en>

Use Case in Food Pedagogy

Kitchen Stories can support food education by providing visually rich cooking tutorials and encouraging student creativity, through:

- Offering high-quality instructional videos, making it easier for students to follow cooking techniques and plating styles.
- Providing step-by-step guidance, ensuring that learners understand each stage of meal preparation.
- Encouraging creativity in food presentation, by showcasing plating techniques and food styling inspiration.
- Supporting student-led content creation, where learners can upload and share their own recipe tutorials.
- Fostering community learning, through interactive forums where students can discuss recipes, modifications, and cultural food traditions.

Pricing (in EUR)

- Free: Access to basic recipe content with ads.
- Premium: Custom pricing – offers ad-free experience and additional culinary resources.

Advantages

- ✓ High-quality video and photo guides, making learning more immersive.
- ✓ Visually engaging platform, suited for hands-on, practical education.
- ✓ Community-driven content, encouraging peer-to-peer learning.

Disadvantages

- ✗ Ads in the free version, which may disrupt the learning experience.
- ✗ Requires subscription for advanced features, limiting accessibility.

Epicurious

Description

Epicurious is a recipe website and app that offers a vast collection of tested recipes, cooking tips, instructional videos, and meal-planning tools. It includes user ratings and reviews, helping learners evaluate and refine recipes based on community feedback. The platform is widely used for discovering diverse cuisines, improving culinary techniques, and meal preparation guidance.



<https://www.epicurious.com/>

Use Case in Food Pedagogy

Epicurious can be integrated into food education to enhance recipe exploration, meal planning, and culinary skill development, by:

- Providing access to a wide range of recipes, allowing students to explore different cuisines, ingredient variations, and cooking techniques.
- Supporting meal planning activities, where students can create balanced menus based on nutrition guidelines, dietary needs, and sustainability considerations.
- Enhancing practical cooking sessions, as educators can use step-by-step instructions and instructional videos to guide students through food preparation.
- Encouraging critical analysis of recipes, through user reviews and ratings, helping students refine dishes and improve food literacy.
- Exploring food sustainability and seasonality, by examining ingredient sourcing, local produce options, and food waste reduction strategies.

Pricing (in EUR)

- Free: Access to a large collection of recipes and instructional content, with ads.
- Premium Content: Some exclusive recipes and advanced features require payment.

Advantages

- ✓ Extensive library of tested recipes, covering various cuisines and dietary preferences.
- ✓ User ratings and reviews, providing feedback on recipe success and modifications.
- ✓ Comprehensive meal planning tools, supporting nutritional and practical food education.

Disadvantages

- ✗ Advertisements in the free version, which may be distracting.
- ✗ Some premium content requires payment, limiting full access.
- ✗ Limited community interaction features, reducing opportunities for direct discussion and peer collaboration.

Wix

Description

Wix is a website-building platform that allows users to create professional-quality websites without coding knowledge. It features a drag-and-drop interface, customisable templates, and various third-party integrations, making it ideal for educators, students, and organisations looking to establish an online presence. With its built-in SEO tools and multimedia capabilities, Wix is a flexible platform for creating engaging educational websites.



<https://www.wix.com/>

Use Case in Food Pedagogy

Wix can enhance food education by providing a digital platform for sharing knowledge, resources, and student projects, through:

- Creating a food education website, where educators can share course materials, lesson plans, and food sustainability resources.
- Building an online recipe database, allowing students to document and share their culinary experiments, meal plans, and cultural food insights.
- Hosting food-related blogs and research projects, where students can write about nutrition, food history, and sustainable eating practices.
- Showcasing student work and achievements, providing an interactive portfolio for food photography, cooking videos, and project reports.

Pricing (in EUR)

- Free: Basic website building with Wix branding and limited features.
- Combo: €12.88 per month – includes a custom domain and removes Wix ads.
- Unlimited: €16.56 per month – offers more storage and advanced features.
- Business & eCommerce: Starting at €21.17 per month – designed for online stores, advanced integrations, and premium business features.

Advantages

- ✓ **User-friendly drag-and-drop interface, making website creation accessible to beginners.**
- ✓ **Extensive template library and customisation options, allowing for unique designs.**
- ✓ **Integrates with various apps and services, expanding website functionality.**

Disadvantages

- ✗ **Free version includes Wix branding, which may not be ideal for professional use.**
- ✗ **Some advanced features require a learning curve, particularly for website optimisation.**
- ✗ **Higher cost for premium plans, which may not be affordable for all educators.**