

# Discovering a sustainable Mindset [SysMind]

## Design of a Teaching-Training-Setting to improve sustainability

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*Subject of the lesson: Introduction to herbs (part of  
study course ("Alternative Horticulture"))*



DISCOVERING A SUSTAINABLE MINDSET

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## Guiding questions:

♣ Can an interconnectedness of ecology, economy and social equality be worked on this topic?

**Yes**, because study subject includes

- ecological requirements and agrobiological properties of herbs (ecological aspects);
- harvesting, post-harvesting and realization of non-traditional production from herbs, how profitable it is, costs etc. (economical aspects);
- knowledges about traditions of the herbs` use, local experience, marketing etc. (social aspects).

♣ What dilemma situations or different perspectives can be illustrated by the topic?

**Yes**, for example:

- Is cultivation of medicinal plants profitable than gathering of them from natural biotopes?
- Can cultivation of local medicinal plants to conserve natural resources?
- Positive / negative using aspects of herbs

♣ Does the structure of the topic offer interdisciplinary, self-directed processing?

**Yes**, subject includes theoretical and practical work, evaluation of samples etc.

♣ How can learner emotions be brought in and considered at the beginning and throughout the learning setting?

Organoleptic tasting of herbs, breezing of essential oils.

♣ What opportunities does the topic offer for learner empowerment?

**For example**, to start their own business in production and processing of herbs.

## General information about the Teaching-Training-Setting

TOPIC: <i>Introduction to herbs</i>	
Age of the students:	Students 20 – 22 years old , but can be much more older
Number of students	Group about 10 - 20 will be much more appropriate
Aim of the lesson	To introduce students in herbs` species, provide organoleptic testing of them, to give information about growing conditions, growing distance as well as basic use of them in culinary, medicine , production of cosmetics, magical rituals etc.
Learning outcomes/competences	Students will be acknowledged about herbs` species, organoleptic properties of them, agronomic conditions as well as about use of them.
Duration	2 lectures - 90 minutes (2*45 min.) 2 practical works - 90 minutes (2*45 min.)

## Schedule

Time/ minutes	Phase	Steps in Teaching/Training Setting	Methods	Social form	Media/Materials needed
<b>90 minutes,</b> including: 5 minutes	<b>Lectures,</b> including: <i>Introduction</i>	Some words about today's works. Students receive the printed tables to fill them	Bringing the contact (verbal and non-verbal), theoretical information	Communication, Presentation	Projector with ppt presentation, some commercial samples (teas, herbs` mixtures etc.)
80 minutes	<i>Basic part of lecture</i>	Information given by lecturer about herbs, growing conditions and processing methods, herb market, marketing of herbs' production	Lecture with elements of practical work	Presentation	
5 minutes	<i>Conclusion</i>	Feedback	Small discussion with students	Communication	
<b>90 minutes,</b> including: 5 minutes	<b>Practical work</b> including: <i>Introduction</i>	Lecturer introduces the students about work`s order	Small discussion with students about work`s order	Communication	Printed tables, projector with ppt presentation, plants (different herbs` species) as samples
80 minutes	Basic part	Lecturer introduces about agronomic aspects and possible use of herbs in culinary, medicine, production of cosmetics, magical rituals etc. Students are touching the samples, test oranoleptical propertis of them, fill tables` sheets	Presentation, practical work with samples and filling the table. Degustation.	Individual work, communication, knowlede`s and experiences`s change	
5 minutes	Conclusion	Feedback	Small discussion with students	Communication	
<b>Open end</b>					

Examples for phases:

- Introduction
- Working phase
- Knowledge transfer

Examples for Social Form:

- Individual-work
- Pairs
- Group-work



## Retrospective lesson analysis

♣ Is an evaluation of the Teaching - Training Setting planned?

Teacher can check filled tables (max 10 points), put additional scores for active students

♣ How can the experiences I have made improve my teaching?

Work with associations during organoleptic tasting (emotional improving)

Students` opinion during discussion time