Course for Ph.D. students
40th cycle (Nov 2024 – Oct 2027)

Title:
Sustainability concepts by a nutritional point of view (1 ECTS)

Beatrice Biasini
Assistant Professor at the University of Parma

Course language: **English**
Period: II semester (October 2025)

Lesson day 1: 23/10 - 10.00-12.00 (2 h) Aula A Plesso Aule delle Scienze – frontal lesson
Lesson day 2: 24/10: 10.00-13.00 (3h) Aula F Plesso Farmacia – frontal lesson
Lesson day 3: 30/10: 10.00-11.00 (1h) Aula F Plesso Farmacia – team work presentation by students

To attend the course please register using the ***Registration form- 2025.xlsx*** *by 20th October 2025 and contact:*
Prof. Beatrice Biasini (*beatrice.biasini@unipr.it*)

Course description

The current challenges the food system is facing and the different dimensions of diet sustainability will be discussed, with a particular focus on health and environmental pillars. Examples of sustainable diets will be provided. Methodologies and strategies to build and adopt a sustainable diet will be presented. The course includes frontal lessons (day 1 and day 2, week 1) and a teamwork activity to be presented by students (day 3, week 2). The team work activity will focus on collective catering**.**

Evaluation: YES, oral presentation on case study