

COURSE SYLLABUS

NOTE: The course has not been offered for teaching due to low demand from students. The outline will be updated and completed by the Teacher in Charge at the start of the teaching

(1) GENERAL

SCHOOL	HEALTH SCIENCES MANAGEMENT AND ECONOMICS SCIENCES		
DEPARTMENT	SOCIAL WORK NUTRITION AND DIETETICS SCIENCES BUSINESS ADMINISTRATION AND TOURISM		
LEVEL OF STUDY	Graduate/Master's		
COURSE CODE	CDDA-B15	SEMESTER	B
COURSE TITLE	Interdisciplinary Approach for Sustainable Dietary Patterns		
INDEPENDENT TEACHING ACTIVITIES	TEACHING HOURS WEEKLY	CREDIT UNITS (ECTS)	
Lectures	3	7.5	
COURSE TYPE	Special background course –Optional mandatory		
PREREQUISITE COURSES:	No		
LANGUAGE OF TEACHING and EXAMINATIONS:	Greek		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	No		
COURSE WEBSITE (URL)	https://eclass.hmu.gr/courses/SW355/		

(2) LEARNING OUTCOMES

Learning Outcomes

The course takes an interdisciplinary approach to ensuring the long-term health and well-being of individuals, communities, and the entire population through sustainable food choices. Students analyse the environmental, social, and economic aspects of dietary patterns, developing strategies to promote sustainable and health-positive dietary choices. The course places particular emphasis on the concepts of One-health, planetary health and how interconnected all the individual systems are on a global level.

The course is offered at the postgraduate level and the learning outcomes correspond to level 7 of the European Qualifications Framework for Lifelong Learning (EQF). Based on the above, after successful completion of the course, students will be able to:

- understand the concept of sustainability and sustainable practices in the context of food systems.
- assess the environmental and social impacts of different dietary patterns.
- describe strategies for promoting environmentally sustainable and socially responsible food choices.
- understand and differentiate between different approaches to sustainable food patterns.
- examine the impact of food choices on sustainability and sustainability.
- be aware of global trends in sustainable eating patterns.
- analyse the impact of globalization on food choices.
- know methods to assess dietary patterns and eating behaviors from a sustainability perspective.
- understand the role of politicians in promoting sustainable dietary patterns.
- Develop skills to promote sustainable food practices at various levels of political influence.
- know sustainable practices in agriculture and food production.
- evaluate the impact of different food production methods on the nutritional value and organoleptic properties of foods.

- know what planetary and holistic health is.
- understand the role of planetary health in managing the environmental and ecological aspects of chronic disease and disability.
- know and describe the blue zones and their characteristics.
- understand the nutritional requirements and challenges for older adults in the light of sustainability and sustainability.
- be aware of technological innovations and trends that affect sustainable dietary patterns from a planetary health perspective.
- assess the potential of digital tools and technological developments in promoting healthy and sustainable nutrition taking into account the principles of one health

General Skills

- The course aims to provide students with the following general skills:
- Search, analysis and synthesis of data and information, using the necessary technologies
 - Independent and group work
 - Work in an interdisciplinary environment
 - Decision making
 - Promotion of free creative and inductive thinking

(3) COURSE CONTENT

- The course includes the following thematic sections:**
- Sustainable practices and sustainability in food systems
 - Sustainable practices and sustainability in dietary patterns: Environmental and social implications
 - Basic principles of sustainable dietary patterns
 - Sustainable dietary patterns and globalization
 - Assessment and monitoring of sustainable dietary patterns
 - Food policy and advocacy for sustainable dietary standards
 - Sustainable agriculture and food production
 - Planetary and holistic health
 - Sustainable dietary patterns for the aging population: Blue zones
 - Innovative approaches to sustainable dietary patterns: trends and perspectives

(4) TEACHING and LEARNING METHODS - EVALUATION

METHOD OF DELIVERY	The teaching includes: <ul style="list-style-type: none"> • Interactive face-to-face (in vivo) and distance learning lectures. • Case studies and critical commentary, exercises and group assignments. • Presentation of videos / documentaries and reflective discussion. 	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Presentation of PowerPoint slides and videos. Use of the e-class electronic platform to access slides/scientific articles. Frequent communication with students through the same platform and through the teachers.hmu.gr for responding to questions related to the educational process.	
TEACHING ORGANIZATION	Activity	Semester Workload
	Lectures, Seminars and Interactive teaching	39

	Study and analysis of articles - bibliography - Independent Study	149
	Total Course	188
STUDENT EVALUATION	<p>The course has the following assessment format: Final written exams during the exam period (100% of the final grade). All graded papers are accessible to students Evaluation language: Greek</p>	

(5) RECOMMENDED-BIBLIOGRAPHY

- Suggested Bibliography:

- Araújo, RG, Chavez-Santoscoy, RA, Parra-Saldívar, R., Melchor-Martínez, EM, & Iqbal, HM (2023). *Agro-food systems and environment: Sustaining the unsustainable. Current Opinion in Environmental Science & Health, 31, 100413.*
- Bommarco, R., Kleijn, D., & Potts, SG (2013). *Ecological intensification: harnessing ecosystem services for food security. Trends in ecology & evolution, 28(4), 230-238.*
- Castillo-Díaz, FJ, Belmonte-Ureña, LJ, López-Serrano, MJ, & Camacho-Ferre, F. (2023). *Assessment of the sustainability of the European agri-food sector in the context of the circular economy. Sustainable Production and Consumption, 40, 398-411.*
- Drewnowski, A., Finley, J., Hess, JM, Ingram, J., Miller, G., & Peters, C. (2020). *Toward healthy diets from sustainable food systems. Current Developments in Nutrition, 4(6), nzaa083.*
- Miranda, BV, Monteiro, GFA, & Rodrigues, VP (2021). *Circular agri-food systems: A governance perspective for the analysis of sustainable agri-food value chains. Technological Forecasting and Social Change, 170, 120878.*
- Scandurra, F., Salomone, R., Caeiro, S., & Gulotta, TM (2023). *The maturity level of the agri-food sector in the circular economy domain: A systematic literature review. Environmental Impact Assessment Review, 100, 107079.*
- Varzakas, T., & Smaoui, S. (2024). *Global food security and sustainability issues: the road to 2030 from nutrition and sustainable healthy diets to food systems change. Foods, 13(2), 306.*

-Related scientific journals:

- Agriculture and Human Values
- Food Policy
- Global Food Security
- Journal of Cleaner Production
- Journal of Environmental Management
- Nutrition Reviews
- One Earth
- Public Health Nutrition
- Sustainability
- The Lancet Planetary Health