



International Workshop on “The Cretan Diet as a way of life - Olive Oil”

25-28/4/2023, Sitia, Crete, Greece

Hellenic Mediterranean University (HMU), Greece

&

Coventry University, Faculty of Health and Life Sciences, Coventry, UK

Academic Personnel

Host Institution: Hellenic Mediterranean University (HMU), Department of Nutrition and Dietetics Sciences

- **Georgios A. Fragkiadakis, Associate Professor of “Nutrition and Metabolism”**
- **Anastasia Markaki, Head of the Department and Associate Professor of “Clinical Nutrition”**
- **Theodora Mouratidou, Associate Professor of “Community Nutrition”**
- **Vasilios Raikos, Associate Professor of “Physical-Chemistry and Biochemistry of Food”**
- **Ioannis Sfendourakis MSc, PhD(c), Special Technical Laboratory Staff**

Coventry University, Faculty of Health and Life Sciences, Jordan Well, Coventry, CV1 5RW, UK

- **Robert Davies, BSc, MA, MSc, PgCAPHE, RD, FHEA, Lecturer in Dietetics**
- **Sarah Serjeant, BSc, RD, Assistant Lecturer in Dietetics**



OVERALL AGENDA OF THE WORKSHOP

With the participation of 19 UK students and 11 Greek students

TUESDAY, 25th of APRIL 2023

Tuesday noon: 12:00 - First welcome (by I. Sfendourakis MSc) in Petras Beach + Optional - a tour in the farmers' market of Sitia

Tuesday afternoon

14:15 - 15:00 Welcome, in the facilities of HMU, Tripitos area (Dr. G. A. Fragkiadakis, Dr. V. Raikos)

15:15 - 15:45 Lecture and discussion on-line, HMU, Tripitos area (moderator Dr. V. Raikos)

- Cretan Diet: A journey from the Minoan era to an evidence-based therapeutic nutrition (Dr. Anastasia Markaki)

16:00 - 18:00 (pick the last downtown bus)

- Delaying rancidity: A scientific Look at the Health Effects of Traditional and Processed foods (Dr. Vasilios Raikos), in the facilities of HMU, Tripitos area
- Discussion



WEDNESDAY, 26th of APRIL 2023

Wednesday morning-noon: 09:00 am (first bus), with intermediates, to 12:55 (bus for lunch) (moderator Dr. G. A. Fragkiadakis), in the facilities of HMU, Tripitos area

- What do we mean by the term “Cretan Diet”?
- Documented Health Benefits of Olive Oil
- The Olive Oil Usage in the Kitchen and Lifespan
- Discussion

Wednesday afternoon: 15:15 pm to 16:55 pm (moderator Dr. G. A. Fragkiadakis), in the facilities of HMU, Tripitos area

- Students: We are from UK/Greece – Introduction and Highlights
- Students: UK and Greek Education on Nutrition and Dietetics
- Exchange of Views and Opinions of the Students, on Nutrition; Education; their Future or other

Wednesday evening: 17:00 - 18:55 (pick the last downtown bus)

- Reception at the Department’s buildings - for all (students and teachers)



THURSDAY, 27th of APRIL 2023

Thursday morning-noon: 09:00 am (first bus), with intermediates, to 12:55 pm (bus for lunch) (moderator Dr. G. A. Fragkiadakis), in the facilities of HMU, Tripitos area

- Olive Oil Consumer Attitude & Usage – European Eating Habits
- Olive Oil Organoleptic Attributes
- Discussion

Thursday afternoon: 14:45 - 17:30

- Departure from Petras Beach at 14:45
- Visit to the Holy Monastery of Toplou - Presentation of Historical Exhibits that Reflect the Monastery's Role
- Olive Oil Tasting in Practice 16:00 - 17:00
- Departure from Toplou Monastery at 17:00, return to the hotel or downtown

Thursday evening: 20:30 - Teachers only (Coventry and HMU) meeting

- Becoming a Dietitian: The Coventry Way - Dinner, downtown



FRIDAY, 28th of APRIL 2023

Friday morning: 11:00 - 12:00

- Welcome by the Major of Sitia (Mr. G. Zervakis) and Discussion with the Students, downtown, in the Sitia City-Hall, Patriarch Bartholomew Street No 9, 723 00 Sitia, Crete, Greece
- Free Noon, Visits on Sitia Spots and Lunch

Friday evening: 19:00 - 20:00

- Stegi Vitsentzos Kornaros - Civic Non-Profit Company
Presentation "On the Poet V. Kornaros and the Culture of Sitia"
Vitsentzou Kornarou 97 & Kazantzaki Street, Sitia, Greece

SATURDAY, 29th of APRIL 2023

- Free time
- Departure of the visitors