



UC Leuven
Limburg
MOVING MINDS

AGENDA

4th Workshop on “Food Technology: Olive Oil”

24-27/10/2022, HMU, Sitia, Crete, Greece

Hellenic Mediterranean University (HMU) Dept. of
Nutrition and Dietetics Sciences (HMU), Crete, Greece

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University Colleges Leuven-Limburg, University of Applied
Sciences, Leuven, Belgium

Academic Personnel Involved

1. Kristel Vanhoof, Lector – coördinator stages en afstudeerwerken, Voedings- en dieetkunde, Hogeschool UCLL, Campus Gasthuisberg, Herestraat 49, 3000 Leuven, Belgium
2. Yvon Ijsseldijk, Lector, Voedings- en dieetkunde, Hogeschool UCLL, Campus Gasthuisberg, Herestraat 49, 3000 Leuven, Belgium
3. Vassilios Raikos, Associate Professor of “Physical-Chemistry and Biochemistry of Food”, Hellenic Mediterranean University (HMU), Department of Nutrition and Dietetics Sciences, 723 00 Sitia, Lasithi, Crete, Greece
4. Ioannis Sfendourakis MSc, Special Technical Laboratory Staff, Hellenic Mediterranean University (HMU), Department of Nutrition and Dietetics Sciences, 723 00 Sitia, Lasithi, Crete, Greece
5. Georgios A. Fragkiadakis, Associate Professor of “Nutrition and Metabolism”, Hellenic Mediterranean University (HMU), Department of Nutrition and Dietetics Sciences, 723 00 Sitia, Lasithi, Crete, Greece

WITH THE PARTICIPATION OF 13 BELGIAN AND 10 GREEK STUDENTS



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MONDAY 24th OF OCTOBER 2022

Monday morning 09.15' am (first bus) to 10.45' am

Topics for presentations and discussions, among students and instructors, as introduction at the first day:

- We are from Belgium/Greece – Introduction and Highlights
- Belgian and Greek Education on Nutrition and Dietetics
- The Cretan Med-Diet - Exchange of Views and Opinions of the Students, on Nutrition; Education; their Future or other

Monday morning 11.00' am to 12.50' pm (bus for lunch)

- State of the Olive Oil Industry: Supply, Distribution and Demand

Monday afternoon 15.15' pm to 16.50' pm

- Documented Health Benefits of Olive Oil
- Discussion on Health Issues

Monday afternoon 17.00' pm to 18.50' pm (last bus)

- Welcome Reception at the Department's Buildings
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TUESDAY 25th OF OCTOBER 2022

Tuesday morning 09.15' am (first bus), with intermediates, to 13.50' pm (bus for lunch)

- Olive Oil Consumer Attitude & Usage – European Eating Habits
- Olive Oil Organoleptic Attributes
- The Olive Oil Usage in the Kitchen and Lifespan
- Discussion on Olive-Oil Consumption

Tuesday afternoon 16.15' pm to 18.50' pm (downtown bus)

- Delaying rancidity: A scientific Look at the Health Effects of Traditional and Processed foods
- Discussion on Olive-Oil Technology and Quality

Tuesday evening after 19.00' pm and until about 20.00' pm

- 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

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WEDNESDAY 26th OF OCTOBER 2022

Wednesday morning 10.00' am to 11.00' pm

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

Wednesday afternoon 14.00' pm to 17.00' pm

- Visit to the Holy Monastery of Toplou - Presentation of Historical Exhibits that Reflect the Monastery's Role - Olive Oil Tasting in Practice, Wine Tasting

Wednesday afternoon 19.00' pm to 20.00' pm

- Visit in an Oil Industry, Presentation and Discussion on the Cretan Oil-Industry, from Milling to Bottling and Selling, Standardization and Marketing of Olive Oil, Maronia Village, Sitia

THURSDAY 27th OF OCTOBER 2021

- 09.00' am - Free Time to 12.00'
- 12.00' pm - Hotel Check-out and Preparation for the Departure of the Belgian Group

END