



5th INTERNATIONAL WORKSHOP – Food Technology

Title: Healthy ingredients for healthy diets: A food journey from Belgium to Greece

Dates of workshop: 23-26 October 2023

Location: Sitia, Greece

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

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

Attending:

Academic staff

Sara Moens, Lecturer Microbiology & Biochemistry, UC Leuven-Limburg, Flemish Region, Belgium

Yvon Ijsseldijk, Lecturer Nutrition & Dietetics, UC Leuven-Limburg, Flemish Region, Belgium

Georgios A. Fragkiadakis, Associate Professor in Nutrition and Metabolism, Hellenic Mediterranean University, Department of Nutrition and Dietetics Sciences

Vassilios Raikos, Associate Professor in Physical-Chemistry and Biochemistry of Food, Hellenic Mediterranean University, Department of Nutrition and Dietetics Sciences

Antonia Psaroudaki, Assistant Professor in Healthy Diet and Foods, Hellenic Mediterranean University, Department of Nutrition and Dietetics Sciences

Ioannis Sfendourakis, MSc, PhD(c), Special Technical Laboratory Staff, Hellenic Mediterranean University, Department of Nutrition and Dietetics Sciences

Nikolaos Lapidakis, MSc, PhD(c), Teaching Associate, Hellenic Mediterranean University, Department of Nutrition and Dietetics Sciences

Students

18 University Colleges Leuven-Limburg, University of Applied Sciences

12 Hellenic Mediterranean University, Department of Nutrition and Dietetics Sciences

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Workshop TOPICS:

1. The Cretan-Mediterranean diet (G.A.F.)
2. Selected topics on Olive oil (G.A.F.)
3. Food labelling and Nutrition calculation tools (V.R.)
4. Native Edible Greens and Vegetables in Crete (A.P.)

Day 1 – Monday 23rd October

Time	Topic	Moderator
09.15-10.00	Welcome Presentation of the Department	Dr. Vassilios Raikos
10.00–11.00	Lecture and discussion What do we mean by the term “Cretan Diet”? Olive Oil Consumer Attitude & Usage –European Eating Habits	Dr. George A. Fragkiadakis
11.00-11.15	Coffee/tea break	
11.15-13.00	Student networking We are from Belgium/Greece – Us, students at? - Belgian/Greek food- Nutritional recommendations in Belgium/Greece	Dr. Vassilios Raikos
13.00-15.15	Lunch break	
15.15-17.00	Lecture and discussion Olive Oil Organoleptic Attributes The Olive Oil Usage in the Kitchen and Lifespan Documented Health Benefits of Olive Oil	Mr Nikolaos Lapidakis Dr. George A. Fragkiadakis
17.15-19.00	Welcome Reception	All academic staff



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Day 2 – Tuesday 24th October

Time	Topic	Moderator
09.15-10.45	Lecture Food labelling and Nutrition calculation tools	Dr. Vassilios Raikos
10.45-11.00	Presentation The “ProEnGaT” project	Dr. George A. Fragkiadakis
11.00-11.15	Coffee/tea break	
11.15 – 13.15	Student group activity Design a restaurant menu	Dr. Vassilios Raikos
13.15-14.15	Lunch break	
14.15-16.15	Student presentations-Discussion Design a restaurant menu	Dr. Vassilios Raikos
16.30-	Visit to Olive Oil processing Unit – Olive oil tasting From milling to bottling and selling Venue: Maronia Village, Sitia	Mr Ioannis Sfendourakis



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Day 3 – Wednesday 25th October

Time	Topic	Moderator
09.15-11.00	Laboratory session (Limited spaces-only Belgian Students to attend) Native Edible Greens and Vegetables in Crete	Dr. Antonia Psaroudaki
11.00 -	Visit to Richtis Gorge (*may apply a small fee for transport) Hiking tour Venue: Exo Mouliana village, Sitia	Mr Ioannis Sfendourakis

Day 4 – Thursday 26th October

Time	Topic	Moderator
09.00-11.00	Free time and preparation for departure Sitia-Heraklion	Mr Ioannis Sfendourakis