



## 6<sup>th</sup> INTERNATIONAL WORKSHOP – Food Technology

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

**Dates of workshop:** 21-24 October 2024

**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

#### Students

**2-4** University Colleges Leuven-Limburg, University of Applied Sciences

**2-4** Hellenic Mediterranean University, Department of Nutrition and Dietetics Sciences



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Workshop TOPICS:

- 1.
- 2.
- 3.
- 4.

Day 1 – Monday 21<sup>st</sup> October

Time	Topic	Moderator
09.15-10.00	Welcome <b>Presentation of the Department</b>  Lecture and discussion <b>Topics in Food Technology</b>	Dr Vassilios Raikos
10.15–11.00	Lecture and discussion <b>Topics in Food Technology</b>	Dr Vassilios Raikos
11.00-11.15	Coffee/tea break	
11.15-12.00	Student networking <b>We are from Belgium/Greece – Us, students at? - Belgian/Greek food- Nutritional recommendations in Belgium/Greece</b>	Υπάρχει κάποιος/α διαθέσιμος/η? Έχω μάθημα
12.15-13.00		
13.00-15.15	Lunch break	
15.15-17.00		
17.15-19.00	<b>Welcome Reception</b>	All academic staff



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Day 2 – Tuesday 22<sup>nd</sup> October

Time	Topic	Moderator
09.15-10.45		
10.45-11.00		
11.00-11.15	Coffee/tea break	
11.15 – 13.15		
13.15-14.15		
14.15-16.15		
16.30-	Visit to Olive Oil processing Unit – Olive oil tasting <b>From milling to bottling and selling</b> Venue: Maronia Village, Sitia	Mr Ioannis Sfendourakis

Day 3 – Wednesday 23<sup>rd</sup> October



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

Day 4 – Thursday 24<sup>th</sup> October

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