



Politécnico  
de Viseu



ERASMUS + BLENDED  
INTENSIVE PROGRAMME

# ETHICS IN THE FOOD ECOSYSTEM

WISEU, PORTUGAL, APRIL 2024

[www.ipv.pt](http://www.ipv.pt)

Partners:



ΠΑΝΕΠΙΣΤΗΜΙΟ  
ΠΕΛΟΠΟΝΝΗΣΟΥ  
UNIVERSITY of PELOPONNESE



SAVONIA  
UNIVERSITY OF APPLIED SCIENCES



UNIVERSITÀ  
degli STUDI  
di CATANIA



LITHUANIAN UNIVERSITY  
OF HEALTH SCIENCES

Funding:



Blended Intensive Program



Erasmus+



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# ETHICS IN THE FOOD ECOSYSTEM

## OBJECTIVE:

The course explores the ethical issues related to the production, distribution, and consumption of food, involving different aspects of the food system.

## TOPICS:

- 1. The impact and the need of Ethical Food** (What is it?; food choices and challenges; food waste; food and health; food consumption);
- 2. Exploring the world of innovation** (Opportunities in innovation; circular economy; Innovating for people- planet-profit; Design Thinking process; innovation & functionality in food business);
- 3. Ethical Food operation** (Food production; GMO; food handling; food authenticity; food adulterations);
- 4. Sustainability for the future** (Power of the ethic food ecosystem; food security & hunger relief; animal welfare; developing sustainable food systems; potential social impact of food enterprises).

## EUROPEAN PARTNERS:

- Savonia University, Finland
- University of Peloponnese, Greece
- Lithuanian University of Health Science, Lithuania
- Università Degli Study de Catania, Italy

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**COURSE DURATION:** 100 hours (4 ECTS Accreditation)

- **Online: 20 hours** | From 15 to 19 April 2024
- **Onsite / face-to-face: 40 H** | From 22 to 26 April 2024  
(with group work; study visits; workshops; etc.)
- **Autonomous work: 40 hours** | Delivery of assignment: 11 May 2024

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**REGISTRATION:** open until 11 of March

**i** For additional information please contact Prof. Paula Correia: [paulacorreia@esav.ipv.pt](mailto:paulacorreia@esav.ipv.pt)

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**ORGANISER:** Polytechnic Institute of Viseu | Portugal



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**ETHICS IN THE FOOD ECOSYSTEM**

# ONLINE PROGRAMME

## MODULE 1 - THE NEED AND THE IMPACT OF ETHICAL FOOD (5 HOURS)

Day	Contents	Duration	Timetable (Portuguese time)
15/04	1. Introduction to the course: program, evaluation, logistics.	(30 min.)	14:00 - 14:30
15/04	2. What is Ethical food? 3. Food Ethics, consequences of choices 4. Food choices: the challenges	(30 min.) (30 min.) (30 min.)	14:30 - 16:00
15/04	5. Environmentally sustainable food consumption 6. The climate emergency: the sustainable development goals	(1 hour) (1 hour)	16:00 - 18:00
16/04	7. Food waste: Characterization and functional properties of agri food Mediterranean wastes 8. The link between food and health: Bioactive compounds and their use in the formulation of functional foods with antiglycemic activity	(30 min.) (30 min.)	14:00 - 15:00

## MODULE 2 - EXPLORING THE WORLD OF INNOVATION (3 HOURS)

Day	Contents	Duration	Timetable (Portuguese time)
16/04	9. Opportunities in innovation - Closing the Loop: Navigating Circular Economy in the Agrifood Sector	(1 hour)	15:00 - 16:00
16/04	10. Innovating for people- planet-profit 11. Design Thinking process 12. Innovation & Functionality in food business	(30 min.) (30 min.) (1 hour)	16:00 - 18:00

## MODULE 3 - ETHICAL FOOD OPERATION (3 HOURS)

Day	Contents	Duration	Timetable (Portuguese time)
17/04	13. Ethical sourcing and production	(1 hour)	13:30 - 15:30
17/04	14. GMO & Plant-based foods	(1 hour)	14:30 - 15:30
17/04	15. Food handling	(1 hour)	15:30 - 16:30
17/04	16. Food authenticity	(1 hour)	16:30 - 17:30
17/04	17. Food adulteration	(1 hour)	17:30 - 18:30

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# ONLINE PROGRAMME

MODULE 4 - SUSTAINABILITY FOR THE FUTURE (7 HOURS)			
Day	Contents	Duration	Timetable (Portuguese time)
18/04	18. The power of the ethic food system	(30 min.)	14:00 - 14:30
18/04	19. Agriculture's role in the food security, factors influencing in food systems development	(1 hour)	14:30 - 15:30
18/04	20. Food security & Hunger relief. Biotreatment of cereals and cereal by-products for improved quality and safety of food and feed.	(1 hour)	15:30 - 16:30
18/04	21. Animal welfare. Ethical aspects of farm animals slaughter	(1 hour)	16:30 - 17:30
19/04	22. One Health (as the governance of intersectoral, inter-programmatic and inter-disciplinary efforts, necessary to promote and protect the health status of people, animals and the environment, goes beyond zoonotic diseases, including all pathologies with an impact on public health and food security.	(1 hour)	14:00 - 15:00
19/04	23. Developing sustainable food systems. Acheta domesticus (house cricket) partially defatted powder - safety aspect of the novel food inclusion into the main food formulas	(45 min.)	15:00 - 15:45
19/04	24. Berry by-products for the added-value sustainable food formulations	(45 min.)	15:45 - 16:30
19/04	25. The potential social Impact of Food Enterprises. Sustainable agri-food systems: opportunities and challenges	(1 hour)	16:30 - 17:30



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# ON SITE PROGRAMME

TOTAL 40H		22ND APRIL TO 26TH APRIL
<b>DAY 1 MONDAY 22/04</b>	MORNING	Welcome to Agrarian School of Viseu Activity 1: (Who am I?) Presentation of the week schedule and program
	13:00	LUNCH @ESAV
	AFTERNOON	Visiting ESAV-IPV Activity 2: ESAV-IPV
<b>DAY 2 TUESDAY 23/04</b>	MORNING	Cultural visit of Viseu: A Sustainable City Through History
	13:00	LUNCH @ESAV
	AFTERNOON	Visiting 2 Vegetal Biological Farm (Berries and Horticulture)
<b>DAY 3 WEDNESDAY 24/04</b>	MORNING	Visiting an animal biological farm
	13:00	LUNCH @ESAV
	AFTERNOON	Activity 3: ESAV-IPV
<b>DAY 4 THURSDAY 25/04</b>	MORNING	Visiting a Sustainable and Integrated Food Chain Farm
	13:00	LUNCH @ESAV
	AFTERNOON	Peddypaper and Workshop: “Medicinal and Aromatic plants and our senses”
<b>DAY 5 FRIDAY 26/04</b>	MORNING	Workshop ESAV “How to use food waste” with a Show Cooking.
	13:00	LUNCH @ESAV
	AFTERNOON	Activity 4: ESAV-IPV Evaluation Farewell Session



## Funding:



## Partners:



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