

5th INTERNATIONAL MASTER CLASS

Healthy and sustainable diets: synergies and trade-offs

16 – 18 (extended programme until 19) June 2025

Wageningen Campus, the Netherlands



PROGRAMME TOPICS

- Current knowledge base: Lectures to obtain an overview of food systems and population health; assessment and evaluation of environmental sustainability and health impact of current dietary patterns and dietary changes.
- Food systems: lectures to understand the principles and indicators of healthy diets, global health and environmental sustainability; basic and advanced optimization methods. Policy alternatives, spatial heterogeneity, foresight and scenarios.
- Practical work: gain a critical attitude by performing basic calculations of the impact of dietary changes on nutritional health and sustainability.
- Societal debate with public and private sector stakeholders in the food system: Balancing health with social, ecological, and economic sustainability.
- Research needs: filling research gaps, advancing methodology, enabling research infrastructures, data stewardship.

PARTICIPANTS

The course welcomes PhD candidates and post-docs, as well as professionals from industry and research centres. It will build on insights from environmental, biomedical and social sciences; nutrition, epidemiology, food science, agricultural, ecological and behavioural sciences, etc. Basic scientific knowledge on concepts and methods and study designs in qualitative and quantitative research is assumed.

OPTIONAL ONE-DAY EXTENSION

The course will be held from June 16th to June 18th 2025. Participants who want to acquire a deeper understanding of modelling diets, amongst others through linear programming, can sign-up for an extra day (June 19th) where they can perform supervised analysis of data made available by the course faculty staff.

COURSE LECTURERS

- Prof. **Kasper Hettinga**, Wageningen University & Research, Food Quality and Design Group
- Dr **Sander Biesbroek**, Wageningen University & Research, Division of Human Nutrition and Health
- Confirmed keynote lecture from Dr. **Corinna Hawkes**, director of the Agrifood Systems and Food Safety Division, Food and Agriculture Organization of the United Nations (FAO), Italy.
- Dr **Elisabeth Temme**, National Institute for Public Health and the Environment & Wageningen University.
- Dr **Argyris Kanellopoulos**, Wageningen University, Operations Research and Logistics.
- **Wolfram Simon** MSc, Wageningen University, Farming Systems Ecology group.
- Researchers associated with European and global projects, e.g. Sustainable Food and Nutrition Security (SUSFANS), Agriculture for Nutrition and Health (A4NH), diet modelling (SHARP), etc.
- Academic research and teaching staff from Wageningen University and Research

COURSE INFORMATION AND FEES

For the full course details and the course fees

