



THE HAGUE
UNIVERSITY OF
APPLIED SCIENCES

Dear students, teachers, colleagues, friends

We're back from 19-21 April 2021 with an online edition of our international co-creation week!

Read all about this exciting week on www.thefoodture.com

This event is especially aimed at students (and their teachers) in the area of dietetics or nutrition, but please feel free to share this invitation with everyone that might be interested

Topics

Sustainability, crossing borders, innovation & creativity, contemporary issues in nutrition and dietetics

Activities

The online programme consists of a basic part and an extended part.

- **The basic part** offers a set of online presentations on the central topics of this international week. Participants can take the 'full menu' or follow lectures 'à la carte'
- The **extended part** will contain sessions with active interaction among participants, maintaining the spirit of our co-creation objectives and developing intercultural competences. In this extended part, we will offer a collaborative learning opportunity, but also social and fun activities are definitely on the menu.

Check the full programme [here](#)

Registration is available through the website link or directly [here](#)

Read all about our concept [here](#)



Preliminary programme



Monday 19/4



Tuesday 20/4



Wednesday 21/4

Morning 10:00-12:00 (basic programme)

Crossing borders sustainably

- Welcome and introduction (10')
- Future work skills for global virtual dietitians (20')
- System thinking: a holistic approach of sustainability (30')
- Telehealth and language difficulties (30')
- Making the psychological switch towards sustainable living (30')
- Week challenge introduction

Nutritional and dietetic aspects of sustainability

- Sustainability and food (15')
- Food Sustainability attitudes and knowledge in the general population (20')
- Re-designing packages (30')
- The green economy - upgrade waste and retrieve valuable biomolecules (20')
- Good practise: Commercialisation of an innovative product (15')
- Path to succes - be present on social media (15')

Contemporary topics

- Inequalities and health (30')
- Nutrition, Health & COVID-19 (30')
- Eating behaviour during the Covid crisis (30')
- Psychological aspects and eating habits during COVID in Italy (30')

Afternoon 14:00-16:00

Quiz

Get to know your quiz mates and lead your team to victory

Students got talent

Meet and have fun, activities by students and for students

Innovate & Collaborate

Introduction to Design Thinking
Design challenge and create solutions (group work)

Discuss and feedback

Share experiences from yesterday's outcomes
Look back at the week challenge

Closure of the week

Reflect - evaluate - farewell

Evening 18:00-20:00

Cook-a-long

Get you your ingredients and cook-a-long during an online cooking workshop of your choice. And don't forget to have fun!