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Dr. PED-Chef

Hands-on nutrition training for pediatric primary health care
practitioners: a novel combination of culinary and applied
nutritional education to promote healthy eating habits in
childhood

Monday 30/05/2022 – Friday 03/06/2022

Organized by:



The Dr.PED-Chef Consortium:



The culinary facilities have been kindly provided by:





Monday, 30 May 2022



[Athens One Smart Hotel, Conference Room](#)

12:30 – 13:15

Arrival & Lunch (Hotel)

13:15 – 13:45

Welcoming & Presentation of Dr.PED-Chef Program

Prolepsis Institute

Athena Linos, MD, MPH, PhD, FACE

Professor of Epidemiology

President of Prolepsis Institute

13:45 – 16:15

Module 1.

Fundamentals of Healthy Nutrition for Primary Health Care Practitioners

Andrology Pediatric and Adolescent Foundation

Trainers

Mario Mancini

Endocrinologist

Contract Professor (at UNIMI)

Alice Andreassi, MSc

Dietitian-Nutritionist

16:15 – 16:45

Coffee Break

16:45 – 18:45

Module 2.

Useful Resources and Effective Tools for Promoting Healthy Eating to Family

Gazi Universitesi

Trainers

Mustafa Altunsoy, PhD

Lecturer, Gazi Universitesi

Cansu Özbaş, PhD

Assistant Professor, Gazi Universitesi

18:45 – 19:00

Wrap up and closing of the day

Prolepsis Institute



Tuesday, 31 May 2022	
 National and Kapodistrian University of Athens, "Ioannis Drakopoulos" Amphitheatre	
09:00 – 09:30	Welcoming & Moderation, Overview of Day 1 Prolepsis Institute
09:30 – 11:30	Module 3. Introduction to Culinary Medicine CSI - Center for Social Innovation LTD Trainer Natasa Ioannou, BSc, MABSc Biology MA Environment Politics and Globalisation Project Manager, Center for Social Innovation LTD
11:30 – 12:00	Coffee break
12:00 – 13:30	Module 4. Health Communication and Counselling on Promoting Healthy Eating (Part 1) Norwegian University of Science and Technology, NTNU Trainers Ingrid SørDAL Følling, PhD Ass. Professor, Reasercher, NTNU Vibeke Olufsen Ass.Professor, NTNU
13:30 – 14:15	Lunch break
14:15 – 15:45	Module 4. Health Communication and Counselling on Promoting Healthy Eating (Part 2) Norwegian University of Science and Technology, NTNU Trainers Ingrid SørDAL Følling, PhD Ass. Professor, Researcher, NTNU Vibeke Olufsen Ass.Professor, NTNU
15:45 – 16:00	Wrap up and closing of the day Prolepsis Institute



 Wednesday, 1 June 2022 Athens One Smart Hotel, Conference Room	
13:00 – 13:30 <i>Lunch</i>	
13:30 – 14:00	Welcoming & Moderation, Overview of Day 2 Prolepsis Institute
14:00 – 15:30	Module 5. Health Communication and Counselling on Weight Management of Children/Adolescents at Increased Risk of Obesity (Part 1) Prolepsis Institute <i>Trainers</i> Matina Kouvari, MSc, PhD Dietitian-Nutritionist, Researcher, Prolepsis Institute Dina Zota, MSc, PhD Psychologist-Health Promotion Specialist, Prolepsis Institute
15:30 – 16:00 <i>Coffee break</i>	
16:00 – 17:30	Module 5. Health Communication and Counselling on Weight Management of Children/Adolescents at Increased Risk of Obesity (Part 2) Prolepsis Institute <i>Trainers</i> Matina Kouvari, MSc, PhD Dietitian-Nutritionist, Researcher, Prolepsis Institute Dina Zota, MSc, PhD Psychologist-Health Promotion Specialist, Prolepsis Institute
17:30 – 17:45	Wrap up and closing of the day Prolepsis Institute



 Thursday, 2 June 2022 Provil S.A. Taste and Flavour	
11:00 – 11:15	Welcoming & Moderation, Overview of Day 3 Prolepsis Institute
11:15 – 13:15	Module 6 – Part 1. Culinary Medicine in Practice – The Theory Behind University of Navarra Trainers Miguel Ruiz-Canela, PhD, MPH, Chef de partie Professor Preventive Medicine and Public Health, University of Navarra Nerea Martín-Calvo, MD PhD Pediatrician. Associate Professor Preventive Medicine and Public Health, University of Navarra
13:15 – 13:45	<i>Coffee break</i>
13:45 – 15:45	Module 6 – Part 2. Cooking healthy and smart – Cooking demonstration  University of Navarra Trainers Miguel Ruiz-Canela, PhD, MPH, Chef de partie Professor Preventive Medicine and Public Health, University of Navarra Luca Simonin Carrera Chef
15:45 – 16:30	<i>A Taste of what you Cooked</i>



 Friday, 3 June 2022 Culinary Center and Cooking Club, Agios Dimitrios, Athens	
09:00 – 09:15	Welcoming & Moderation, Overview of Day 4 Prolepsis Institute
09:15 – 10:15	Final Examination
10:15 – 11:15	Module 6 – Part B. Culinary medicine in practice – Let's cook University of Navarra <i>Trainers</i> Miguel Ruiz-Canela, PhD, MPH, Chef de partie Professor Preventive Medicine and Public Health, University of Navarra Luca Simonin Carrera Chef
11:15 – 11:45	<i>Coffee break</i>
11:45 – 13:45	Module 6 – Part B. Culinary Medicine in Practice – Let's cook  University of Navarra <i>Trainers</i> Miguel Ruiz-Canela, PhD, MPH, Chef de partie Professor Preventive Medicine and Public Health, University of Navarra Luca Simonin Carrera Chef
13:45 – 14:15	<i>A Taste of what you Cooked</i>
14:15 – 14:30	Closing the event Prolepsis Institute