



Co-funded by the
Erasmus+ Programme
of the European Union



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

Agenda




Monday, 30 th May 2022	
12:30 – 13:00 <i>Arrival & Light Lunch</i>	
13:00 – 13:30	Welcoming & Presentation of Dr.PED-Chef Program Prolepsis Institute
13:30 – 15:30	Module 1. Fundamentals of healthy nutrition for primary health care practitioners Andrology Pediatric and Adolescent Foundation
15:30 – 15:45 <i>Coffee Break</i>	
15:45 – 17:45	Module 2. Useful resources and effective tools for promoting healthy eating to family Gazi Universitesi
17:45 – 18:00	Wrap up and closing of the day Prolepsis Institute


Tuesday, 31 st May 2022	
10:00 – 10:30	Welcoming & Moderation Overview of Day 1 Prolepsis Institute
10:30 – 12:30	Module 4. Health communication and counseling on promoting healthy eating NTNU
12:30 – 12:45 <i>Coffee break</i>	
12:45 – 13:45	Module 5. Health Communication and Counselling on Weight Management of Children/Adolescents at Increased Risk of Obesity (Part 1) Prolepsis Institute
13:45 – 14:30 <i>Lunch break</i>	
14:30 – 15:30	Module 5. Health Communication and Counselling on Weight Management of Children/Adolescents at Increased Risk of Obesity (Part 2) Prolepsis Institute
15:30 – 16:00	Wrap up and closing of the day Prolepsis Institute



Wednesday, 1 st June 2022	
10:00 – 10:30	Welcoming & Moderation, Overview of Day 2 Prolepsis Institute
10:30 – 12:30	Module 3. Introduction to Culinary Medicine CSI
12:30 – 12:45	<i>Coffee break</i>
12:45 – 13:00	Wrap up and closing of the day Prolepsis Institute

*PARTNER meeting: 13:30 – 17:30 (only partners to attend)

Thursday, 2 nd June 2022	
10:00 – 10:30	Welcoming & Moderation, Overview of Day 3 Prolepsis Institute
10:30 – 12:30	Module 6 – Part A. Culinary medicine in practice (theoretical background) UNAV
12:30 – 12:45	<i>Lunch break</i>
12:45 – 14:45	Module 6 – Part A. Basics of health cooking in practice (practical part)  UNAV
14:45 – 15:00	Wrap up and closing of the day Prolepsis Institute

Friday, 3 rd June 2022	
10:00 – 10:30	Welcoming & Moderation, Overview of Day 4 Prolepsis Institute
10:30 – 11:30	Module 6 – Part B. Culinary medicine in practice (theoretical background) UNAV
11:45 – 13:45	Module 6 – Part B. Cooking healthy and smart for kids in practice  UNAV



Dr. PED-Chef



Co-funded by the
Erasmus+ Programme
of the European Union

13:45 – 14:15	<i>Lunch break</i>
14:15 – 15:15	Final Examination