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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

### Agenda



Monday, 30<sup>th</sup> May 2022

12:30 – 13:00

*Arrival & Lunch (Hotel)*

13:00 – 13:30

**Welcoming & Presentation of Dr.PED-Chef Program**

Prolepsis Institute

**Athena Linos, MD, MPH, PhD, FACE**

Professor of Epidemiology

President of Prolepsis Institute

13:30 – 16:00

**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

16:00 – 16:30

*Coffee Break*

16:30 – 18:30

**Module 2.**

**Useful Resources and Effective Tools for Promoting Healthy Eating to Family**

Gazi Universitesi

**Trainers**

**Seçil Özkan**

**Cansu Özbaş**

18:30 – 18:45

**Wrap up and closing of the day**

Prolepsis Institute



Tuesday, 31 <sup>st</sup> May 2022	
09:00 – 09:30	<b>Welcoming &amp; Moderation, Overview of Day 1</b> Prolepsis Institute
09:30 – 11:30	<b>Module 3.</b> <b>Introduction to Culinary Medicine</b> CSI - Center for Social Innovation LTD  <b>Trainers</b> <b>Natasa Ioannou</b>
11:30 – 12:00	<i>Coffee break</i>
12:00 – 13:30	<b>Module 4.</b> <b>Health Communication and Counselling on Promoting Healthy Eating (Part 1)</b> Norwegian University of Science and Technology, NTNU  <b>Trainers</b> <b>Ingrid Sørdal Følling, PhD</b> Ass. Professor, Reasercher, NTNU  <b>Vibeke Olufsen</b> Ass.Professor, NTNU
13:30 – 14:15	<i>Lunch break</i>
14:15 – 15:45	<b>Module 4.</b> <b>Health Communication and Counselling on Promoting Healthy Eating (Part 2)</b> Norwegian University of Science and Technology, NTNU  <b>Trainers</b> <b>Ingrid Sørdal Følling, PhD</b> Ass. Professor, Reasercher, NTNU  <b>Vibeke Olufsen</b> Ass.Professor, NTNU
15:45 – 16:00	<b>Wrap up and closing of the day</b> Prolepsis Institute



Wednesday, 1<sup>st</sup> June 2022

13:00 – 13:30 *Lunch break*

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

**Trainers**

**Matina Kouvari, MSc, PhD**

Dietitian-Nutritionist, Researcher  
Prolepsis Institute

**Dina Zota, MSc, PhD**

Psychologist-Health Promotion Specialist  
Prolepsis Institute

15:30 – 16:00 *Coffee break*

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

**Trainers**

**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<sup>nd</sup> June 2022

15:00 – 15:30

**Welcoming & Moderation, Overview of Day 3**

Prolepsis Institute

15:30 – 17:30

**Module 6 – Part A.**

**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

17:30 – 18:00

*Coffee break*

18:00 – 20:00

**Module 6 – Part A.**

**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

**Nerea Martín-Calvo, MD PhD**

Pediatrician. Associate Professor

Preventive Medicine and Public Health

University of Navarra

20:00 – 20:45

*Dinner – Taste what you made*

Friday, 3<sup>rd</sup> June 2022

09:00 – 09:15	<b>Welcoming &amp; Moderation, Overview of Day 4</b> Prolepsis Institute
09:15 – 10:15	<b>Final Examination</b>
10:45 – 11:15	<p><b>Module 6 – Part B.</b> <b>Culinary medicine in practice – Let's cook</b> University of Navarra</p> <p><b>Trainers</b> <b>Miguel Ruiz-Canela, PhD, MPH, Chef de partie</b> Professor Preventive Medicine and Public Health University of Navarra</p> <p><b>Nerea Martín-Calvo, MD PhD</b> Pediatrician. Associate Professor Preventive Medicine and Public Health University of Navarra</p>
11:15 – 12:15	<b>Coffee break</b>
12:15 – 14:15	<p><b>Module 6 – Part B.</b> <b>Culinary Medicine in Practice – Let's cook</b>  University of Navarra</p> <p><b>Trainers</b> <b>Miguel Ruiz-Canela, PhD, MPH, Chef de partie</b> Professor Preventive Medicine and Public Health University of Navarra</p> <p><b>Nerea Martín-Calvo, MD PhD</b> Pediatrician. Associate Professor Preventive Medicine and Public Health University of Navarra</p>
14:15 – 15:00	<b>Lunch – Taste what you made</b>
15:00 – 15:30	<b>Closing the event</b> Prolepsis Institute