



FOOD, NUTRITION, SUSTAINABILITY AND WELLBEING.

THE “*MED-IN-ITALY*” EXPERIENCE

University Master (First Level)

In collaboration with:

- *Sapienza University of Rome*;
- *Italian Ministry of Agriculture* - Central Inspectorate of Quality Protection and Fraud Repression (ICQRF);
- *Arma dei Carabinieri* - General Command for Agro-food Protection;
- *Council for Agricultural Research and Analysis of Agricultural Economics* (CREA);
- *National Institute of Health* (ISS)



Index

- 1 Objectives
- 2 Target Group
- 3 Admissions Criteria
- 4 Teaching Methodology
- 5 Faculty
- 6 Project work
- 7 Grading Criteria
- 8 Enrolment Fee and Application - Extensions
- 9 Course Program
- 10 Structure of Studies

**📖 EDUCATION TYPE**

First Level University
Master

📄 LANGUAGE OF INSTRUCTION

English

📐 SCOPE OF STUDIES

60 ECTS/CFU

🕒 PLANNED DURATION

1 year

💻 FORM OF TEACHING

Online + webinars

💶 TUITION FEE

€ 2.500

BACKGROUND

Food, nutrition, sustainability, and well-being represent a virtuous trail that significantly impacts the health status of the individual, the community, and the planet according to One Health logic.

The agri-food and nutrition sector, along the entire supply chain, should on the one hand, ensure food security and safety, respect the environment and human and natural resources also for future generations, enhance the history and culture of the territories, and contribute to their valorisation and future development.

Italy, for its history, its culture, and its intimate link with the Mediterranean diet, represents the best example of an integration of four sustainability benefits presented in parallel: major health and nutrition benefits, low environmental impact and richness in biodiversity, high socio-cultural food values, and positive local economic returns (Dernini S, et al. Public Health Nutr. 2017;20(7):1322-1330. doi: <https://doi.org/10.1017/S1368980016003177>).

The Mediterranean diet overcomes the breakdown in communication between scientists and literary intellectuals, the sharp dichotomy between scientific research and the humanities, and the political, environmental, and cultural problems that this chasm creates for society as a whole (*Charles Percy Snow - Leicester 1905 – London 1980*). Moreover, the Mediterranean diet is not immutable but can understand, welcome and encompass new experiences, new foods, and new traditions as demonstrated by history. All this is in turn inevitable, given the role that the Mediterranean Sea has represented and continues to represent, as a crossroads of cultures, histories, also, traditions and eating habits.

The socio-cultural aspects are well articulated in the UNESCO declaration which first approved, in 2010, the inscription of the Mediterranean Diet on the Representative List of the **Intangible Cultural Heritage of Humanity**, initially



recognizing the candidacy presented by Spain, Greece, Italy, and Morocco. This recognition was subsequently expanded in 2013 to include Cyprus, Croatia, and Portugal, thereby acknowledging the broader geographic and cultural scope of this dietary tradition.

The UNESCO inscription fundamentally reframes the Mediterranean Diet beyond its purely nutritional and health-related dimensions, establishing it as a comprehensive cultural practice that encompasses a constellation of interconnected elements. These include traditional agricultural practices deeply rooted in seasonal cycles and biodiversity preservation, artisanal food production and processing techniques passed down through generations, and the ritualistic aspects of communal meal preparation and consumption. Central to this recognition is the emphasis on conviviality—the social practice of gathering around the table—which serves as a cornerstone for intergenerational dialogue, cultural transmission, and the reinforcement of community bonds and collective identity.

Moreover, the UNESCO framework highlights how the Mediterranean Diet represents a living heritage that embodies values of hospitality, neighborly solidarity, intercultural exchange, and respect for territorial landscapes. It acknowledges the diet not as a static prescription but as a dynamic cultural system that integrates culinary knowledge, social customs, celebratory traditions, and a profound relationship between communities and their natural environment.

Attention is paid to some aspects that characterize the One Health approach defined through an overall interpretation of the concept of sustainability: the involvement of "skills, knowledge, rituals, symbols, and traditions concerning crops, harvesting, fishing, animal husbandry, conservation, processing, cooking, and particularly the sharing and consumption of food"; the role of conviviality which is the "foundation of the cultural identity and continuity of communities throughout the Mediterranean basin"; the capacity to "emphasize values of hospitality, neighbourhood, intercultural dialogue and creativity, and a way of life guided by respect for diversity"; the role of "women who play an important role in transmitting knowledge of the Mediterranean diet".

Italy probably represents the best example of the integration of the socio-cultural aspects of the Mediterranean model. The food and gastronomic traditions integrate well with the landscape and culture of the Country. The history of Italy is also made up of contacts with the many peoples who met on our peninsula and who contributed to building the historical, artistic and agri-food heritage that represents us throughout the world.

The agri-food sector, also due to its intimate link with the history and culture of



the territories, can represent an important driving force useful for the economic valorisation of individual skills and territories. Typical products are becoming more and more an element of differentiation and qualification of entire territories, becoming one of their main resources and the real tourist attraction factor. Moreover, the activation of synergies and commercial relations with the local economic system (for example with catering, trade, and crafts) may further contribute to the economic development of the territories (*Pierluigi Passaro et al. ESJ, 2022; 18: (1), 1. <https://doi.org/10.19044/esj.2022.v18n1p1>*).

Once the EU has perceived the strategic importance of local peculiarities to support rural development and high-quality productions, it has emphasized the need for more place-sensitive agri-food policies, and the importance of socio-economic, historical, and cultural factors as transfers of intangible value-added is particularly evident in the agri-food sector (*Vaquero-Piñeiro C. Bio-Based and Applied Economics. 2021; 10(2): 89–108. <https://doi.org/10.36253/bae-9429>*). The Italian agri-food sector is further progressing by valorising territories, productions and skills that derive from old traditions or that are developed on the basis of new lines of research.

Food production is the major cause of global environmental change: agriculture occupies about 40% of global land, and food production is responsible for up to 30% of global greenhouse gas, emissions and 70% of freshwater use. The Mediterranean Diet pattern has been shown to have a better ecological footprint than current dietary habits in industrialized countries, particularly when compared to the Western dietary pattern. This is mainly due to the higher consumption of local and in-season plant-derived foods and lower consumption of animal products (*Serra-Majem L, et al. Int J Environ Res Public Health. 2020;17(23):8758. <https://doi.org/10.3390/ijerph17238758>*).

The Italian agri-food sector is further progressing by valorising territories, productions and skills that derive from old traditions or that are developed on the basis of new lines of research. A large part of the research that the Italian agri-food system is developing is dedicated to enabling sustainable development which should be protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources.

The Mediterranean Diet represents the reference eating pattern model for many national and international guidelines aimed at promoting a healthy (and sustainable) diet. A huge number of studies have been conducted all over the world showing the capacity of the Mediterranean Diet to reduce the incidence and prevalence of most non-communicable diseases, to improve the aging process by reducing the fragilization process, and to positively affect comorbidity



and mortality. Italy is developing educational and training activities in order to recover the heritage of the Mediterranean diet also for the purposes of more effective prevention of non-communicable diseases (NCDs).

Finally, the agri-food and nutrition system, and the extended perception of the Mediterranean Diet not only as a healthy dietary pattern, but as a sustainable dietary pattern embracing the important socio-cultural, economic, and environmental benefits of the diet, may contribute to the One Health approach that aims to sustainably balance and optimize the health of people, animals, and ecosystems. This approach recognizes that the health of humans, domestic and wild animals, plants, and the wider environment (including ecosystems) are closely linked and interdependent (https://www.who.int/health-topics/one-health#tab=tab_1).

1. Objectives

The First Level Master on “**Food, nutrition, sustainability, and wellbeing. The Med-in-Italy experience**”, has the general aim of forming professionals with advanced competencies for working in the field of agri-food and nutrition system considering all its specific aspects (socio-cultural, economic, environmental, and nutritional sustainability) following a One Health logic.

The Mediterranean Diet will represent, due to its specific characteristics, the polar star towards which the course will move, with a focus on its Italian way-of-eating declinations (the “*Med-in-Italy*”).

The Master will integrate knowledge and skills relating to humanistic aspects (history and geography of territories and eating habits) with more technical ones (food chemistry, agronomy and food technologies, food science, human nutrition, economic and marketing sciences), and regulations (legislative and normative aspects).

2. Target Group

The Master's program is intended for:

- Professionals working in the healthcare area who aim to acquire knowledge and skills in the field of food sciences, dietetics and human nutrition.
- Managers, officials and employees working in public social and welfare facilities, kindergartens, public schools, universities.



- Consultants and experts in management, marketing and management of food service enterprises of schools, caterers, hotels, health care facilities, hospitals, clinics, nursing homes, senior centers.
- Consultants of agribusiness, pharmaceutical, and commercial enterprises in the field of food, nutrition and dietetics.
- Teachers working in the training of corporate, health, hotel and school catering personnel; social service workers, sports and wellness centers.
- Medical and scientific informants and sales technicians of the industry's product and service lines.
- Medical doctors, biologists, chemists, pharmacists, dietitians, psychologists, nurses, support teachers, business managers, experts working in the subject areas of the course.

3. Admissions Criteria

To be eligible to apply to the Master programme, you must have completed a first-cycle (bachelor's or equivalent*) degree.

The proposed training methodology along with a clear and ample curricular program, is designed for those whose professional activity relates to health, industry or companies that want to specialize in the area of nutrition.

The Master is especially designed for those with a degree in :

- agricultural sciences
- biological science
- food systems
- human medicine
- dietetics
- pharmacy
- pharmaceutical chemistry and technology
- chemistry
- movement science
- biotechnologies

The Master is also suitable for those with a degree who wish to specialize in Nutrition and Diet due to their professional practice, who wish to update or broaden their knowledge in Nutrition and Diet, or who have a vested interest in the topic, as for:

- agriculture professionals
- rural industries professionals
- food industry professionals



- government officials
- international organisation employees
- researchers in food safety
- third sector employees

*Holders of a foreign qualification will be assessed on the basis of the Declaration of Value issued by the competent Authorities.

Excellent and proven knowledge of English language is requested.

4. Teaching Methodology

In support of the main activity represented by online lectures (asynchronous E-learning activities), web seminars will be held, an activity realised in synchronous mode, involving various types:

- thematic webinar, in which in-depth studies dedicated to certain topics of particular interest and topicality will be proposed, in order to make teaching more dynamic, also promoting interactive discussion spaces between teachers and students;
- discussion webinars, which will focus on theoretical topics drawn from the programme, on which course participants will be invited to put forward their own views based on their experiences in their respective organisations, in order to promote proactive learning dynamics that can reveal the main implications and application potential of the theories studied.

Teaching takes into account the need to develop not only knowledge, but also the use of professional tools and behaviour, with the following characteristics:

- field projects;
- activities aimed at testing the ability to apply methodologies and techniques in real-life situations; testimonies and case studies.

5. Faculty

The Master course is developed in collaboration with:

- [Sapienza University of Rome](#);
- [UnitelmaSapienza](#);
- Italian Ministry of Agriculture - [Central Inspectorate of Quality Protection and Fraud Repression \(ICQRF\)](#);
- [Arma dei Carabinieri, General Command for Agro-food Protection](#);
- [CREA](#) - *Council for Agricultural Research and Analysis of Agricultural Economics*;



- Prestigious European Universities and companies.

Directors:

Luisa Mannina, Maurizio Muscaritoli, Lorenzo Maria Donini – “Sapienza” University of Rome, Italy.

Faculty:

- Prof. Baima Simona - Council for Agricultural Research and Analysis of Agricultural Economics - CREA;
- Dott. Carcangiu Roberto - IG Web International magazine on chefs recipes and world renowned restaurants (Identità Golose web);
- Prof. Carnevale Sara – University of Rome “Sapienza”;
- Dott. Carpino Stefania - Central Bureau of Investigation for Quality Protection and Fraud Repression of Agri-Food Products (ICQRF);
- Dott. De Bertoldi Silvia - Central Bureau of Investigation for Quality Protection and Fraud Repression of Agri-Food Products (ICQRF);
- Col. De Franceschi Amedeo – Arma Carabinieri, General Command for Agro-food Protection;
- Dott.ssa Di Luca Sara - Research fellow and coordinator for international relations and outreach at the UNESCO Chair at the University UnitelmaSapienza;
- Dott. Di Matteo Giacomo, RTDA Researcher, Department of Chemistry and Technology of Drugs, University of Rome “Sapienza”
- Prof. Donini Lorenzo Maria - Full Professor (MED/49) - Applied Sciences in Nutrition - University of Rome “Sapienza”;
- Prof. Giusti Anna Maria - Researcher (BIO/10) Biochemistry, University of Rome “Sapienza”;
- Prof. Ingallina Cinzia - Researcher, Department of Chemistry and Pharmacological Techniques - University of Rome “Sapienza”;
- Dott. Lamorte Simona Antonella - Central Bureau of Investigation for Quality Protection and Fraud Repression of Agri-Food Products (ICQRF);
- Dott. Lombardi Marco - Journalist and film, food and wine critic for Rai Uno – Lecturer - University of Rome “Sapienza”;
- Prof. Mannina Luisa - Full Professor in Chemistry of Food (CHIM/10) - University of Rome “Sapienza”;
- Prof. Merendino Nicolò - Associate Professor, Responsible of the Research Lab in Molecular and Cellular Nutrition - University of Tuscia;
- Prof. Muscaritoli Maurizio - Full Professor (MED/09) – Internal Medicine - University of Rome “Sapienza”;
- Prof. Muzzioli Luca - Lecturer in Nutrition Science - University of Rome



“Sapienza”;

- Dott. Nicolini Joshua - Central Bureau of Investigation for Quality Protection and Fraud Repression of Agri-Food Products (ICQRF);
- Prof. Petrillo Pier Luigi - Full Professor of Comparative Public Law at the University of Rome UnitelmaSapienza, Director of the UNESCO Chair in Cultural Heritage;
- Prof. Rossi Laura - Council for Agricultural Research and Analysis of Agricultural Economics - CREA;
- Prof. Ruggeri Stefania - Council for Agricultural Research and Analysis of Agricultural Economics - CREA;
- Prof. Sabatino Alice - Lecturer - University of Rome “Sapienza”;

6. Project work

Each participant is expected to develop a professionalising project work at the end of the Master Course.

The duration of the project work corresponds to 200 hours (for **8 CFU/ECTS**) of activity on the part of the student, considering his or her overall commitment, i.e. research activity, study, interaction with the lecturer and tutor, drafting of the final thesis and final discussion.

The final dissertation will be submitted for evaluation and discussed in front of the Master Commission, for the award of the Master Diploma.

The grade shall be expressed in 110/110. The project work is graded based on structure, theoretical framework, argumentation, and value added.

As a positive assessment of the final dissertation by the Degree Committee, the University will issue the final Master Diploma in *“Food Nutrition Sustainability and Wellbeing. The “Med-in-Italy” Experience”*.

7. Assessment and grading Criteria

All Modules are graded through individual assignments (Multiple Choice Quiz). Grades range from 5 (fail: < 60% correct answers), 6-7 (fairly good: 60-75% correct answers), 8-9 (76-90% correct answers) to 10 (excellent: >90% correct answers).

8. Enrolment Fee and Application - Extensions

The enrolment fee is **€ 2.500,00**.

The amount is divisible into 3 instalments, the first of which is € 600,00 upon enrolment, and the subsequent instalments at 30 and 60 days from the date of enrolment.



The application must be submitted [HERE](#).

The duration of a master's degree is normally set at 12 (twelve) months.

Students who have successfully completed the teaching activities required by their study plan and who have fulfilled the teaching and administrative requirements set by the University may submit a specific application for early graduation, but not before 6 (six) months from the date of first enrolment in the Master's degree program.

The University may also grant an extension to complete the Master's degree within a maximum period of an additional 12 (twelve) months. The extension entails the renewal of enrolments with the simultaneous payment of a fee equal to 25% of the annual enrolment fee originally paid. If the student does not obtain the degree within this extension period and still wishes to continue the program, they may renew their enrolments by paying the annual enrolment fee originally paid.

9. Master Course Program

The Master's course programme has 12 modules for a total of 52 CFU/ECTS.

Reference teachers:

- 1) Luisa Mannina (Set 1: Modules 2, 4, 5, 6)
- 2) Lorenzo Maria Donini (Set 2: Modules 1, 3, 7, 12)
- 3) Maurizio Muscaritoli (Set 3: Modules 8, 9, 10, 11)

MODULE I_ INTRODUCTORY CONCEPTS

Maurizio Muscaritoli, Lorenzo Maria Donini – University of Rome “Sapienza”

- The Domains of Human Nutrition (basic, applied, clinical): definition and aims
– L.M. Donini, M. Muscaritoli
- Guidelines on terminology in Human Nutrition – M. Muscaritoli

Assessment: 3 MCQs (3 answers, only 1 correct)

MODULE II_ NUTRITIONAL BIOCHEMISTRY

Luisa Mannina, Anna Maria Giusti – University of Rome “Sapienza”

- Macronutrients (carbohydrates) and dietary fibers – L. Mannina
- Macronutrients (Proteins) - L. Mannina
- Macronutrients (Lipids) - L. Mannina
- Micronutrients (vitamins and minerals) and water - L. Mannina
- Metabolism and its regulation – A. M. Giusti
- Metabolic integration – A. M. Giusti



- Metabolic fate of carbohydrates – A. M. Giusti
- Metabolic fate of lipids – A. M. Giusti
- Metabolic fate of aminoacids – A. M. Giusti

Assessment: 3 MCQs (3 answers, only 1 correct)

MODULE III_PHYSIOLOGY AND PATHOPHYSIOLOGY IN HUMAN NUTRITION

Sara Carnevale – University of Rome “Sapienza”

Paula Ravasco - Faculdade de Medicina, Universidade Católica Portuguesa

- Nutrition and pregnancy – S. Carnevale
- Nutrition and breastfeeding – S. Carnevale
- Nutrition and aging – P. Ravasco

Assessment: 3 MCQs (3 answers, only 1 correct)

MODULE IV_ FOOD CATEGORIES

Cinzia Ingallina, Giacomo di Matteo – University of Rome “Sapienza”

- Cereals and legumes - C. Ingallina
- Fats and oils – C. Ingallina
- Milk and dairy products – C. Ingallina
- Meat and derivatives – C. Ingallina
- Fish and derivatives – C. Ingallina
- Eggs and derivatives – C. Ingallina
- Alcoholic Beverages – C. Ingallina
- Honey and Artificial Honey – C. Ingallina
- Coffee, Tea, Cocoa – C. Ingallina
- Vegetables, fruits and tubers – G. Di Matteo
- Sweeteners, condiments and spices – C. Ingallina
- Food additives & Food contaminants – C. Ingallina
- Functional foods (Probiotic, prebiotic and symbiotic foods) and fortified foods. – C. Ingallina
- Novel foods – C. Ingallina
- Antioxidants – G. Di Matteo
- Dietary/nutraceutical supplements – C. Ingallina
- Foods for special medical purposes – G. Di Matteo
- Foods intended for infants and young children in early childhood – G. Di Matteo

Assessment: 3 MCQs (3 answers, only 1 correct)



MODULE V_FOOD SAFETY, SECURITY AND QUALITY

Col. De Franceschi Amedeo, General Command for Agro-food Protection, Arma Carabinieri,

Stefania Carpino, Simona Antonella Lamorte - Central Bureau of Investigation for Quality Protection and Fraud Repression of Agri-Food Products (ICQRF)

Simona Baima - Council for Agricultural Research and Analysis of Agricultural Economics (CREA)

- The concepts of food safety, security and quality – Col. A. De Franceschi
- Protecting the Italian market from the entry of counterfeit or "Italianised" food products as wheat, dairy, olive oil, canned tomato and honey - Col. A. De Franceschi
- Quality and food safety control: the Italian model - The role of ICQRF in food quality controls – S. Carpino
- Adoption of good reference practices, Accredia system, documented quality management system – The ICQRF laboratories activity – S. Carpino
- Handling and storage of food to ensure safety and organoleptic characteristics - S. Carpino
- Food labelling: nutritional aspects – S.A. Lamorte
- Food labelling and the origin of country on products – S.A. Lamorte
- Genetically modified foods and food safety – S. Baima

Assessment: 3 MCQs (3 answers, only 1 correct)

MODULE VI_ANALYSIS AND DESIGN OF A SUSTAINABLE FOOD SUPPLY CHAIN

Luca Muzzioli - University of Rome "Sapienza"

Stefania Ruggeri – Council for Agricultural Research and Analysis of Agricultural Economics (CREA)

Laura Rossi – National Institute of Health (ISS) – Human Nutrition and Health Unit

Silvia de Bertoldi - Central Bureau of Investigation for Quality Protection and Fraud Repression of Agri-Food Products (ICQRF)

- Global and Local Food Systems: Impacts on Human Health and Sustainability – S. Ruggeri
- Design Thinking for Healthy and Sustainable Nutrition – S. Ruggeri
- Agriculture and food systems – L. Muzzioli
- The three dimensions of sustainability: socio-cultural, environmental impact and economic development – S. de Bertoldi



- Sustainability for Gi products in relation to the new (EU) Reg. n. 2024/1143 – S. de Bertoldi
- Plant and animal production systems (2 lessons) – L. Muzzioli
- Food supply chain “the Italian job” – L. Muzzioli
 - Fruits and vegetables
 - Cereals and legumes
 - Olive oil
 - Dairy products
 - Meat
 - Fish
 - Grapes and wines
- The Sustainable Development Goals: Guidelines for healthy diets and nutrition policies – L. Rossi
- Strategies to combat obesity and chronic diseases: an overview of national and international nutrition policies and their impact on public health. – L. Rossi

Assessment: 3 MCQs (3 answers, only 1 correct)

MODULE VII_THE MEDITERRANEAN DIET AS A MODEL OF A HEALTHY AND SUSTAINABLE PATTERN

Sara Carnevale, Lorenzo Maria Donini – University of Rome “Sapienza”

Nicolò Merendino – University of Tuscia

- Mediterranean diet components and their characteristics: N. Merendino
 - extra-virgin olive oil (EVOO)
 - legumes, cereals, and nuts
 - fruits and vegetables
 - dairy products
 - fish
 - wine
 - herbs, spices, garlic and onions
- Mediterranean Diet Pyramid and food combination – S. Carnevale
- Mediterranean diet and transcriptomics, metabolomics, epigenomics and genomics – N. Merendino
- Impact of Mediterranean Diet on healthy aging and longevity – L.M. Donini
- Mediterranean lifestyle: combined effects of diet and physical activity on public health – S. Carnevale
- The environmental impact of Mediterranean diet – L.M. Donini
- Mediterranean vs non-Mediterranean diets: analogies and diversities considering risks, benefits and environmental impact (e.g. Western diet,



Vegetarian diet, Vegan diet, Nordic diet, “Flexible” diet, “climate” diet) – L.M. Donini

Assessment: 3 MCQs (3 answers, only 1 correct)

MODULE VIII_ THE FIVE “S” OF THE ITALIAN WAY-OF-EATING

Giacomo di Matteo, Maurizio Muscaritoli – University of Rome “Sapienza”

- Why the Italian food tradition represents an example of applied Mediterranean diet: the five “s” of the Italian way-of-eating:
 - **S**ustainability: low environmental impacts – C. Ingallina
 - **S**easonality: seasonal consumption of fresh, local and traditional products and respect of the plant life cycle – G. Di Matteo
 - **S**afety/**S**ecurity: the impact of Italian way-of-eating on the epidemiology of NCDs – M Muscaritoli
 - **S**uperiority: richness in biodiversity, taste and culinary tradition – M. Muscaritoli
 - **S**ociality: conviviality, high sociocultural food values and positive local economic returns

Assessment: 3 MCQs/CFU (3 answers, only 1 correct)

MODULE IX_ ALTERNATIVE PROTEIN SOURCES AND MUSCLE METABOLISM IN HEALTH AND DISEASE

Maurizio Muscaritoli, Sara Carnevale – University of Rome “Sapienza”

- Animal and vegetable proteins elicited different plasma aminoacidemia – M. Muscaritoli
- How to overcome imbalances in plant-based foods: the complementation between different vegetable protein – S. Carnevale
- Italian legumes- based- recipe for promoting muscle mass synthesis – S. Carnevale
- Protein isolates from plant for a sustainable nutrition in health and disease – M. Muscaritoli

Assessment: 3 MCQs (3 answers, only 1 correct)



MODULE X_ ALTERNATIVE PROTEIN SOURCES IN KIDNEY DISEASE PREVENTION AND TREATMENT

Alice Sabatino, Maurizio Muscaritoli, Francesca Di Mario – University of Rome “Sapienza”

- Protein intake and CKD – F. Di Mario
- The impact of animal proteins on kidney function – M. Muscaritoli
- The benefits of a plant-based diet in kidney disease – A. Sabatino
- The MED-REN Diet: an Italian model for Kidney Disease – A. Sabatino

Assessment: 3 MCQs/CFU (3 answers, only 1 correct)

MODULE XI_JOURNALISM, SOCIAL MEDIA AND COMMUNICATION

Marco Lombardi – University of Rome “Sapienza”

Pierluigi Petrillo, Sara Di Luca - University of Rome UnitelmaSapienza

- The Mediterranean diet as an Intangible Cultural Heritage of Humanity – P. Petrillo
- Mediterranean diet in local tradition and history – M. Lombardi
- Implementing Mediterranean diet in everyday life worldwide (how to promote and defend it in the Mediterranean regions; how to mimic it in non-Mediterranean regions) - M Lombardi
- Promotion and enhancement of short supply chain: territories, companies and products - S. Di Luca
- How to defend made in Italy food products (European quality marks) - S. Di Luca
- The protection of quality food abroad and on the web (evocation, usurpation, italian sounding) – S. Di Luca
- IT, artificial intelligence and nutrition in health and disease – M. Lombardi

Assessment: 3 MCQs/CFU (3 answers, only 1 correct)

Module XII SUSTAINABLE FOOD CATERING

Luca Muzzioli – University of Rome “Sapienza”

Roberto Carcangiu – President of the APCI (Professional Association of Italian Chefs)

Joshua Nicolini - Central Bureau of Investigation for Quality Protection and Fraud Repression of Agri-Food Products (ICQRF)



- Designing a sustainable menu: the role of seasonal, local and traditional productions in school, corporate, and hospital catering menu design – L. Muzzioli
- The choice of PDO/PGI and organic products in the menu for collectives. The controls on food catering operators on quality products: the ICQRF experience – J. Nicolini
- Mediterranean diet recipes to reduce the environmental impact of food catering
- Transparent menu communication and consumer education programs – R. Carcangiu
- Efficient use of water and energy and consumption monitoring – R. Carcangiu
- Optimization of cooking cycles in foodservice – R. Carcangiu
- Techniques for reducing waste – R. Carcangiu
- Environmentally friendly, recyclable, reusable and biodegradable materials – R. Carcangiu
- The role of food catering and large-scale retail trade in consumer education programs – L. Muzzioli

Assessment: 3 MCQs (3 answers, only 1 correct)

Extra curricula Activities: Participants are strongly encouraged to individually attend Meetings, Congresses and Conventions on the topics pertaining the Master Degree Course. Certificate of attendance must be provided. Documented extra curricula activities will be considered in the final evaluation.

10. Structure of studies

SUMMARY - STRUCTURE
** 1 year Course – 60 CFU/ECTS 52 CFU/ECTS of Asynchronous/Synchronous Lessons, Webinar, Activities 12 Modules 12 Assessments (MCQs) Final exam (PW) 8 CFU/ECTS

Extra curricula Activities: Participants are strongly encouraged to individually attend Meetings, Congresses and Conventions on the topics pertaining the



Master Degree Course. Certificate of attendance must be provided. Documented extra curricula activities will be considered in the final evaluation.

10. Structure of studies

With a scope of 60 credits (ECTS), the First Level Master on “*Food, nutrition, sustainability, and wellbeing. The Med-in-Italy experience*”, can be completed in one academic years (12 months).

MODULE	COURSE	CFU/ECTS e SSD 2024
MODULE 1	INTRODUCTORY CONCEPTS	1 CFU/ECTS – MEDS-08/C (ex MED/49)
MODULE 2	NUTRITIONAL BIOCHEMISTRY	6 CFU/ECTS – 2 CFU BIOS-07/A (ex BIO/10) – 2 CFU MEDS-02/A (ex MED/04) – 2 CFU MEDS-01/A (ex MED/03)
MODULE 3	PHYSIOLOGY AND PATHOPHYSIOLOGY IN HUMAN NUTRITION	6 CFU/ECTS – 2 CFU BIOS-06/A (ex BIO/09) – 1 CFU MEDS-08/C (ex MED/49) – 1 CFU MEDS-05/A (ex MED/09) – 1 CFU MEDS-10/A (ex MED/12) – 1 CFU MEDS-20/A (ex MED/38)
MODULE 4	FOOD CATEGORIES	6 CFU/ECTS – CHEM-07/B (ex CHIM/10)
MODULE 5	FOOD, SECURITY AND QUALITY	4 CFU/ECTS – 1 CFU MEDS-03/A (ex MED/07) – 1 CFU ECON-10/A (ex SECS-P/13) – 0,5 CFU AGRI-07/A (ex AGR/15) – 0,5 CFU AGRI-06/A (ex AGR/07) – 1 CFU GIUR-02/A (ex IUS/04)
MODULE 6	ANALYSIS AND DESIGN OF A SUSTAINABLE FOOD SUPPLY CHAIN	6 CFU/ECTS – 2 CFU BIOS-05/A (ex BIO/07) – 2 CFU AGRI-05/B (ex AGR/12) – 1 CFU AGRI-07/A (ex AGR/15) – 1 CFU IIND-07/B (ex ING-IND/11)
MODULE 7	THE MEDITERRANEAN DIET AS A MODEL OF A HEALTHY AND SUSTAINABLE PATTERN	8 CFU/ECTS – 2 CFU MEDS-08/C (ex MED/49) – 3 CFU MEDS-05/A (ex MED/09) – 3 CFU MEDS-10/A (ex MED/12)
MODULE 8	THE FIVE “S” OF THE ITALIAN WAY OF EATING	4 CFU/ECTS – 1 CFU GSPS-06/A (ex SPS/08) – 1 CFU AGRI-07/A (ex AGR/15) – 1 CFU CHEM-07/B (ex CHIM/10) – 0,5 CFU ECON-10/A (ex SECS-P/13) – 0,5 CFU BIOS-05/A (ex BIO/07)
MODULE 9	ALTERNATIVE PROTEIN SOURCES AND MUSCLE METABOLISM IN HEALTH AND DISEASE	3 CFU/ECTS – 1 CFU MEDS-08/C (ex MED/49) – 1 CFU MEDS-05/A (ex MED/09)
MODULE 10	ALTERNATIVE PROTEIN SOURCES IN KIDNEY DISEASE PREVENTION AND TREATMENT	1 CFU/ECTS – 0,5 CFU MEDS-05/A (ex MED/09) – 0,5 CFU MEDS-08/B (ex MED/14)



MODULE	COURSE	CFU/ECTS e SSD 2024
MODULE 11	JOURNALISM, SOCIAL MEDIA AND COMMUNICATION	3 CFU/ECTS – 1 CFU GSPS-06/A (<i>ex SPS/08</i>) – 1 CFU HIST-03/A (<i>ex M-STO/04</i>) – 1 CFU IINF-05/A (<i>ex ING-INF/05</i>)
MODULE 12	SUSTAINABLE FOOD CATERING	4 CFU/ECTS – 1 CFU MEDS-08/C (<i>ex MED/49</i>) – 1 CFU ICHI-02/B (<i>ex ING-IND/27</i>) – 1 CFU IIND-06/B (<i>ex ING-IND/09</i>) – 0,5 CFU IIND-07/B (<i>ex ING-IND/11</i>) – 0,5 CFU ECON-10/A (<i>ex SECS-P/13</i>)

SUMMARY - STRUCTURE**** 1 year Course – 60 CFU/ECTS****52 CFU/ECTS of Asynchronous/Synchronous Lessons,
Webinar, Activities****12 Modules****12 Assessments (MCQs)****Final exam (PW) 8 CFU/ECTS**