UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

ONE HEALTH - Solo una alimentazione sostenibile salverà il pianeta!

2425-BbetweenSDG-04-05

Module description

The module aims to analyze:
a) the concepts of healthy nutrition/food, what nutrients are necessary for our health, and in which foods are they mostly present;
b) nutritionally complete diets, such as the Mediterranean diet (Anthropocene diet) and variants, contextualized in the countries where they were born (Okinawa diet, New Nordic Diet);
c) incorrect and trendy diets;
d) which are/are the sustainable diets also for the planet in the OneHealth concept;
e) do new foods and novel foods enter the OneHealth concept?

Learning goals

Know what nutritionally essential foods are; know the principles of a nutritionally correct diet; understand the unhealthy motivations of "fad diets"; understand the OneHealth concept in the broader concept of sustainability; know the new trends in food from an environmental sustainability perspective.

General goal

Specific skills and competences

Sustainable Development Goals of the 2030 UN Agenda

Goal 3: Good health and well-being for all
Goal 12: Responsible consumption and production

Breakdown of meetings

The module will be divided into 6 lessons of 2 hours each. The lessons will be recorded and available online weekly starting from March 14th.
Finally, three live online meetings will be organized through the Webex platform for questions and possible discussion/comparison on the topics covered. The meetings with registration will be in mid-June, October 2025, and January 2026.
The dates will be published on e-learning 15 days before.

Number of participants

300

Language used in meetings

Italian

Delivery period of the module

from March 14th
March 21th
March 28th
April 4th
April 10th
April 17th

Methods of assessing the outcomes of the learning process

A short questionnaire on teaching satisfaction.
Skill evaluation will be completed by drafting a press release about a the topic covered during the lessons.

Department of affiliation of the teacher

Dep of Medicine and Surgery

Sustainable Development Goals

ZERO HUNGER | GOOD HEALTH AND WELL-BEING | RESPONSIBLE CONSUMPTION AND PRODUCTION | CLIMATE ACTION