UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

I principi etici, sociali e giuridici di scelte e stili alimentari

2526-BbetweenSDG-Principi

Module description

.The module will examine how dietary patterns relate to the principle of sustainability. There will be two main areas of focus.

The first focus concerns the fact that ethical, religious, moral, and cultural choices, as well as choices made to achieve personal well-being and maintain psychophysical health, directly affect the sustainability of food consumption.
Assessing which choices are less sustainable and which are more sustainable must take into account people's rights and their ethical and moral principles.
However, one must first ask whether the law should protect the expression of everyone's values, including through the possibility of making food choices. And one must also ask whether there exists a right to have one's personal tastes protected.

The second focus concerns the concept of sustainability in the context of food.
Food choices must be assessed not only in terms of environmental sustainability (for example, the environmental impact of monocultures; the environmental impact of distribution; the use of pesticides and engineered crops; water use; etc.), but also in terms of social sustainability (for example: workers' rights; the rights of communities where production takes place; inequalities in access to healthy foods; inequalities between populations of industrialized countries and those of third-world and even more so fourth-world countries).

In the final part of the module, the concept of sustainability will be discussed in connection with gender differences and gender-based discrimination.

Se vuoi, posso fornirti anche una versione più formale, più sintetica o più accademica.

Learning goals

Course Objectives

Understand the social and economic motivations behind people’s food choices.
Increase awareness and knowledge regarding the sustainability of one’s own dietary decisions.
Explore the right to healthy nutrition that respects ethical and moral principles as well as the legitimate expectations of future generations.
Develop the ability to interpret contemporary issues related to the sustainability of food choices.
Achieve solid independent judgment in evaluating the challenges posed by sustainability.
Reflect on the meaning of the concept of food quality.

General goal

Be aware that all personal decisions related to food choices have an impact on environmental and social sustainability.

Specific skills and competences

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Sustainable Development Goals of the 2030 UN Agenda

Goal 3: Good Health and Well-being
Goal 5: Gender Equality
Goal 12: Responsible Consumption and Production
Goal 16: Peace, Justice and Strong Institutions

Breakdown of meetings

The module will be divided into four sessions, each lasting three hours.

Number of participants

Maximum of 200 participants.

Language used in meetings

Italian

Delivery period of the module

May 2026.

Methods of assessing the outcomes of the learning process

It is necessary to complete an online assessment questionnaire on the competencies acquired, divided into two sections: a first section with multiple-choice questions and a second section with open-ended questions.

Department of affiliation of the teacher

Department of law.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | GENDER EQUALITY | RESPONSIBLE CONSUMPTION AND PRODUCTION | PEACE, JUSTICE AND STRONG INSTITUTIONS