

## **FOOD AND HEALTH, NUTRITION AND SUSTAINABILITY**

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There are 5 study sessions (for each session: 4 hours of lectures from different teachers + 4 hours of workshops) + 1 day entirely devoted to a guided tour of Expo on the following topics:

**1. Diet and health: food as medicine**

- The food as medicine
- The importance of the food for the health
- The role of the food in the cancer prevention
- Food and drugs

**Food workshop**

The Mediterranean diet: health benefits

**2. Food of the world: nutrition and health in a multiethnic society**

- Food cultures and history of health
- Nutrition and lifestyles: from local to global
- The role of nutrition in health practice of oriental medicines
- Different eating styles, work and health

**Food workshop**

Food experiences in the particular local cuisine in Milan and in the Brianza land

**3. Neurogastronomy: food and brain**

- Neurogastronomy: the brain food
- Evolution of taste: because for the brain sweet is better than bitter
- Food for thought
- Globesity: a problem of ... head

**Food workshop**

Food experiences in neurogastronomy

**4. Food of the future: new resources and sustainable health**

- The future of the food in the perspective of a sustainable health
- Fish, algae, insects: this will be the food of tomorrow?
- Genetically modified organisms and nutrition: opportunities or disasters?
- For a future in health: being fit between school and home

**Food workshop**

Laboratory on the food

**5. Rice as a primary food source**

- The history of the rice
- The cluster of the rice in Milan Expo

**Special food workshop**

Medioeval banquet in Monza

Period of realization: May 25-30, 2015 or/and October 12-17, 2015.

Tuition Fee: 400 €

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