	Implementation schedule	Partner University	Lecturer	Learning outcomes
DAY 1 **Friday** **23/05/2025** **09.00-12.00 CET**	Determination of glycemic index of foods	AUA	Aimilia Papakonstantinou	
	The glycemic index (GI) is a fundamental tool for assessing the impact of carbohydrate-containing foods on postprandial blood glucose levels. In this course, students will engage in examples of hands-on experimentation to measure and compare the glycemic indices of a variety of common foods. Through standardized testing protocols, including fasting, controlled food intake, and capillary blood glucose monitoring at timed intervals, participants will learn to calculate GI values using reference standards such as glucose or white bread. The course will emphasize critical aspects of experimental design, data collection accuracy, and ethical considerations in human nutrition studies. Students will also interpret GI results in the context of metabolic health, diabetes management, and dietary planning. This experience bridges biochemical theory with practical nutrition science, preparing students for roles in clinical dietetics, food innovation, and public health policy.			

DAY 2 **26/05/25** **Monday** **09.00-12.00 CET**	Effects of dietary patterns, functional foods and nutrients on glycemic response, glucose metabolism, appetite and body weight	AUA	Aimilia Papakonstantinou	✓
	This course offers students a research-based exploration of how various dietary patterns, functional foods, and specific nutrients influence glycemic response, glucose metabolism, appetite regulation, and body weight. Through experimental design and examples of testing, participants will examine the acute and chronic effects of different macronutrient compositions, fiber-rich foods, fermented products, and bioactive compounds on postprandial glucose levels and subjective satiety scores. Students will be shown validated protocols including oral glucose tolerance tests (OGTT), appetite questionnaires, and anthropometric measurements, gaining experience in human clinical nutrition techniques. Emphasis will be placed on the critical evaluation of emerging evidence in nutrition science, interpretation of individual variability, and the role of diet in chronic disease prevention. This course prepares students for advanced work in nutritional epidemiology, metabolic research, and the development of personalized dietary interventions.			
DAY 3 **Tuesday** **27/05/2025** **10.00- 11.30 CET**	Diabetes and related digestion behaviors	UROS	Holger Willenberg	✓
	This course explores the relationship between diabetes and digestive behaviours.			

DAY 3 Tuesday 27/05/2025 12.00- 13.30 CET	Effects of dietary patterns, foods and nutrients including seafood on cardiometabolic risk factors in healthy adults, individuals at high risk for developing diabetes, overweight/obese and in people with diabetes	AUA	Kalliopi Poulia	✓

This course explores the impact of dietary patterns, individual foods, nutrients, and seafood intake on cardiometabolic health markers across a spectrum of populations—including healthy adults, individuals at high risk of diabetes, and those who are overweight, obese, or living with diabetes. Through supervised clinical investigations, students will assess how specific dietary interventions influence blood lipid profiles, glucose tolerance, blood pressure, inflammatory markers, and body composition. Emphasis will be placed on the physiological mechanisms linking diet to cardiometabolic risk, including insulin sensitivity, endothelial function, and lipid metabolism. Students will engage with real-world testing methodologies such as fasting blood panels, anthropometry, and dietary recalls, developing critical skills in nutritional epidemiology, clinical assessment, and metabolic data interpretation. The course builds capacity for future work in clinical nutrition, preventive medicine, and public health policy innovation.

DAY 4 Thursday 29/05/2025 10.00-13.00 CET	Anthropometry and novel techniques in Food Science in Coastal populations. Recording and analyzing food intake	AUA	Kalliopi Poulia	✓
	The study of anthropometry and novel techniques in food science is essential in understanding the health, nutritional status, and dietary habits of coastal populations. Coastal populations often have unique dietary patterns due to their proximity to marine resources, and their health and food intake can be influenced by a variety of factors such as climate, culture, and access to seafood. The integration of anthropometric analysis and novel food science techniques is crucial for understanding and improving the health and nutrition of coastal populations. By combining traditional practices with modern technologies, researchers can gain a more accurate picture of food intake and nutritional status, ultimately leading to better health outcomes and food security in these regions.			
DAY 6 Friday 30/05/2025 10.00-13.00 CET	AI in food science	FredU	Nikleia Eteokleous	✓
	How we can use more effectively AI in food science. Advantages and future prospects.			