	Implementation schedule	Title	Participation	Partner University	Lecturer
Day 1	**Tuesday** **19/05/2026** **10.00-13.00 CET**	**Diabetes and related digestion behaviors**		**UROS**	**Holger Willenberg**
	This course explores the relationship between diabetes and digestive behaviours.				
Day 2	**Wednesday** **20/05/2026** **10.00-13.00 CET**	**Determination of glycemic index of foods**	**Online**	**AUA**	**Aimilia Papakonstantinou/Antonios Vlassopoulos**
	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 3	**Thursday** **21/05/2026** **14.00-17.00 CET**	**Nutrition for Better Health: Enhancing Oral Health, General Health, and Quality of Life**	**Online**	**KU**	**Jurgita Andruškienė**
	This lecture explores how diet influences oral health, overall well-being, and quality of life, linking nutrition science to practical daily choices. It covers key nutrients, eating patterns, and lifestyle behaviors that protect teeth and gums, reduce chronic disease risk, and support energy, mood, and resilience. Students will gain evidence-based dietary strategies and actionable steps to implement in professional activity or personal life for lasting health benefits.				

DAY 4	**Friday** **22/05/2026** **10.00-13.00 CET**	**Effects of dietary patterns, functional foods and nutrients on glycemic response, glucose metabolism, appetite and body weight**		**AUA**	**Aimilia Papakonstantinou/Antonios Vlassopoulos**
	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 5	**Monday** **25/05/2025** **11.00-14.00 CET**	**AI in food science**	**Online**	**FredU**	**Nikleia Eteokleous**
	How we can use more effectively AI in food science. Advantages and future prospects.				