

Final Dissertation [LM2EF1]

Academic Activity a.y. 2027/2028

Lecturer(s):

Time period: Secondo Ciclo Semestrale

Syllabus not published by lecturer.

The academic activity is offered in:

Scienze Gastronomiche

Program type:	Program: (Curriculum:)	Curriculum:	Credits:	Sector:
Master or equivalent second cycle	Food and Planetary Health (2026)	comune	16	PROFIN_S

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Food Governance and Law [LM356]

Academic Activity a.y. 2027/2028

Lecturer(s): ELENA CORCIONE

Time period: Primo Ciclo Semestrale

Learning objectives:

The course Food governance and law will prepare students to address the global challenges faced by food systems in relation to environmental and social sustainability. The course adopts an interdisciplinary and holistic approach grounded in the framework of planetary health, preparing professionals capable of designing, managing, and assessing the impact of initiatives undertaken by national public and private entities, non-governmental organizations, and international institutions, with the aim of contributing to the transition towards healthy, equitable, and sustainable food systems.

After finishing the course, students will be able to analyze and interpret the instruments and dynamics underpinning international governance of food systems and global value chains, both at international and regional levels. They will be able to identify key issues and critical aspects within relevant policy frameworks, including those concerning the participation of state and non-state actors in the formulation and compliance with pertinent international norms. Students will also be able to identify obligations and mechanisms for the protection of the environment, climate, and human rights, within the broader context of ESG (Environmental, Social, and Governance) principles. Furthermore, students will develop an understanding of the environmental and social impacts of global food systems and their interconnections, acquiring analytical tools to critically assess and coherently guide the policies and actions of governmental bodies, international organizations, NGOs, and private enterprises.

Prerequisites:

It is recommended that students attending this course have a strong interest in issues related to the global governance of food systems and the international protection of human rights

Course contents:

Program

Actors in Global Food Systems: States and International Organizations
Sources of Law in Global Food Systems: Multilevel Governance
Global Food Systems, International Trade, and Investment
Global Food Systems, Environment, and Climate Change
Global Food Systems and Human Rights: Legal Sources and Protection Mechanisms
Agri-food Enterprises and Human Rights Protection Standards
European Regulation of Global Food Systems

Teaching method

Teaching language: English

Teaching will consist of both traditional lectures and interactive sessions.

In addition to conventional instruction, learning by doing activities may be offered, connected to the work of relevant United Nations bodies in line with the course content and/or involving classroom mootings and debating exercises designed to foster student interaction and engagement with practical case studies.

Criteria, rules and procedures for the exam

For full-time students

The exam consists of a test (which may be taken in Italian or English at the student's choice).

The exam will be in the form of a written exam consisting in two open-ended questions to be completed in 90 minutes time.

Exam procedures are partially differentiated according to whether students have had more or less than 30% absences (in compliance with the University regulations). In particular, for students who have exceeded this threshold an additional teaching load is envisaged, consisting of two additional readings and agreed in advance with the lecturer.

The assessment criteria will be as follows: grades will be given on the basis of the final exam. The participation to learning-by-doing and mootings activities during the course may lead to extra points.

For part-time students

The exam consists of a test (which may be taken in Italian or English at the student's choice). The final exam will be held in the same form as for full time students.

Recommended readings:

For full-time students

Special teaching material has been developed for this course, which does not completely coincide with texts available on the market.

Teaching materials used during the course will be provided by the teacher and integrated by readings made available before the respective lectures via the University's e-learning platform.

For part-time students

Materials will be the same as those provided to full time students.

Further readings:

Learning objective

The professional figure of the "graduate in Food and planetary health" who works in the context of food policy and governance and planetary health expert is typically entrusted with the following tasks:

- Analysis and management of the sustainability of food and agri-industrial supply chains;
- Development and implementation of innovative solutions for food production, processing, and distribution;
- Coordination of corporate processes within an ESG (Environmental, Social, and Governance) framework;
- Analysis, design, and implementation of strategies, policies, and interventions for ecological transition and public health;
- Coordination and monitoring of projects in the environmental, health, and food sectors within public institutions, international agencies, and non-governmental organizations;
- Assessment of the environmental, social, and health impacts of sustainability programs and policies;
- Scientific and public communication on topics related to health, environment, and food.

This teaching module aims to provide foundational competences that integrate ecological, health, and social knowledge in order to analyze complex systems; to understand the main instruments of governance, food policy, and environmental sustainability; and to develop the ability to plan and manage production and logistics processes from a sustainability-oriented perspective.

Response to the learning objective

With the aim of demonstrating the effective preparation for the threshold competencies the student will be asked to demonstrate, before the end of this course module, that they have attained knowledge about the following points of particular importance:

- Understanding of the mechanisms of multilevel governance of food systems, and of the related regulatory frameworks and food policies at local, regional, and global levels;
 - Ability to develop, evaluate, and communicate public policies and environmental strategies from a sustainability perspective and through a holistic approach.
- and capacity to apply knowledge:
- Ability to design, manage, and evaluate policies and interventions aimed at enhancing the sustainability of food systems;
 - Capacity for critical analysis of legal instruments and applicable economic models, and for the formulation of new sustainability policies;
 - Ability to operate within institutional and intergovernmental contexts, planning and implementing projects at both local and global levels.

The academic activity is offered in:

Scienze Gastronomiche

Program type:	Program: (Curriculum:)	Curriculum:	Credits:	Sector:
Master or equivalent second cycle	Food and Planetary Health (2026)	comune	6	GIUR-09/A

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Global Health Nutrition [LM355]

Academic Activity a.y. 2027/2028

Lecturer(s): KARIN LENSSEN

Time period: Primo Ciclo Semestrale

Learning objectives:

When it comes to nutrition, the global health perspective provides interesting insights. While one region of the world is trying to fight an obesity pandemic, another part of the world has trouble feeding its population with nutritious food. Very different problems, but both with severe outcomes. In the "Global Health Nutrition" course, you will dive into the topic of nutrition and health around the globe. By identifying the vulnerable groups, existing problems and previously executed interventions we will improve the understanding of the differences around the world. By combining this knowledge with existing governmental bodies and policies, students will learn to also view these known issues from the governance side. And what about the future? We already know some things that are coming towards us (climate change), but what if it is suddenly here (crisis management)?

Students will approach the topics within public health nutrition and global health from an interdisciplinary perspective. As in traditional public health, they will combine biology, epidemiology, behavior change and policy.

By the end of the course, students will be able to:

- discuss global health nutrition issues in critical need for attention and identify determinants of nutrition inequities and global food security.
- distinguish nutritional needs of different vulnerable groups (e.g. mothers, infants, adolescents) and related adverse health outcomes of global public health relevance.
- differentiate between existing governmental and non-governmental organizations involved in global health nutrition and their responsibilities.
- critically appraise existing policies and action frameworks on global health nutrition issues.
- apply existing knowledge and theories on future challenges that may impact the field of global health and global nutrition thereby distinguishing between the different regions of the world and relating relevant policies to this.
- evaluate how global health nutrition interventions are planned and discuss what factors may obstruct successful implementation.
- explain a current global health nutrition issue to a non-scientific audience and demonstrate how nutrition interventions could prevent, manage and/or eliminate said issue.

Prerequisites:

Students taking this course should have a basic knowledge of food and nutritional sciences.

Course contents:

Program

At the beginning of the course, an ad-hoc introductory seminar will be offered on the basics of public health.

Introduction to Global Health Nutrition

Understanding global health and public health nutrition

Governance and policy in Global Health Nutrition

Differences between national, regional and global institutes and their responsibilities

Globesity, Malnutrition and Hunger

Nutrition Programs

Design, Implementation and Evaluation of Nutrition Programs

Evaluate impact of nutrition programmes and implantation and evaluation research

Teaching method

Teaching language: English

Lectures, case studies, interactive discussions, team-based research projects and hands-on activities.

Criteria, rules and procedures for the exam

For full-time students

Assessment Components:

40%: Team-based exam

60%: Case discussion and policy proposals

Attendance Policy:

Students with an absence rate over 15% will have additional assignments as agreed upon with the lecturer.

For part-time students
Assessment Components:
100%: Final written exam

Recommended readings:

Teaching will be based on relevant scientific studies and published international reports on global health and public health nutrition. The readings will be made available to all students during the course on the university's e-learning platform.

Students will be informed which sources to prepare for the classes.

Further readings:

Learning objective

Students taking this elective in global health nutrition will be introduced to:

- Principles of global health and public health nutrition
- Malnutrition, public health consequences of malnutrition and vulnerable groups
- The responsibilities of national, regional and global institutes involved in global health and/or public health nutrition
- The design, impact, implementation and evaluation of public health nutrition programs
- Existing and emerging issues in global health and public health nutrition

Response to the learning objective

By the end of this course, students will demonstrate:

- knowledge of global health and public health nutrition.
- ability to assess and design evidence-based policy suggestions for public health nutrition.
- skills in interdisciplinary tools.

The academic activity is offered in:

Scienze Gastronomiche

Program type:	Program: (Curriculum:)	Curriculum:	Credits:	Sector:
Master or equivalent second cycle	Food and Planetary Health (2026)	comune	8	ECON-02/A

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Internship [LMTF5]

Academic Activity a.y. 2027/2028

Lecturer(s):

Time period: Secondo Ciclo Semestrale

The academic activity is offered in:

Scienze Gastronomiche

Program type:	Program: (Curriculum:)	Curriculum:	Credits:	Sector:
Master or equivalent second cycle	Food and Planetary Health (2026)	comune	12	NN

Printed on: 19/02/2026

Planetary Health [LM354]

Academic Activity a.y. 2027/2028

Lecturer(s): PIM MARTENS

Time period: Primo Ciclo Semestrale

Learning objectives:

The emerging field of planetary health explicitly accounts for the importance of natural systems in terms of averted cases of disease and the potential harm that comes from human perturbations of these systems. The "Planetary Health" course introduces students to key planetary health concepts and how the health and sustainability of our Earth systems and human health are intrinsically linked.

By the end of this course, students will be expected to be able to:

- discuss planetary health as part of the broader discussions about the Anthropocene and planetary boundaries.
- analyze the basic mechanism and the underlying connection between the health of our planet, nature, animals and humans.
- identify the key physical and mental health impacts related to the functioning of Earth's natural systems.
- evaluate different perspectives on planetary health, including Indigenous perspectives.
- evaluate planetary-health-friendly and resilient systems and potential adaptation strategies, including (intergenerational) inequities and vulnerabilities.
- identify strategies that foster hope and collaborative action to mitigate or adapt to climate change.
- develop an integrated systems perspective of planetary health, which requires exploring methods and concepts such as nature-based solutions.

This course prepares students for careers in environmental health, sustainability science, public health policy, climate change adaptation, planetary health research, nature-based solutions design and other interdisciplinary fields that integrate human and ecological well-being.

Prerequisites:

Students taking this course should have a basic knowledge of ecology and human health systems.

Course contents:

Program

At the beginning of the course, an ad-hoc introductory seminar will be offered on the basics of the social and economic dimensions of sustainability and climate change.

1. Understanding Planetary Health: Setting the Scene

Students will explore the implications of these interconnections for the health and sustainability of both Earth systems and human well-being.

2. Climate Change and Planetary Health: Assessing the Impact on Global Health

Students analyze the far-reaching effects of climate change on Earth's systems and human health, exploring mitigation and adaptation strategies to address climate-related health risks.

3. Biodiversity Conservation and Planetary Health: Preserving Ecosystems for Human Well-Being

Students assess how safeguarding natural habitats and promoting ecosystem restoration positively impact human health outcomes.

4. Animal Perspective: Human and Wildlife Conflict

Students explore human-wildlife conflict, focusing on how animals and humans coexist in shared environments, the ecological roles of species and strategies to mitigate conflicts while balancing conservation and public safety.

5. Indigenous Perspectives and Planetary Health

Students explore different perspectives on planetary health, including Indigenous perspectives and addresses (intergenerational) inequities and vulnerabilities.

6. The Role of Nature-Based Solutions in Planetary Health

Students examine how these approaches can promote both human and planetary health, discussing their feasibility and scalability in addressing environmental and health challenges.

Teaching method

Teaching language: English

Lectures, case studies, interactive discussions, team-based research projects and hands-on activities.

Criteria, rules and procedures for the exam

For full-time students:

Assessment Components:

70%: Research project presentation

30%: Project assignment

Attendance Policy:

Students with an absence rate higher than 30% will have additional assignments as agreed upon with the lecturer.

For part-time students:

Assessment Components:

100%: Final written exam

Recommended readings:

For full-time students

Special teaching material has been developed for this course, which does not completely coincide with texts available on the market.

Recommended text for all:

- Martens, P. (2023). Planetary Health: The recipe for a sustainable future. Inaugural professorial speech, University of Maastricht.

The text will be supplemented by readings that will be made available to students before the respective lectures via the university's e-learning platform.

Exercises: Before each lecture, the lecturer will indicate to the students the material to be studied, in order to carry out in-class exercises and/or discussions related to it.

For part-time students

Special teaching material has been developed for this course, which does not completely coincide with texts available on the market.

Recommended text for all:

Martens, P. (2023). Planetary Health: The recipe for a sustainable future. Inaugural professorial speech, University of Maastricht.

The text will be supplemented by readings that will be made available to students before the respective lectures via the university's e-learning platform.

Exercises: Before each lecture, the lecturer will indicate to the students the material to be studied, in order to carry out in-class exercises and/or discussions related to it.

Further readings:

Learning objective

Graduates taking this "Planetary Health" course will be introduced to:

- Key concepts linking the health of the planet, nature, animals and humans within the Anthropocene and planetary boundaries framework.
- The impacts of climate change, biodiversity loss and ecosystem degradation on physical and mental health.
- Indigenous and interdisciplinary perspectives on resilience, equity and sustainable co-existence.
- System-based and nature-based approaches to promote planetary and human health.

Response to the learning objective

By the end of this course, students will demonstrate:

- Comprehensive understanding of the interconnections between environmental systems and human health.
- Ability to critically evaluate planetary health challenges and propose adaptation or mitigation strategies.
- Skills in applying integrated systems thinking and nature-based solutions.
- Appreciation of diverse perspectives, including Indigenous, that foster hope, equity and collaborative action in addressing planetary health issues.

The academic activity is offered in:

Scienze Gastronomiche

Program type:	Program: (Curriculum:)	Curriculum:	Credits:	Sector:
Master or equivalent Food and Planetary Health (2026) second cycle		comune	6	GEOG-01/A

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The Ecological Foot(d) print [LM353]

Academic Activity a.y. 2027/2028

Lecturer(s): PIM MARTENS

Time period: Primo Ciclo Semestrale

Learning objectives:

The “Ecological Foot(d)print” course explores how food systems influence planetary sustainability and human well-being. It examines the environmental, ethical and social dimensions of food production and consumption, focusing on the ecological footprints of diets, agriculture and the global food trade. Students will learn to assess and design sustainable, equitable and health-promoting food systems that respect planetary boundaries.

By the end of this course, students are expected to be able to:

- explain the concept of ecological footprint and its application to food systems.
- analyze the environmental impacts of food production, distribution and consumption patterns.
- evaluate trade-offs between nutritional quality, sustainability and social justice.
- assess how individual and collective dietary choices affect ecosystems, climate and biodiversity.
- identify strategies to reduce the ecological footprint of food through innovation, policy and behavioral change.
- integrate systems thinking to propose sustainable and resilient food solutions within planetary boundaries.

This course prepares students for careers in:

- Sustainable food systems and environmental policy
- Corporate sustainability and supply chain management
- Public and global health with a focus on nutrition and environment
- Research and innovation in sustainable agriculture and food transitions

Prerequisites:

Students taking this course should have a basic knowledge of environmental and sustainability science and human nutrition and food systems.

Course contents:

Program

At the beginning of the course, an ad-hoc introductory seminar will be offered on the basics of climate change and its relationship with agriculture.

- Introduction to Ecological Footprint: Understanding Food System Impacts

Students will explore the concept of ecological footprint and its relevance to global food systems, examining the links between production, consumption and planetary health.

- Introduction to Climate Change and its Relationship to Agriculture.

- Measuring the Environmental Impact of Diets

Students will assess how different dietary patterns (e.g. omnivorous, vegetarian, vegan, local) influence land use, water consumption and carbon emissions.

- Sustainable Agriculture and Food Production

Students will examine ecological farming methods, circular agriculture and agroecology as strategies to reduce environmental pressure while ensuring food security.

- Food Justice and Global Trade

Students analyze social and ethical dimensions of food systems, including equity, labor and North–South relationships in global food supply chains.

- Policy and Behavioral Change for Sustainable Diets

Students explore the role of policy, education and innovation in transforming food consumption patterns and promoting sustainability.

- Designing Low-Footprint Food Futures

Students develop proposals for food systems and community-based interventions that reduce ecological footprints while improving health and well-being.

Teaching method

Teaching language: English

Lectures, case studies and interactive discussions, workshops and data analysis on ecological footprints, team-based projects and scenario-building exercises.

Criteria, rules and procedures for the exam

For full-time students

Assessment Components:

70%: Research project presentation

30%: Project assignment

Attendance Policy:

Students with an absence rate of more than 30% will have additional assignments as agreed upon with the lecturer.

For part-time students

Assessment Components:

100%: Final written exam

Recommended readings:

For full-time students

Special teaching material has been developed for this course, which does not completely coincide with texts available on the market.

Rockström, J. et al. (2009). Planetary Boundaries: Exploring the Safe Operating Space for Humanity.

Willett, W. et al. (2019). Food in the Anthropocene: the EAT–Lancet Commission on Healthy Diets from Sustainable Food Systems.

The texts will be supplemented by readings that will be made available to students before the respective lectures via the university's e-learning platform.

Exercises: Before each class, the lecturer will indicate to the students the material to be studied, in order to carry out in-class exercises and/or discussions related to it.

For part-time students

Special teaching material has been developed for this course, which does not completely coincide with texts available on the market.

Rockström, J. et al. (2009). Planetary Boundaries: Exploring the Safe Operating Space for Humanity.

Willett, W. et al. (2019). Food in the Anthropocene: the EAT–Lancet Commission on Healthy Diets from Sustainable Food Systems.

The texts will be supplemented by readings that will be made available to students before the respective lectures via the university's e-learning platform.

Exercises: Before each class, the lecturer will indicate to the students the material to be studied, in order to carry out in-class exercises and/or discussions related to it.

Further readings:

Learning objective

Graduates taking this course will be introduced to the following:

- The concept of ecological footprints and their application to food systems
- The environmental and social drivers of food sustainability
- Tools and metrics for assessing sustainable diets and agricultural practices
- Systemic approaches to food transitions within planetary boundaries

Response to the learning objective

By the end of this course, students will demonstrate the following:

- Understanding of how food production and consumption shape environmental sustainability
- Ability to measure, interpret and reduce the ecological footprint of food systems
- Skills in designing strategies and interventions for sustainable and equitable food systems
- Capacity to apply systems thinking in evaluating trade-offs between health, environment and equity

The academic activity is offered in:

Scienze Gastronomiche

Program type:	Program: (Curriculum:)	Curriculum:	Credits:	Sector:
Master or equivalent second cycle	Food and Planetary Health (2026)	comune	6	CEAR-05/A

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