**PHD COURSE**

**HEALTHY FOOD DESIGN (HFD)**
3rd edition 1**-4 May 2023**

**Wageningen, The Netherlands (in presence only)**

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| ***When/Who*** | **Sunday 30th**  |
|  | Arrival in Wageningen |
|  |  **Monday 1st**  |
| *8.30* | Running coffee and registration |
| *9.00 Vincenzo*  | Course Introduction presentations of teachers and attendee’s motivation.  |
| *9.30 Nicoletta*  | Definitions and legislative framework nutritional & health claims  |
| *10.30* | break |
| *11.00 Vincenzo* | How to Design Healthy Foods: A Step by Step Approach |
| *12.00* | Lunch  |
| *13.00 Vincenzo*  | Target/trend guided Healthy Food Design |
| *14.00 (Arnau, Teresa, Ruud, Bea, Ruth Abbey)* | Tutored assignment of HFD (1st part idea, targeting, formulation and technological strategy) |
| *16.30 Maryia* | Future food ingredient design  |
| *17.30* | Drinks and bite |
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|  | **Tuesday 2nd** |
| *9.00 Nicoletta*  | Health Claim Building and Validation: Target the Biomarkers and Tailor the in Vitro, Animal and Human Studies |
| *10.30* | Coffee break  |
| *11.00**Participants and Coach*  | Tutored assignment of HFD (2nd part health claim validation strategy and biological studies) |
| *13.00* | Lunch |
| 14.00 Edo | The food digestion perspective in HFD |
| *15.00 Nicoletta* | Bioactive Ingredients for Healthy Food Design (Part 1) |
| *16.00* | Coffee break |
| *16.30 Vincenzo*  | Bioactive Ingredients for Healthy Food Design (Part 2) |
| *17.30* | Day closure with surprise |
| *18.30* | Dinner together and evening assignment |

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|  | **Wednesday 3rd** |
|  | **Role play morning (Actors to be defined)** |
| *9.00 Vincenzo*  | Introduction to the role play |
| *9.30* | Role play Working group |
| *12.00* | Role play luncheon session  |
| *13.30* | Coffee break and debrief |
| *14.00 Kasper* | Translating breast milk research to dairy-based functional ingredients  |
| *15.30 Arianne*  | Combine nicely, consume wisely: ingredients combination is critical  |
| *16.30 Luisma*  | Trends in food design  |

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|  | **Thursday 4th** |
| *9.00 Muriel*  | Success and failure cases in HFD |
| 10.00 Vincenzo  | Disaster collection  |
| 10.30 Luisma | Success and failure cases in HFD |
| 12.00  | Lunch  |
| 13.00 | fine tuning of the group presentations |
| 14.30 Participants | Group cases presentation  |
| *16.30 Vincenzo Nicoletta* | Wrap up, closure and take-home message |