



---

### CIFAL Istanbul - BES4079 Sustainable Nutrition

#### People

Deadline: 9 Sep 2024

---

Type:	Course
Location:	Istanbul, Türkiye
Date:	23 Sep 2024 to 27 Dec 2024
Duration:	52 Hours
Programme Area:	Decentralize Cooperation Programme
Website:	<a href="https://cifalistanbul.org/">https://cifalistanbul.org/</a>
Price:	\$0.00
Event Focal Point Email:	cisil.sohodol@eas.bau.edu.tr
Partnership:	CIFAL Istanbul, Bahçeşehir University

---

#### BACKGROUND

The aim of this course is to learn about the effects of nutrition on the environment and the transfer of food resources to future generations, as well as sustainable nutrition models.

#### EVENT OBJECTIVES

Learn about the environmental impacts of food and nutrition. Learn about the effects of nutritional practices on sustainability. Learn about sustainable nutrition models. Learn about the impact of agriculture and food on sustainability.

## **LEARNING OBJECTIVES**

Learn about the environmental impacts of food and nutrition. Learn about the effects of nutritional practices on sustainability. Learn about sustainable nutrition models. Learn about the impact of agriculture and food on sustainability.

## **CONTENT AND STRUCTURE**

This course is designed to provide students with an understanding of the relationship between food, nutrition, and the environment. It will cover the environmental impacts of various food systems, explore sustainable nutrition models, and evaluate agricultural practices for their sustainability. The course will also highlight how nutrition choices can contribute to both individual health and the health of the planet.

## **METHODOLOGY**

The methodology for this course is to provide information around the subject whilst enhancing the lecture with notes and articles. This course assesses knowledge with one midterm and one final exam as well as a project during the year to further improve creative thinking for students.

## **TARGETED AUDIENCE**

Students of Bahçeşehir University