Hanze

Course: The Sustainable and Healthy Product of the Future — credits: 30

Course code	DGVM23TOEKOMST
Name	The Sustainable and Healthy Product of the Future
Study year	2026-2027
ECTS credits	30
Language	Dutch, with parts in English
Coordinator	C.E. Malingre
Modes of delivery	Assignment Education Individual supervision Lecture Peer feedback Tutorial
Assessments	Data-analysis & Visualisation - Other assessment Integral Assignment - Other assessment Process Technology - Other assessment Product Technology - Other assessment

Learning outcomes

No content available

Content

“The main societal challenge in the field of nutrition is to achieve healthier and more sustainable diets. Therefore, it is important not only to map out the composition of our food, what and how much we eat, and how much of which nutrients we take in (nutritional status), but also to evaluate and make opportunities to make food and food consumption healthier and less environmentally damaging (RIVM1).”

Most Dutch people do not eat according to the guidelines for good nutrition established by the Health Council. For example, only 5 to 10 percent of the population eat enough fruits and vegetables, 90 percent ingest too much saturated fat, and our salt consumption is far too high. Moreover, half the population is overweight. The current diet causes many diseases and premature death in the Netherlands.

The production and consumption of food is also harmful to the environment. Worldwide, food is responsible for 20 to 30 percent of greenhouse gas emissions. A more sustainable diet would not only be better for the environment, it is also often healthier. For example, if we ate less meat, or replaced soft drinks with tap water.

The module The sustainable and healthy product of the future focuses mainly on the production of healthier (plant-based) foods or their ingredients. The goal of this module is to produce a healthy ingredient or food product that is less harmful to the environment and contributes to consumer health.

In this third module of the Master of Sustainable and Healthy Nutrition, the middle part of the journey from raw materials (farmer) to product/consumer of the food chain. Module 1 covered the beginning of the food chain, and Module 2 the end of the chain.

You work in Module 3 on assignments, leading to innovative food products and production processes focused on health, sustainability, and the future. The proposals made in module 2 can be the input for these assignments.

Included in programme(s)

Master of Sustainable and Healthy Nutrition

School(s)

Engineering, Life Sciences & ICT

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