

SUMMER COURSE

Mediterranean diet: from landscape to tradition and health

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June 2-28, 2022

Instituto Superior de Agronomia (ISA)

School of Agriculture, University of Lisbon, Lisbon, Portugal



Tapada da Ajuda, Lisboa, Portugal

<http://www.isa.ulisboa.pt>

ISA website



<https://www.isa.ulisboa.pt/ensino/open-campus>

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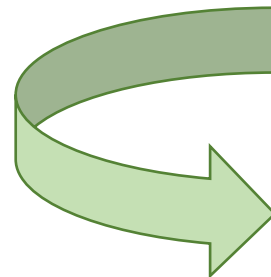


Sofia Catarino
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Objectives

To get acquainted with:

- (i) the **Mediterranean diet**, which is not only a list of healthy foods, but supported by a well-defined **traditional lifestyle** and **sustainable practices**;
- (ii) the need to **preserve and valorize traditional and typical products** of the Mediterranean diet.



Sustainable and competitive production with other imported food products



Ansel Keys, Time magazine, Janeiro, 1961

Syllabus

1. The Mediterranean Diet as an intangible cultural Heritage of Humanity
2. Sensory Analysis of Foods
3. Valorization of food products from traditional Mediterranean diet
 - Fruits & Vegetables
 - Olive Oil
 - Wine and winemaking
 - Dairy Products
4. Forest products, Cork and Cork Products
5. Agro-residues Valorization



TIMETABLE-Mediterranean Diet- Summer Course June 2022

| DAY | | | | | | |
|---|---|--|--|-----------------|-----|------|
| Wed | Thur | Fri | Sat | Sun | | |
| June 1 st | June 2 nd | June 3 rd | 4 | 5 | | |
| Students arrival | ISA- Main building Institutional Reception and campus trip | | | | | |
| | 12:00-13:30 h | | | | | |
| Mon | Tue | Wed | Thu | Fri | Sat | Sund |
| June 6 | June 7 | June 8 | 9 | 10 | 11 | 12 |
| Mediterranean diet | Sensory Analysis of Food | Olive Oil | | Holiday | | |
| Isabel Januário 9:00-11:00 h | | | | | | |
| Portuguese Landscapes | Suzana Ferreira-Dias | Suzana Ferreira-Dias | | | | |
| António Fabião- 11:00-13:00 h | 10:00-13:00 h | 10:00-13:00 h | | Day of Portugal | | |
| (Ed. Ferreira Lapa, room 2.24) | (Ed. Ferreira Lapa, room 2.24) | (Ed. Ferreira Lapa, room 2.24) | | | | |
| Mon | Tue | Wed | Thu | Fri | Sat | Sund |
| 13 | June 14 | June 15 | 16 | 17 | 18 | 19 |
| St. Antony Holiday | Wine and winemaking Sofia Catarino 10:00-13:00 h (Ed. Ferreira Lapa, room 2.24) | Dairy Products Pedro Louro 10:00-13:00 h (Ed. Ferreira Lapa, room 2.8) | Holiday | | | |
| Mon | Tue | Wed | Thu | Fri | Sat | Sund |
| June 20 | June 21 | June 22 | June 23 | June 24 | 25 | 26 |
| Fruits & Vegetables | Forest products, Cork and cork products | Coruche Trip | Herdade do Esporão Trip (wine & olive oil) | | | |
| Margarida Moldão 10:00-13:00 h (Ed. Ferreira Lapa, room 2.24) | Helena Pereira 10:00-13:00 h (Ed. Ferreira Lapa, room 2.24) | (cork factory + "montado" landscape) | | | | |
| Mon | Tue | | | | | |
| June 27 | June 28 | | | | | |
| Agro-residues Valorization Rita Fragoso 10:00-13:00 h (Ed. Ferreira Lapa, room 2.24) | Final exam | | | | | |

Practical sessions

1. Sensory analysis of solutions with basic tastes.
2. Portuguese olive oils and wines.

Field Trips:

Trip 1) Coruche- Montado and cork factory;

Trip 2) Alentejo: Olive oil extraction plant and winery;

Evaluation and Certificates

Mandatory: attendance of 80 % of lessons and all the field trips.

Final grade = grade obtained in **written Exam** on the topics addressed during the program.

(Mark Scale: 0-20)

Students will have access to a **participation certificate**.

This certificate will be issued by the Academic Division and is subjected to the due fees.

Access to all the information as a Student

<https://www.isa.ulisboa.pt/en>

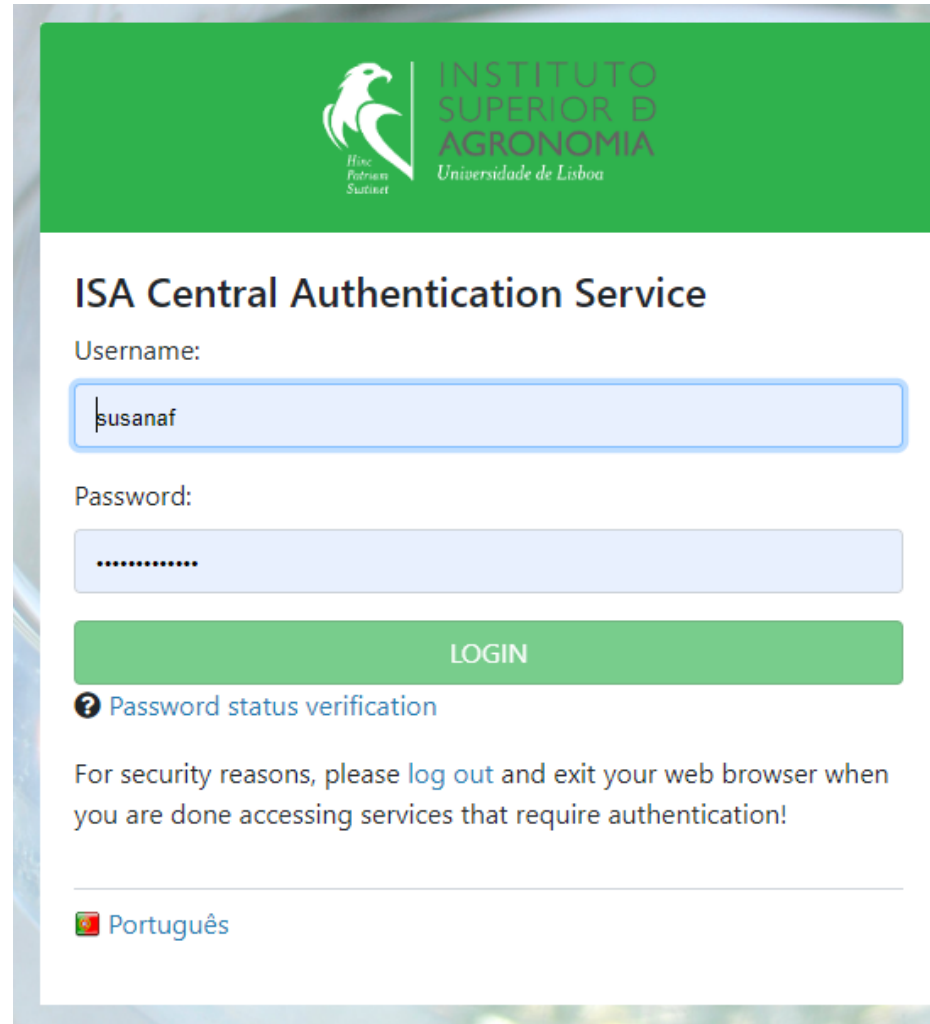


Fenix Platform



Access to all the information as a Student

Fenix Platform



The screenshot shows the login interface for the Instituto Superior de Agronomia (ISA) Central Authentication Service. At the top, there is a green header with the ISA logo and name. Below this, the title "ISA Central Authentication Service" is displayed. The login form includes fields for "Username:" and "Password:". The username field contains the text "susanaf". The password field is masked with dots. A green "LOGIN" button is positioned below the password field. Under the button, there is a link for "Password status verification" preceded by a question mark icon. A security notice states: "For security reasons, please log out and exit your web browser when you are done accessing services that require authentication!". At the bottom, there is a language selection option for "Português" with a small flag icon.

INSTITUTO
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AGRONOMIA
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Sustinet*

ISA Central Authentication Service


Username:

Password:

LOGIN

? Password status verification

For security reasons, please [log out](#) and exit your web browser when you are done accessing services that require authentication!

 [Português](#)

Enjoy Your Summer Course!

Enjoy Portuguese Mediterranean Food!

Enjoy Portugal!

Enjoy Lisbon!



Lisboa



Porto



Aveiro



Lisboa

Thank you!

Obrigada! (Women)

Obrigado! (Men)