

# SUMMER COURSE

## Mediterranean diet: from landscape to tradition and health

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June 4-27, 2024

# Portugal

**Portugal:**

**Capital: Lisbon (Lisboa)**

**Area:** 92 270 km<sup>2</sup>

**Population:** about 10 millions

**Language:** Portuguese

**Republic since 1910:**

Our President:



Prof. Marcelo Rebelo de Sousa



**Independence:** 1143

First King: *Afonso Henriques*



# Portugal

What are the top 10 most spoken languages in the world?

1. English
2. Mandarin Chinese
3. Hindi
4. Spanish
5. French
6. Bengal
7. Modern Arabic
- 8. Portuguese**
9. Russian
10. Urdu



Portuguese – 236 million native speakers (TOP 5 in the World)

	Language	Native speakers (millions)	Language family	Branch
1	Mandarin Chinese (incl. Standard Chinese, but excl. other varieties)	939	Sino-Tibetan	Sinitic
2	Spanish	485	Indo-European	Romance
3	English	380	Indo-European	Germanic
4	Hindi (excl. Urdu)	345	Indo-European	Indo-Aryan
5	Portuguese	236	Indo-European	Romance
6	Bengali	234	Indo-European	Indo-Aryan
7	Russian	147	Indo-European	Balto-Slavic

# Portugal

Portuguese – 236 million speakers



Country ▲	2023 Population	Density (/km²)
Angola	36,684,202	29
Brazil	216,422,446	26
Cape Verde	598,682	148
Macau	704,149	21,403
Mozambique	33,897,354	43
Portugal	10,247,605	112
Sao Tome And Principe	231,856	242
Timor Leste	1,360,596	91



# Enjoy Portugal!

Lisboa



Lisboa



Lisboa



Porto



Aveiro



# Famous Portuguese People

Secretary-General of the United Nations  
(since 2017)



**António Guterres**

He was the prime minister of Portugal from 1995 to 2002

# Famous Portuguese People

## Football

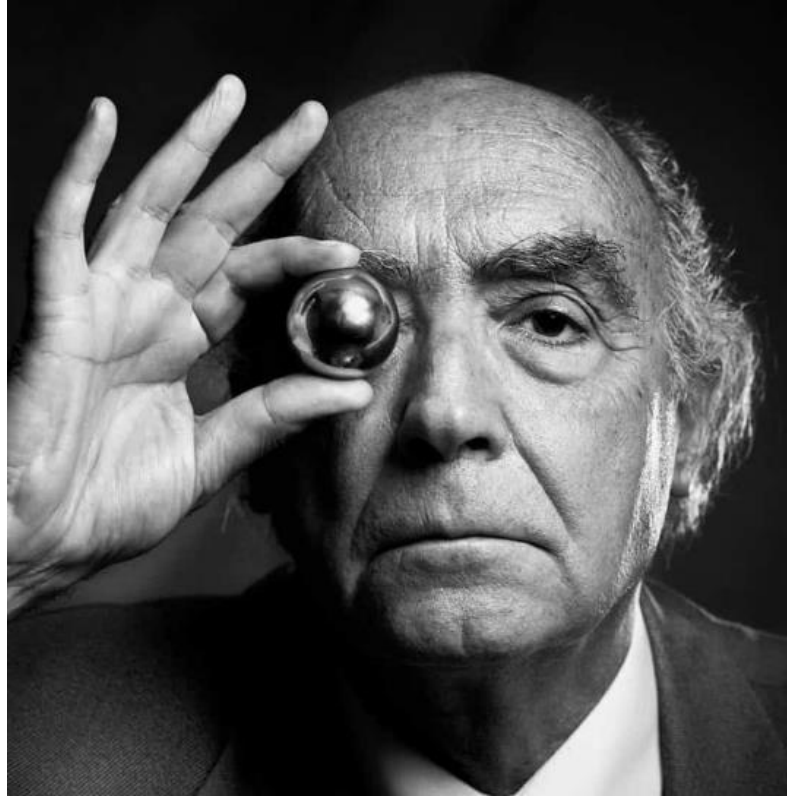


**Cristiano Ronaldo**



**José Mourinho**  
(coach)

# Literature



José Saramago received the *Nobel Prize of Literature* in 1998 thanks to his works. He is the first and only Portuguese to ever receive this prize!



# Fado Singers

Recognized by UNESCO in 2011 as Intangible Cultural Heritage of Humanity

Amália Rodrigues



*“Queen of Fado”*  
(1920-1999)

Mariza



Mariza is another Fado singer you should know about! She's like the “Beyonce” of Fado, the diva of Fado! She's the best Fado singer of modern times.

(1973-)



# Famous Portuguese Artist: Joana Vasconcelos





# Fashion



**Fátima Lopes:** fashion designer



**Sara Sampaio:** Supermodel (Victoria's Secret angel)

# University of Lisbon (ULisboa)



- The University of Lisbon (ULisboa) is **the biggest** and the **most prestigious** university in Portugal, and one of the most important universities in Europe.
- 18 Schools
- > 100 Research Units
- 50.000 students (> 6.000 international students)
- 4.000 professors and researchers
- 2.500 workers
- > 400 graduations

<b>80</b>	<b>21</b>	<b>206</b>	<b>110</b>	<b>131</b>
Bachelors	Integrated MSc (5 years)	MSc	PhD	Other Courses

[https://www.ulisboa.pt/sites/ulisboa.pt/files/documents/files/ulisboa\\_numeros.pdf](https://www.ulisboa.pt/sites/ulisboa.pt/files/documents/files/ulisboa_numeros.pdf)

# University of Lisbon (ULisboa)

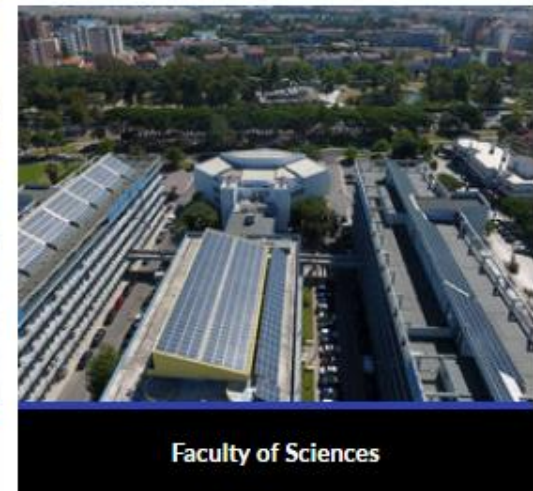
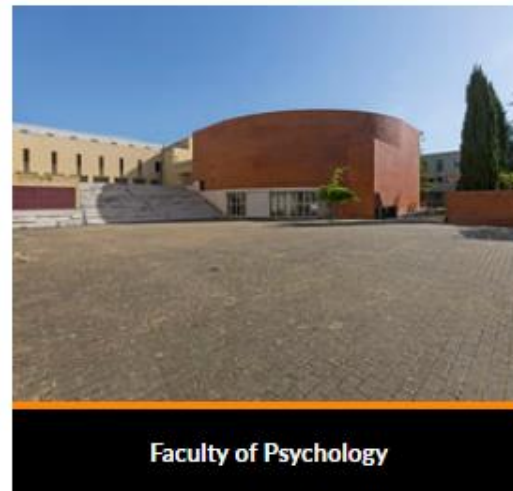
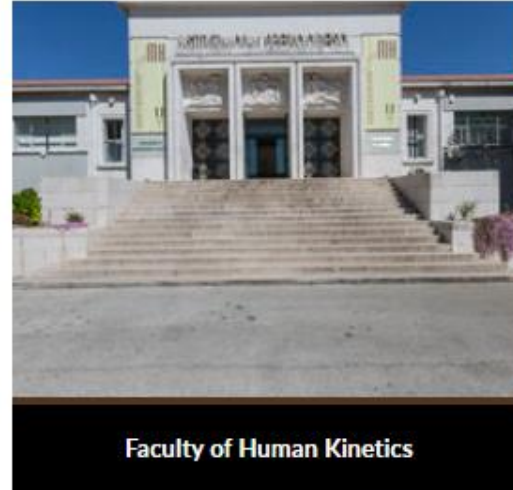




# University of Lisbon (ULisboa)



## SCHOOLS



# University of Lisbon (ULisboa)



Faculty of Veterinary Medicine



Institute of Education



Institute of Geography and Spatial Planning



Institute of Social and Political Sciences



Institute of Social Sciences



ISEG - Lisbon School of Economics & Management



IST Técnico Lisboa



Lisbon School of Architecture



# University of Lisbon (ULisboa)



- <https://www.ulisboa.pt/en/escolas>

# Instituto Superior de Agronomia (ISA)

School of Agriculture, University of Lisbon, Lisbon, Portugal  
Tapada da Ajuda, Lisboa, Portugal

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



Founded in 1917

One day at ISA! Enjoy!

<https://www.youtube.com/watch?v=9JP5EdK46SQ>

## Bachelor Degrees / Licenciaturas

COURSE
Landscape Architecture
Biology
Agriculture Engineering
Food Science and Engineering
Environmental Engineering
Forestry Engineering and Natural Resources
Animal Production Engineering
General Studies

## Master's Degrees

COURSE	PARTNERSHIP
Landscape Architecture	
Biology of Plant Resources	FCUL
Green Data Science	
Gastronomical Sciences	FCT-UNL
Agriculture Engineering	
Food Science and Engineering	
Environmental Engineering	
Forestry Engineering and Natural Resources	
Viticulture and Oenology Engineering	FC-UP
Animal Production Engineering	FMV
Natural Resources Management and Conservation	ECT-UEvora

### ERASMUS MUNDUS MASTER PROGRAMMES

MEDfOR - Mediterranean Forestry and Natural Resources Management

Vinifera EuroMaster - European Master of Sciences of Viticulture and Enology

## Doctoral Degrees

COURSE	PARTNERSHIP
Climate Change and Sustainable Development Policies	FCSH-UNL and UEA
Landscape Architecture and Urban Ecology	FC-UP and FCT-UC
Sustainability Science	(ULisboa, in partnership with FA, FC, FD, FF, FL, FM, FMV, ICS, IGOT, ISA, ISEG)
Development Studies	ISEG, ICS, IGOT
Interdisciplinary Landscape Management	IIFA-UE and DCA-UAc
Agricultural Innovation in Tropical Food Chains	ISEG and INIAV
River Restoration and Management	ULisboa (IST, FA), UPM, UCB
Sustainable Land Use	



# Instituto Superior de Agronomia (ISA)

School of Agriculture, University of Lisbon, Lisbon, Portugal



Tapada da Ajuda, Lisboa, Portugal

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

# Teaching Team



Coordinator:

Suzana Ferreira Dias (suzanafdias@isa.ulisboa.pt)

Teaching Staff (by alphabetic order):



António Fabião  
(afabiao@isa.ulisboa.pt)



Helena Pereira  
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Isabel Januário  
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Margarida Moldão  
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Rita Fragoso  
(ritafragoso@isa.ulisboa.pt)

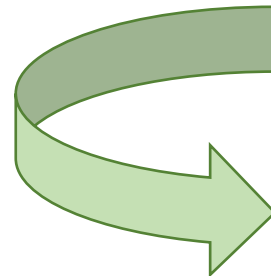


Sofia Catarino  
(sofiacatarino@isa.ulisboa.pt)

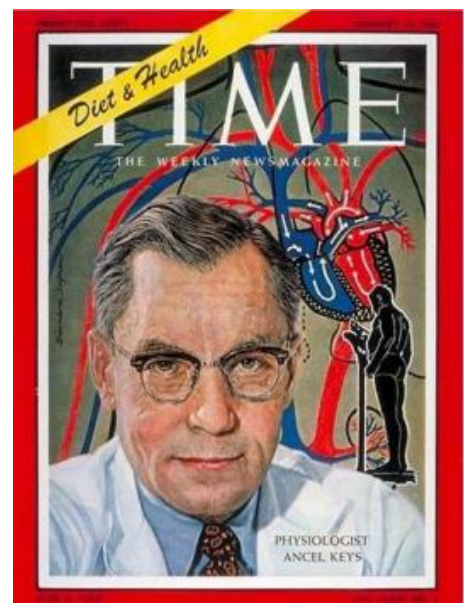
# Objectives

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 value 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



2024 JUNE



UNIVERSIDADE  
DE LISBOA



segunda-feira	terça-feira	quarta-feira	quinta-feira	sexta-feira	sábado	domingo
27	28	29	30	31	01	02
						FREE WEEKEND
03	04	05	06	07	08	09
	Mediterranean Diet Orientation: ISA- Main building Institutional Reception and campus trip (Main building-room 39) (10AM-1PM)	Mediterranean diet- Isabel Januário- 9AM-11AM; Portuguese Landscapes- António Fabião- 11AM-1PM (9AM-1PM); Edifício Ferreira Lapa, room 0.13	Wine and winemaking - Sofia Catarino (10AM-1PM) (10AM-1PM); Edifício Ferreira Lapa, room 2.24	Sensory Analysis of Food: Consumers acceptance vs. Quality evaluation and scoring- Suzana Ferreira- Dias (10 AM-1 PM); Edifício Ferreira Lapa, room 2.24		FREE WEEKEND
	Contact Hours: 3	Contact Hours: 4	Contact Hours: 3	Contact Hours: 3		Weekly Total: 13
10	11	12	13	14	15	16
PT HOLIDAY: Portugal Day	Fruits & Vegetables- Margarida Moldão (10AM-1PM); Edifício Ferreira Lapa, room 2.24	Olive Oil- Suzana Ferreira-Dias (10AM-1PM); Edifício Ferreira Lapa, room 2.24	LISBON HOLIDAY Santo António	FREE DAY		FREE DAY
	Contact Hours: 3	Contact Hours: 3				Weekly Total: 6
17	18	19	20	21	22	23
Forest products, Cork and cork products - Helena Pereira (10AM-1PM); Edifício Ferreira Lapa, room 2.24	Dairy Products -Isabel Januário (10AM-1PM); Edifício Ferreira Lapa, room 2.24	Herdade do Esporão Trip (wine & olive oil) (Full day; 8:00 a.m.-7:00 p.m.)	Agro-residues Valorization- Rita Fragoso (10AM-1PM); Edifício Ferreira Lapa, room 2.24	FREE DAY		FREE DAY
Contact Hours: 3	Contact Hours: 3	Contact Hours: 8	Contact Hours: 3			Weekly Total: 17
24	25	26	27	28	29	30
	Cork factory + "montado" landscape Field Trip (half day) (8:00 a.m.- 2:00 p.m.)		Final Exam (10AM-1PM); Edifício Ferreira Lapa, room 2.24			
	Contact Hours: 6		Contact Hours: 3			Weekly Total: 9

## Practical sessions

1. Sensory analysis of solutions with basic tastes.
2. Portuguese olive oils
3. Cheeses
4. Wines.
5. Juices and vegetables

## Field Trips:

Trip 1) Alentejo ("Esporão"):  
Olive oil extraction plant and  
winery

Trip 2) Coruche- Montado and  
cork factory



# 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>

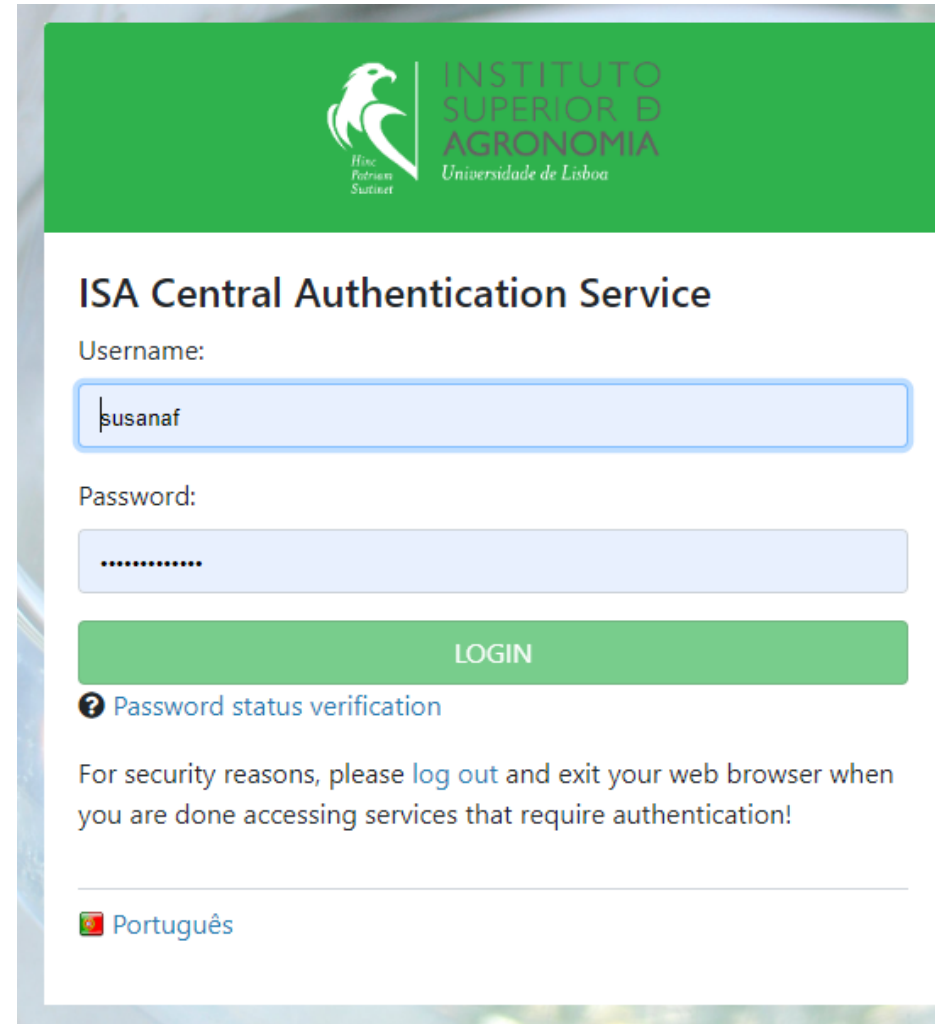


## Fenix Platform



# 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 a "Username:" label followed by a text input field containing "susanaf". Below the username field is a "Password:" label followed by a password input field with masked characters. A green "LOGIN" button is positioned below the password field. Under the button, there is a link for "Password status verification" with 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  
SUPERIOR D  
AGRONOMIA  
*Hinc  
Patrium  
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!



Thank you!

Obrigada! (Women)

Obrigado! (Men)