

GOODFOOD Project

Good teaching practices in experiential learning for effective education in embedded food systems

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O2 – E-learning course on 'Food systems embedded in territories': e-lectures

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GOODFOOD coordinating institution: Warsaw University of Life Sciences – SGGW (Poland); Project Partners: FH Münster University of Applied Sciences (Germany), I.S.A.R.A (France), University of Gastronomic Sciences (Italy), Agricultural University - Plovdiv (Bulgaria), University of Oradea (Romania). Intellectual Output Coordinator: Dominika Średnicka-Tober, Warsaw University of Life Sciences, email: dominika_srednicka_tober@sggw.edu.pl. All GOODFOOD Partners contributed towards the development of this Intellectual Output of the project.

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Healthy Diets From Sustainable Food Systems

Dominika Średnicka-Tober

Warsaw University of Life Sciences, Poland



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The EAT-Lancet Commission

EAT is a global, non-profit, science-based foundation established to catalyze a food system transformation.

Report released in **The Lancet** in January 2019 aimed to create **dietary** paradigms that would allow to sustainably feed a world's population of 10 billion people in 2050.



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Food, human health, environment...

- ▶ Food - strongest lever to optimize human health and environmental sustainability on Earth.
- ▶ Food is currently threatening both people and planet.
- ▶ Challenge: to provide a growing world population with healthy diets from sustainable food systems.
- ▶ >820 million people lack sufficient food.
- ▶ Many more consume either low-quality diets or too much food.
- ▶ Unhealthy diets pose a greater risk to morbidity and mortality than unsafe sex, alcohol, drug and tobacco use combined.
- ▶ Global food production - the single largest driver of environmental degradation and transgression of planetary boundaries.



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Radical changes are needed...

A radical transformation of the global food system is urgently needed.

Without action....:

The world risks failing to meet the UN Sustainable Development Goals (SDGs)

Today's children will inherit a planet that has been severely degraded

Much of the population will increasingly suffer from malnutrition

Much of the population will increasingly suffer from preventable diseases



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Transformation of food systems

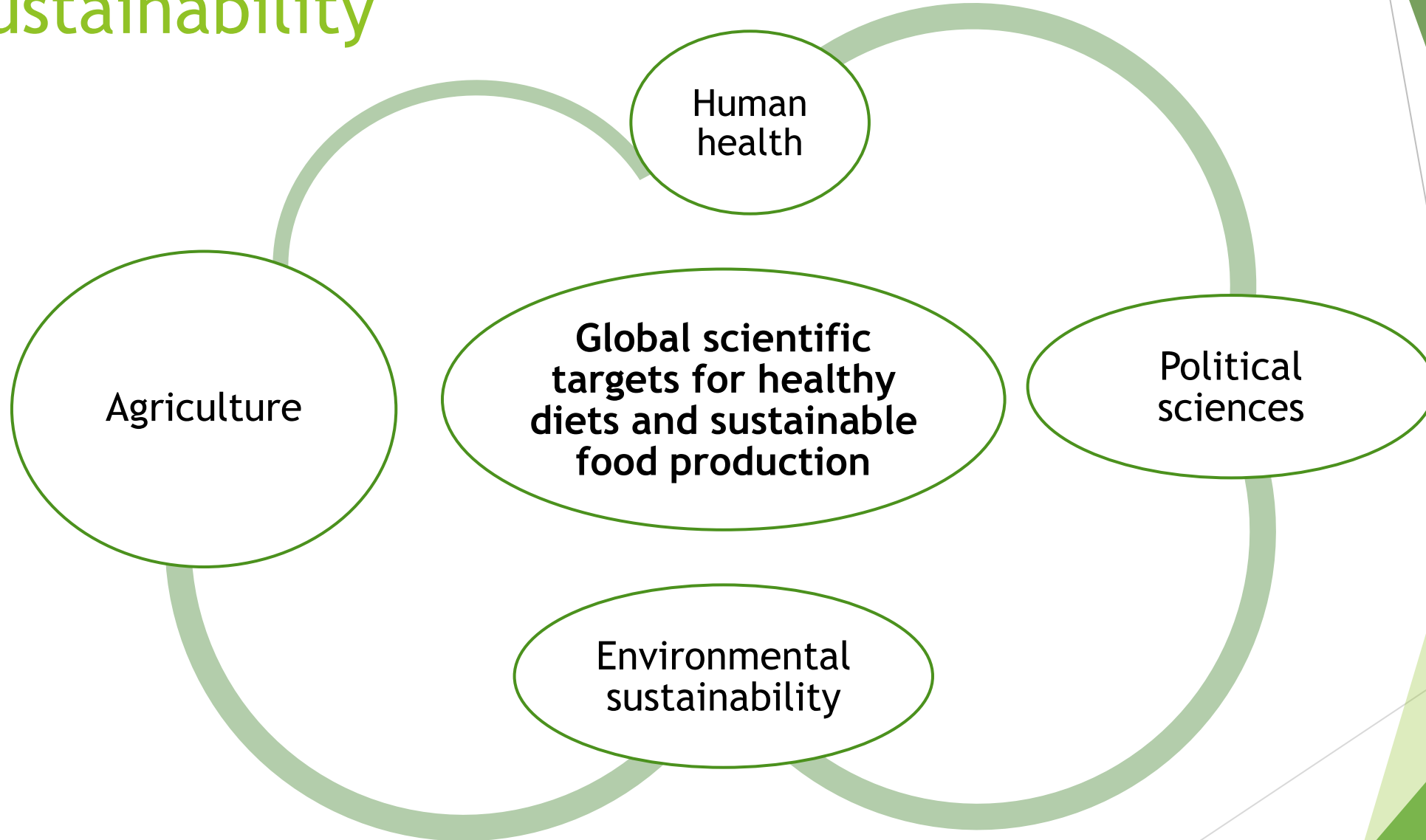
- Diets
- Human health
- Environmental sustainability



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Setting universal targets for food system sustainability



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End-points of the food system in the focus...

Target 1:
Final
consumption

- Healthy diets

Target 2:
Production

- Sustainable food production



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Target 1: Healthy diets



- ▶ A healthy diet should optimize health.
- ▶ The planetary health diet is a global reference diet for adults symbolically represented by half a plate of fruits and vegetables.
- ▶ The other half consists of whole grains, plant proteins, unsaturated plant oils, modest amounts of meat and dairy, limited amount of added sugars and starchy vegetables.
- ▶ The diet is flexible and allows for adaptation to dietary needs, personal preferences and cultural traditions.
- ▶ Vegetarian and vegan diets are two healthy options within the planetary health diet but are personal choices.



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Characteristics of planetary health diets

Optimal caloric intake

Diversity of plant-based foods

Limited animal source foods

Unsaturated rather than saturated fats

Limited refined grains

Limited highly processed foods

Limited added sugars



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Transformation to healthy diets by 2050 will require substantial dietary shifts

- ▶ „Transformation to healthy diets by 2050 will require substantial dietary shifts. Global consumption of **fruits, vegetables, nuts and legumes** will have to double, and consumption of foods such as **red meat and sugar** will have to be reduced by more than 50%. A diet rich in plant-based foods and with fewer animal source foods confers both improved health and environmental benefits.”

Prof. Walter Willett MD
Harvard T.H. Chan School of Public Health



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Transformation to healthy diets by 2050 will require substantial dietary shifts

- Some populations worldwide depend on animal protein from livestock.
- Many populations face significant burdens of undernutrition and obtaining adequate quantities of micronutrients from plant source foods alone can be difficult.
- Thus, the role of animal source foods in people's diets must be carefully considered in each context and within local and regional realities.



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Dietary changes from current diets - significant health benefits

- ▶ Dietary changes from current diets toward healthy diets are likely to result in major health benefits.
- ▶ This includes preventing approximately 11 million deaths per year, which represent between 19% to 24% of total deaths among adults.



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Target 2: Sustainable Food Production

- ▶ The Commission proposes boundaries that global food production should stay within to decrease the risk of irreversible and potentially catastrophic shifts in the Earth system.
- ▶ These planetary boundaries for food production conceptually define the upper limit of environmental effects for food production at the global scale.



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3 areas of simultaneous action needed

A global shift toward
healthy diets
(mostly plant-based dietary
patterns)

Improved food production
practices
(dramatically reduced
environmental footprint of
agriculture)

Reduced food loss and
waste
(dramatic reduction at all
stages of the food system)



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Five Strategies for a Great Food Transformation

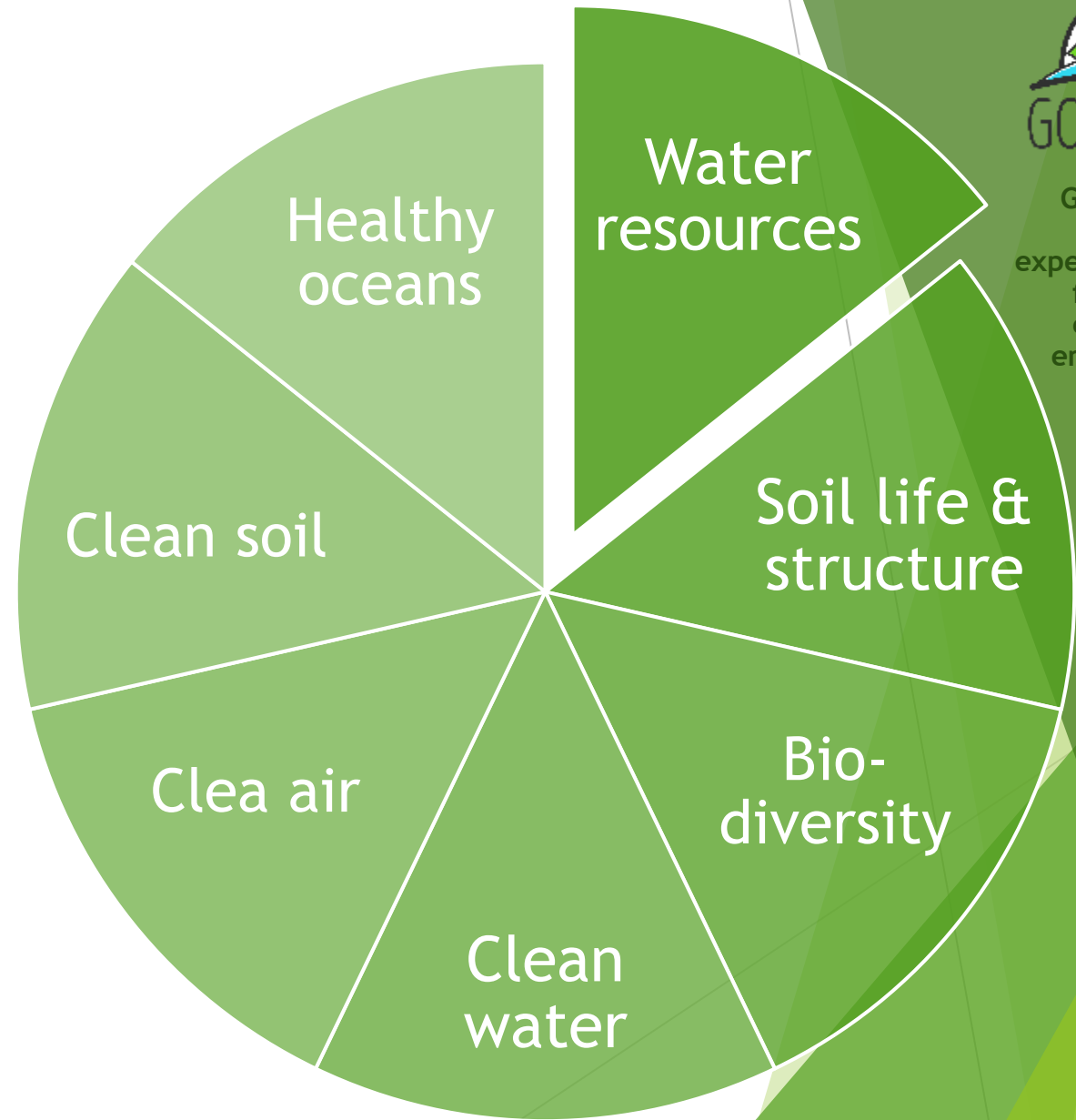
- ▶ Seek international and national commitment to shift toward healthy diets
- ▶ Reorient agricultural priorities from producing high quantities of food to producing healthy food
- ▶ Sustainably intensify food production to increase high-quality output
- ▶ Strong and coordinated governance of land and oceans
- ▶ At least halve food losses and waste, in line with UN Sustainable Development Goals



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- ▶ The global adoption of healthy diets from sustainable food systems would safeguard our planet and improve the health of billions.



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Thank you for your
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