



## .COME – FOOD, HEALTH AND SUSTAINABILITY

16th to 19th of March

### 16 March, Thursday | Pavilion of Knowledge

18.00-19.00

- Guided tour to the exhibition: “Bom Appetite! A Ciência está na Mesa”
- Heart diseases screening
- Showcooking and tasting: Mediterranean diet

19.00-21.00

#### *Talk and debate:*

- Mediterranean diet and cardiovascular diseases
  - Manuel Franco, Universidad de Alcalá, Madrid, ERC Grantee
  - Maria João Gregório, Escola Superior de Saúde, Instituto Politécnico de Leiria; Faculdade de Ciências da Nutrição e Alimentação, Universidade do Porto; NOVA Medical School, Universidade Nova de Lisboa; Programa Nacional para a Promoção da Alimentação Saudável, Direção-Geral da Saúde

### 17 March, Friday | Pavilion of Knowledge

10.00-18.00

- Pop-up stand: European Research Council - science of the future

10.00-18.00

#### *Hands-on activities:*

- Urban vegetable gardens
- Blind test of healthy foods
- Food intolerance 101
- How to read food labelling
- Measuring sugar and fat contents in fresh and processed food





- New food at table
- Root to shoot: what plant parts could we eat?
- The senses of taste
- Healthy diet, healthy lifestyle

18.00-21.00

*Participatory debate:*

- “Healthy diet in children and teenagers”, with the presence of police makers, parent associations, nutritionists, school directors, teachers, student associations and the general public.

**18 March, Saturday | Pavilion of Knowledge**

11.00-15.00

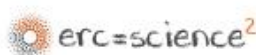
*Hands-on activities:*

- Life beneath our feet
- Innovating food packaging
- New food products
- New edible plants
- Bugs in warehouses and pantries

11.00-19.00

*Hands-on activities:*

- Take care of your health, eat apples!
- Delicious little healthy meals
- Aquaponics systems in agriculture
- Urban vegetable gardens
- Allelopathy - a natural way of fighting weeds in crops
- BEST-RICE4-LIFE





- Microorganisms - soil friends
- Nematodes wanted!
- Soil - a world to discover
- Understand digestion
- Sustainable packaging
- Vegetable choices
- How to eat well
- How does the fish come to the plate?
- Sustainable fish consumption
- Iodine in school
- How do new plants appear?
- Not every microorganisms are bad
- Why should we eat fruits?
- Plants that we eat, throughout time
- Blind test of healthy foods
- Food intolerance 101
- How to read food labelling
- Measuring sugar and fat contents in fresh and processed food
- Root to shoot: what plant parts could we eat?
- The senses of taste
- Healthy diet, healthy lifestyle

*Photography exhibition:*

- “What the World Eats” | Peter Menzel and Faith d’Aluisio
- “What the World Eats” | National Geographic

*Workshops:*





- New food at table
- How to make bread at home?
- Mediterranean diet
- Food conservation
- Hydroponics for agriculture
- Vegetable gardens at home

*Documentaries:*

- Series of films about Food and Sustainability

*Survey:*

- The plants that we (don't) eat

**19 March, Sunday | Time Out Market**

10.00-21.00

- Pop-up stand: European Research Council - science of the future

*Hands-on activities:*

- Blind test of healthy foods
- New food at table
- Food intolerance 101
- How to read food labelling
- Measuring sugar and fat contents in fresh and processed food

*Survey:*

- The plants that we (don't) eat

