



# Online Courses 2022



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# Themes of Our Online Courses

Our online courses offer insights on the latest research in some lesser known areas of the industry, sharing the latest innovation and exploring new and upcoming trends.





# Food & Health

Explore the relationship between food & our bodies and the benefits of a healthy lifestyle.



## THE HUMAN MICROBIOME

The microbiome – the microbes that live within the human body – can have a huge impact on human health.

On this course, you'll go on a fascinating journey into the human body – down to the gut – where the ecology and roles of the human microbiome will be narrated.

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## NUTRITION FOR HEALTH & SUSTAINABILITY

On this course, you'll look at what makes up a healthy diet, and what types of foods play a crucial part in preventing diseases and improving wellbeing.

You'll explore different sustainable diets and how to apply current health guidelines to different groups of people based on their current life stage and health.

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## FOOD FOR THOUGHT

Find out how your diet affects your brain, and your brain affects your diet. You'll learn how the brain works, and is affected by diet and nutritional deficiencies.

You'll also discover less known, cutting-edge subjects such as the gut-brain axis, the microbiome, and the relationship between food and reproductive health.

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# Food & Health

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## SUPERFOODS: MYTHS & TRUTHS

On this course, you'll consider the biological, neuroscientific and social aspects of so-called "superfoods".

Developing your critical abilities, you'll also evaluate the impact of the superfood phenomenon on society and the economy.

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## TRUTH BEHIND FOOD HEADLINES

Due to conflicting messages from the media, it's becoming harder to know what to believe when it comes to following a healthy diet and lifestyle.

On this course, you'll compare how nutrition and health topics are handled by the media and science.

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## MEDITERRANEAN & OKINAWA DIETS

On this course, you'll explore the science and benefits of two well-known diets: the Mediterranean and Okinawa diets.

You'll learn the main components of these diets and consider what makes these diets healthy, and how they affect the body.

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# Food & Health

Explore the relationship between food & our bodies and the benefits of a healthy lifestyle.



## ENGAGING WITH FOOD CONTROVERSIES

Consumers have never been confronted with so much food choice. Making a decision on what food to eat is affected by many factors, including media reports, diet research findings, and social media. On this course, you'll access leading research and expert insights to make sense of some of three food controversies - alternative proteins, palm oil, and probiotics.

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## INTRODUCTION TO FOOD SCIENCE

Food and health information is often oversimplified by the media. By understanding and learning more about what's in our food, we can make smarter, more sustainable, and healthier food choices. On this course, you'll access trustworthy information on the food system from food industry experts.

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## FOOD PACKAGING & KITCHENWARE

On this course, you'll explore how some kitchenware can affect your health. You'll also evaluate how chemicals can migrate from packaging and slowly affect our endocrine health, and how tests can check for safety.

Ultimately, you'll better understand how we can improve food safety in general.

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# Food Production

Discover who and what is involved in the processes of sustainable food production.



## FARM TO FORK

How does food reach our plates? How is the food industry changing? What threats are there to food supply chains? How can we build a sustainable food industry?

Get answers to these questions and more with this course that explores food and agriculture in the modern world.

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## IMPROVING FOOD PRODUCTION

Are you inspired to join the next generation of scientists and tackle challenges in food security?

On this course, you'll get access to innovative research solutions that address some of the biggest issues in food, agriculture, and plant biotechnology.

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## INNOVATION IN ARABLE FARMING

Explore evidence-based information that outlines the benefits and challenges of adopting new technologies within the EU, and have the chance to read case study examples of some of these applications.

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# Food Production

Discover who and what is involved in the processes of sustainable food production.



## TRUST IN OUR FOOD

How does your food reach your plate? Can you trust your food?

Find out with this online course that will help you understand global food supply systems.

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## REVOLUTIONISING THE FOOD CHAIN WITH TECH

Food quality and safety is increasingly under threat as natural resources are stretched by climate change, hunger, and explosive population growth.

Discover how data-enabled technologies are becoming more accessible and affordable, driving a revolution in how the food business operates.

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## UNDERSTANDING FOOD PROCESSING TECH

Food processing isn't a new concept, however, many people might not understand how and why it happens.

On this course, you'll improve your knowledge of food processing technologies and build confidence in the processed foods on the market.

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# Food Production

Discover who and what is involved in the processes of sustainable food production.



## ANIMAL FEED PRODUCTION: FEED QUALITY\*

Explore control systems and testing methods used to maximise animal feed quality. You'll discover different types of animal feed production, explore issues which affect the quality of feed, and learn the regulatory requirements.

\*Paid-for course

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## ANIMAL FEED PRODUCTION: FEED SAFETY\*

Discover key hygiene regulations, feed processing and feed formulation methods. You'll also learn hygiene regulations around the microbiological and chemical aspects of animal feed, as well as feed processing and formulation methods.

\*Paid-for course

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## HOW FARMERS PRODUCE FOOD SUSTAINABLY

On this course, you'll gain a better understanding of where our food comes from, how it's produced, and the associated environmental, social and sustainability challenges for EU farmers.

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# Circular Economy

Discover the solutions a circular economy framework provides and hear from companies that are making a difference.



## SUSTAINABLE URBAN FOOD SYSTEMS

Explore the catalytic role of cities to foster healthy and inclusive food policies, adopting systems thinking, institutional innovation, and participatory approaches in order to fulfil the 2030 SDGs.

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## FROM WASTE TO VALUE

Explore how you – as a consumer – can act and inspire others to reduce food waste effectively and sustainably. Learn what food waste is, why it matters, and gain practical information on how to be an agent of change both personally and politically.

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## UNDERSTANDING FOOD LABELS

Huge amounts of information are provided on food product labels, but surveys have shown that we're often unsure of its meaning. On this course, you'll learn how to make sense of the regulations, data, and logos on packaging so that you can make more informed food choices.

[READ MORE >](#)



# Circular Economy

Discover the solutions a circular economy framework provides and hear from companies that are making a difference.



## FOOD SUPPLY CHAINS IN A TIME OF CRISIS

Movement restrictions imposed due to the coronavirus are leading to an increase in food stockpiling, and there are concerns the agri-food supply chain won't keep up with demand. On this course, you'll learn how the pandemic is challenging food supply chains and explore the steps taken by the industry to ensure food security and integrity.

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# Food Systems Skills

Gain food systems knowledge to become a successful entrepreneur.



## IP MANAGEMENT IN THE FOOD SECTOR

On this course, you'll find out how to manage and safeguard your company's IP. You'll learn how to evaluate expected sources of problems, use patents and trademarks, and navigate the world of start-ups and SMEs. You'll also be equipped to promote best practices in IP management within your company.

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## SCIENCE COMMUNICATION & PUBLIC ENGAGEMENT

Good science communication ensures the public engage with and understand relevant scientific research. On this course, you'll learn how best to share your science findings with your intended audience.

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# Our Partners

Our community is unique because it brings together key players from across the food value chain including industry partners, start-ups, research centres and universities. Our following partners developed content for our online courses:





# Sign up for a FREE ONLINE FOOD COURSE

We are EIT Food: Europe's leading food innovation initiative, working to make the food system more sustainable, healthy and trusted

Learn with us!

[www.futurelearn.com/partners/food](http://www.futurelearn.com/partners/food)



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I wonder how my  
food is processed?

What is a  
superfood?

How does the food I  
eat affect the planet?

Which diet is  
best for me?





# Thank you!



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