

## EIT FOOD – MOOC offering

[EIT Food](#) is Europe’s leading food innovation initiative, working to make the food system more sustainable, healthy and trusted by consumers.

We believe that better informed consumers and citizens (of all ages) would make better, healthier, and more sustainable choices. This is why we provide funding to top European universities to develop online courses on thematic related to food.

All our MOOCs are hosted on [FutureLearn](#), and are accessible free of charge. All our courses are facilitated by educators with a specialist knowledge on the course subject.

You can learn at your own pace, at anytime, anywhere, either your laptop, tablet, or smartphone.

In case you don’t have the chance to join the course now, please be aware that a second and third run of each course will take place in 2019 and 2020.

More information and links to the courses in the below table :

Title	Topic	Activity Leader	Available from :
<a href="#">Trust in our Food: Understanding Food Supply Systems</a>	You will explore the challenges and responsibilities of different people in the food system, including the role of the consumer. You will assess the information available to consumers relating to issues of food safety, nutrition and quality, sustainability of production methods and how these affect consumer trust. You’ll leave the course knowing more about where your food comes from and how you can make a difference in the food supply chain.	University of Reading	24/06/2019
<a href="#">Farm to Fork: Sustainable Food Production in a Changing Environment</a>	You will learn how food goes from farm to fork: explore food security, supply chains, food production and agriculture.	Queen’s University of Belfast	5/08/2019
<a href="#">Food for Thought: The Relationship Between Food, Gut and Brain.</a>	You will learn how the brain works, and is affected by diet and nutritional deficiencies. You will also discover less known, cutting-edge subjects such as the gut-brain axis, the microbiome, and the relationship between food and reproductive health.	University of Turin	2/09/2019

<a href="#">Explore How Farmers Produce Food Sustainably</a>	<p>On this course, you'll gain a better understanding of where our food comes from, how it is produced, and the associated environmental, social and sustainability challenges for farmers.</p> <p>You'll explore horticulture as well as meat, dairy, and egg production, as you examine different farming systems and issues that farmers face to sustainably supply food.</p>	University of Reading	23/09/2019
<a href="#">Improving Food Production with Agricultural Technology and Plant Biotechnology</a>	<p>You will become more familiar with the journey plants take, from crops in the field to food on your plate. You will explore the importance of scientific research in food security and discover the new technologies that are transforming agriculture. As a consumer, you will learn to make informed decisions for the environment and your health.</p>	University of Cambridge	30/09/2019
How is Food Made? Understanding Processed Food	<p>You will cover the history of food processing, from its origins to current modern industrial processes. You will explore the advantages and disadvantages of food processing technologies and understand their impact on health, safety, quality, and sustainability. Upon completing this course, you will feel empowered to make more informed decisions about the food you eat.</p>	Deutsches Institut für Lebensmitteltechnik	21/10/2019
Engaging with Controversies in the Food System	<p>On this course, you'll access leading research and expert insights to make sense of some of the most common food controversies - alternative proteins, palm oil, and probiotics.</p> <p>You'll understand the viewpoints of stakeholders and reflect on your own food preferences. By improving your knowledge of these food debates, you'll build the confidence to make more informed decisions about food.</p>	University of Reading	4/11/2019
<a href="#">Superfoods: Myths and Truths</a>	<p>You will learn about the definition of a 'superfood'. You will consider the biological, neuroscientific and social aspects of superfoods. Developing your critical abilities, you will also evaluate the impact of the superfood phenomenon on society and the economy.</p>	University of Turin	25/11/2019



For more detailed information, please contact the Education programme manager for online learning : Vivien Bodereau [vivien.bodereau@eitfood.eu](mailto:vivien.bodereau@eitfood.eu)

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