



Organised by:

Prof. Antonia Matalas, Harokopio University, Athens GR
Prof. Philippos Papadopoulos, American Farm School, Thessaloniki GR

Programme

Wednesday 26 September

9.00-11.00	Registration Coffee / Tea
11.00-11.30	Welcome to the conference Patricia Lysaght, President Villy Fotopoulou, Director of Modern Cultural Heritage, Hellenic Ministry of Culture and Sports Conference Organisers
11.30-12.30	KEYNOTE LECTURE (Moderator: Antonia Matalas) Richard Wilk <i>Connecting food, health and identity: a brief history</i>
	SESSION 1. Pleasure in eating – tradition versus health Room 1
MODERATOR	Patricia Lysaght
12.30-12.50	Konrad Köstlin <i>Food as Confession</i>
12.50-13.10	Maria Clara de Moraes Prata Gaspar <i>Is there a place for pleasure in “healthy eating”?</i> <i>Social representations of French Spanish and Brazilian dieticians and laywomen</i>
13.10-13.30	Daša Ličen <i>Hygge: Buying Your Way to a Happier and Healthier Life</i>
13.30-13.50	Slawomir Bralewski <i>A paradise lost by gluttony – Christian gladness from fasting, to pagan pleasure from eating, in late antiquity</i>
13.50-14.10	Pola Schiavone Kreibohm <i>Telling and re-telling stories through their meals.</i> <i>An analysis of the culinary system in three versions of “Hansel and Gretel”</i>
14.10-14.40	Coffee/tea break
14.40-15.40	SIEF Meeting

15.40-18.30	<p>Free Time</p> <p>Lunch not provided on Wednesday, 26 September. Participants are free to sample the wide range of food choices available locally</p>	
	SESSION 2. Food processing and marketing and its impact for the consumer I Room 1	SESSION 3. Food and culture debates I Room 2
MODE RATOR	Déirdre D'Auria	Aniko Bati
18.30-18.50	Manon Boulianne <i>You're sweet in so many ways... Quebec's maple production and marketing in the era of sustainable development</i>	Wojciech Goszczyński <i>Barbecue with Greenaway? Food as a mediator between town and country</i>
18.50-19.10	Genevieve Bardwell <i>A comparative study of three traditional breads being produced commercially for the purposes of preservation: eftazymo (Greek), gergoush (Sudanese), and salt rising (USA)</i>	Ewelina Maria Kostrzewska <i>The body and the soul. The culinary culture of Polish landladies at the beginning of the 20th century</i>
19.10-19.30	Maria Gougouli, Anna Savveli, Doris Sazova, Evdokia Krystallidou <i>The prospects for raw milk cheese in Greece- Cheese tasting</i>	<u>Georgia Larisi</u> and Vassiliki Costarelli <i>Dietary behaviours and foods portrayed in Greek traditional fairytales</i>
19.30	Dinner at Pharae hotel	

Thursday 27 September

	SESSION 4. The qualities of wholesome nourishment – The views of lay men and women Room 1	SESSION 5. Food and culture debates II Room 2
MODE RATOR	Marcus Richter	Maja Godina Golija
9.00-9.20	Leonidas Sotiropoulos <i>An enquiry about beliefs concerning Greek traditional healthy diet in the 1990s</i>	William Woys Weaver <i>The Roughwood seed archive for food studies: Seed to table – Regional food as the new authenticity</i>
9.20-9.40	Soultana Valamoti, Hans-Peter Stika, Andreas Heiss, Marian Berihuete Azorin, Ioanna Mimi <i>Ancient plant foods, ethnography and modern consumers: case studies from the Aegean to central Europe</i>	Meike Brückner, Suse Brettin and Christine Bauhardt <i>Meal Cultures: An Innovative Theoretical Toolkit for Food Research</i>
9.40-10.00	Håkan Jönsson <i>Healthy drinking? Milk, wine and popular nutrition in Sweden</i>	Rogéria Campos de Almeida Dutra <i>Good water versus safe water: Perceptions of drinking-water treatment in a rural village in Brazil</i>
10.00-10.20	Guido Schumacher <i>A wholesome life or how poison turned into a medication</i>	Hiroko Nakazawa <i>The special characteristics of the Japanese school lunch and its changes from the viewpoints of traditional food culture and nutritional science</i>
10.20-10.40	Ester Bardone, Anu Kannike and Astra Spalvena <i>Nutritional science and modernisation in the early 20th century – Estonia and Latvia</i>	
10.40-11.00	Coffee/tea break/ sandwiches	
11.00-12.00	KEYNOTE LECTURE (Moderator: Maria Gougouli)	
	Effie Tsakalidou <i>The indigenous microbiota of traditional fermented foods - A treasure chest of pro-technological and health-promoting microorganisms</i> <i>Incorporating traditional & nutritional aspects in food design: a food industry perspective</i>	
12.00-12.30	Business meeting / 2020 Conference	

12.30- 19.00	Excursion to Navarino region - Tour at Costa Navarino Visit the Nestor Palace and the Nestor winery Picnic
20.00	Return to Pharae hotel, free evening

Friday 28 September

	SESSION 6. Dietary trends and the healthy-conscious consumer Room 1	SESSION 7. Old and new status of traditional foods I Room 2
MODERATOR	Håkan Jönsson	Silke Bartsch
8.30-8.50	Ken Albala <i>A Tale of Katsuobushi</i>	Eszter Kisbán <i>The thicker the better vs. the leaner the healthier – the conflict between the old and new status of pig's fat</i>
8.50-9.10	Eldbjørg Fossgard <i>The transition from a national identity symbol to a dismissed food item? The cultural history of potatoes in Norway</i>	Maja Godina Golija <i>Drying, smoking, salting: Increased interest in traditional methods of preserving food in Slovenia</i>
9.10-9.30	Renata Ewa Hryciuk <i>(Un)healthy culinary heritage? The case of Mexican indigenous foodways</i>	Lenno Munnikes <i>The snack as a national cultural heritage in the Netherlands</i>
9.30-9.50	Marcus Richter <i>Making food quality expressible beyond materialistic limits: On the proliferation of food perception in/out of the field of biodynamic agriculture</i>	Monika Kujawska <i>Yerba Mate (Ilex paraguariensis) – Nutraceutical drink or conveyor for the intake of medicinal plants? A case study from Paraguayan small farmers</i>
9.50-10.30	Coffee/tea break	
	SESSION 8. Historical perspectives of food and health Room 1	SESSION 9. Old and new status of traditional foods II Room 2
MODERATOR	William Woys Weaver	Rogéria Campos de Almedia Dutra
10.30-10.50	Johanna Maria van Winter <i>Pepper sauce and the physician from Salerno</i>	<u>Déirdre D'Auria</u> and Patricia Lysaght <i>Irish Soda Bread – tradition meets health</i>
10.50-11.10	<u>Marian Berihuete Azorín</u>, Hans-Peter Stika and Sultana Valamoti <i>The use of current ethnobotany for interpreting archaeobotanical remains: The case of "Grünkern" (triticum spelta)</i>	Rina Mekuli, Tryfon Adamidis, <u>Maria Gougouli</u> <i>Probiotic profiles of traditional Greek yogurt and sour milks</i>
11.10-11.30	<u>Maciej Kokoszko</u> and Zofia Rzeźnicka <i>Wine and myrrh as medicaments or a commentary on some aspects of</i>	Violetta Krawczyk-Wasilewska <i>Towards new culinary habits in Poland: A healthy diet box example</i>

	<i>ancient and byzantine Mediterranean society</i>	
11.30-11.50	Tatiana Voronina <i>The role of the mass media in spreading new knowledge about contemporary food culture in Russia</i>	Alexandra Grigorieva <i>Barley vs. rice in the modern Finnish diet: Cultural and historical perspectives</i>
12.00-13.00	Lunch at Pharae hotel	
13.00-14.30	Horizon 2020 NEXT FOOD Project – Workshop	
16.30	Departure for Mani	
17.00-18.00	Visit the traditional olive mill in the village of Stavropigion	
18.30-19.30	Arrival at the Art Farm Marini in Megali Mantineia Welcome and tour at the farm	
19.30-20.30	KEYNOTE LECTURE (Moderator: Philip Papadopoulos) Kelly Fourtouni <i>Incorporating traditional and nutritional aspects in food design: a food industry perspective</i>	
20.30	Dinner at the farm	
23.00	Return to Pharae hotel	

Saturday 29 September

	SESSION 10. Food processing and marketing and its impact for the consumer II Room 1	SESSION 11. Nutrition education in practice Room 2
MODERATOR	Violetta Krawczyk-Wasilewska	Aristea Baschali
9.00-9.20	<u>Silke Bartsch</u> and Heike Müller <i>(Un)wrapping food: Consumer information on product packaging</i>	Georgia Larisi and <u>Vassiliki Costarelli</u> <i>Traditional Greek fairytales as an educational tool to promote healthy eating in children</i>
9.20-9.40	<u>Tryfon Adamidis</u>, Tamara Kichukova, Rina Mekuli, Elena Geci <i>Mediterranean diet versus industrialised diet: Preservation methods</i>	<u>Varvara Yiangou</u> and Stalo Lazarou <i>Recording, preserving and disseminating food culture in Cyprus: The Cyprus Food Virtual Museum</i>
9.40-10.00	Elena Utevska, Styliani Tsipeli, Tamara Kichukova, Tryfon Adamidis, Maria Gougouli, <u>Kyriaki Zinoviadou</u> <i>Studying the importance of processing on the physicochemical characteristics and the probiotic potential of table olives</i>	Aniko Bati <i>A renewal programme for school food (Budapest, Hungary) changes from the viewpoints of traditional food culture and nutritional science</i>
10.00-10.20	<u>Milia Tzoutzou</u>, Irene Bathrellou and Antonia Matalas <i>Food messages in animated comic series: Does the engagement with a healthier diet conflict with joyful eating?</i>	Maria Christina Efstratiou, Pythagoras Stamatiou and <u>Marlen Mouliou</u> <i>Exhibiting the Mediterranean Diet: multi-conceptual and sensorial approaches to a unique cultural tradition</i>
10.30-11.30	Official methods for the sensory evaluation of table olives and olive oil	
11.30-12.00	Coffee/tea break	
12.00	End of Conference	
12.30-16.00	Explore on foot the old town of Kalamata Visit the Food Market	



ΧΑΡΟΚΟΠΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ
HAROKOPIO UNIVERSITY



AMERICAN
FARM SCHOOL
Thessaloniki - Greece

CAPTAIN VASSILIS & CARMEN
KONSTANTAKOPOULOS
FOUNDATION



ΙΔΡΥΜΑ
ΚΑΠΕΤΑΝ ΒΑΣΙΛΗ & ΚΑΡΜΕΝ
ΚΩΝΣΤΑΝΤΑΚΟΠΟΥΛΟΥ



ΟΙΝΟΠΟΙΪΑ ΠΑΠΑΝΤΩΝΗ
PAPANTONIS WINERY

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