

STUDY GUIDE

Wellbeing Food for Tourism

Organised by Linnaeus University



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With the support of the
Erasmus+ Programme
of the European Union



This project has received funding from the European
Union's Horizon 2020 research and innovation pro-
gramme under grant agreement No 101035821.



Erasmus+

1. IDENTIFYING DATA	
Course/training name*	Wellbeing Food for Tourism
Coordinating/host University*	Linnaeus University
Other Universities involved	n/a
Main Thematic Arena*	Health and Well-being
Relation with the above selected Thematic Arena	
Course/training field(s)*	Nutrition, sustainability
ISCED Code	0916 Nutrition
Related SDGs	
Target audience(s)*	Students that want to learn about wellbeing food and plant-based foods in general, and how to make positive changes in their own food consumption.
Number of ECTS credits allocated	n/a
Other modes of certifications	
Mode of delivery*	Online asynchronous. This is a MOOC, Massive Open Online Course. This means that it is open to everyone. The advantage is that you can carry out your studies on your own and at your own pace.
Language of instruction*	English

Semester*	On-going
Course/training dates*	On-going
Precise schedule of the lectures (Mind the time zone) *	n/a
Key words (max 5) *	Well-being, Food, Sustainability, Tourism
Catch Phrase*	This online course provides an exploration into the concept of wellbeing food, which encompasses nourishing, healthy, fair, inclusive, beautiful, and environmentally-smart food choices. The course places a particular emphasis on plant-based foods, recognizing their pivotal role in fostering wellbeing. Structured to facilitate the cultivation of wellbeing food practices, the program is tailored for both professional and personal spheres.
Prerequisites and co-requisites*	None
Number of EUniWell students or staff that can attend the course/training*	Unlimited
Course/training application procedure(s)*	Application form on EUniWell website

2. CONTACT DETAILS

Department	School of Business and Economics
Name and email of lecturer/trainer*	Dr. Lali Lindell
Name and e-mail of the catalogue coordinator*	Lali.Lindell@lnu.se

Other lecturers/trainers	
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3. COURSE/TRAINING ABSTRACT*

The course serves as a foundational guide, empowering participants to make informed and conscious decisions concerning the food choices within their businesses or personal diets. With its modular design, the course unfolds over seven modules, providing a flexible learning experience that allows participants to progress at their own pace. Embark on this transformative journey towards a holistic understanding of wellbeing through mindful and sustainable food choices.

4. DEVELOPED SKILLS AND COMPETENCES*

Upon completing this course, you will attain a foundational understanding of wellbeing and discern the distinguishing features of wellbeing food. Your knowledge will extend to the impact of current food production on ecosystems, highlighting the imperative to elevate the proportion of plant-based foods for a sustainable future in food production and ecosystem integrity.

Furthermore, you will delve into the nuances of plant-based nutrition, gaining insights into considerations when providing vegetarian or vegan options in a business setting. The course will enlighten you on the significance of prioritizing seasonal and local foods.

You will also grasp the essence of fair consumption practices in relation to producers. In addition, the course addresses the importance of creating offers that are inclusive for all clients. It will guide you on adding that extra touch to your meals, turning them into delightful and memorable experiences for returning clients and on fostering heartfelt connections with family and friends.

5. OBJECTIVES AND LEARNING OUTCOMES*

See above

6. COURSE/TRAINING ORGANISATION

UNITS

1.	Wellbeing tourism
2.	Introduction to wellbeing food
3.	Food and the environment
4.	Plant-based foods
5.	Local, seasonal & fair food
6.	Inclusive food
7.	Adding love to food

LEARNING RESOURCES AND TOOLS

Each module consists of material in the form of text, illustrations and films, study assignments of different kinds with the opportunity to work with and reflect on the material as well as several quizzes where you can test what you have learned.

PLANNED LEARNING ACTIVITIES AND TEACHING METHODS

The course is in general without teacher support, however, the instructors do check-in on assignments and discussions now and then and may leave a comment on your contributions. The objective for this course is that you can follow the course completely independently and at your own pace.

7. ASSESSMENT METHODS AND CRITERIA*

The course Wellbeing Food for Tourism is not part of Linnaeus University's regular course offer and is therefore not examined, nor does it result in university credits. You do, however, have the opportunity to document your progress through your account and assignments. For some assignments you will see the answers from other students when you have submitted your contribution, this way you can be supported in having an idea of your level and how your knowledge and view compare to that of other students.

RECOGNITION*

See above.

ADDITIONAL INFORMATION

It takes about 20 hours in total to complete the course. In order for you to be able to plan your time more easily, there are time indications for each stage which gives an indication of how long each module and submodule are estimated to take. How long it takes for you depends mainly on how much time you invest in the different assignments.

Most assignments can be carried out with different degrees of depth and scope. The intention of the course is not to provide a complete overview and knowledge of wellbeing food and plant-based food, it is but is more of an introductory nature to give awareness on wellbeing food, as well as to support and navigate your journey introducing a larger share of plant-based foods in your business offers or in your own household, if that is what you want to do.

8. BIBLIOGRAPHY AND TEACHING MATERIALS

All teaching materials are in the learning platform.

9. QUALITY ASSURANCE*