

1ο ΔΙΕΘΝΕΣ ΣΥΜΠΟΣΙΟ ΓΑΣΤΡΟΝΟΜΙΑΣ & ΠΟΛΙΤΙΣΜΟΥ YALE.

26 Απριλίου, 2023



Ο σκοπός

Να αναδείξει, να ανανεώσει και να ενθαρρύνει την υιοθέτηση και την ενίσχυση των χαρακτηριστικών υγείας, βιωσιμότητας και πολιτιστικής κληρονομιάς της Κρητικής διατροφής που οδήγησαν στη Μεσογειακή Διατροφή.

Η ιδέα

Το συμπόσιο θα διευκολύνει την έκθεση και την εμπάπτιση στη γαστρονομία της Κρήτης συνδέοντας αιώνες μαγειρικής παράδοσης με τη σύγχρονη ιστορία και παράδοση της προέλευσης της « **Κρητικής διατροφής** ». Η πολιτιστική και περιβαλλοντική βιωσιμότητα της κρητικής γαστρονομίας , από την αρχαιότητα έως τη σύγχρονη εποχή, από στεριά σε θάλασσα θα υπογραμμίσει τις γαστρονομικές και γεωπονικές έννοιες σε ένα πλαίσιο υγείας/έρευνας/διατροφής.

Παράλληλα, το συμπόσιο θα τιμήσει τη μητριαρχική και προγονική σοφία της τροφής ως φάρμακο για το σώμα, το μυαλό και το πνεύμα, που μεταδίδεται μέσα από συνταγές, ιστορίες, αρχαιολογικά μυστήρια και παραδόσεις στην Κρήτη, ειδικά όσον αφορά τον μητριάρχη. Για την προώθηση και τη διατήρηση αυτών των

γαστρονομικών θησαυρών, θα υπάρξουν ευκαιρίες για βιωματική ενασχόληση με μαγειρικούς που έχουν εμπειρία στην παραγωγή τροφίμων μεγάλης κλίμακας για να κατανοήσουν καλύτερα και να εξερευνήσουν μονοπάτια για την εφαρμογή και την κλιμάκωσή τους.

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Τοποθεσία

Πολιτιστικό Συνεδριακό Κέντρο Ηρακλείου , Πλαστήρα 49 & Ρωμανού 713 07
Ηράκλειο

Το Πρόγραμμα

Day 1: Wednesday, May 3, 2023

16:00-16:15 **Opening Ceremony**

16:15-17:00 **Presentations:**

- Giorgos Sisamakias, Deputy Mayor of Development Planning–Digital Transformation and Integrated Rural Development and Tourism, City of Heraklion
- Irini Choudetsanaki Giakoumaki, Deputy Governor of Crete
- Evangelos Karamanes, Research Director, Acting Director the Hellenic Folklore Research Centre (HFRC)
- Stavros Tzedakis, Deputy Regional Governor of Transport and Communications & Agri-Food specialized to highlight Cretan nutrition, Cretan gastronomy and linking the agri-food sector with tourism

17:00-17:30 **Keynote Speech: The Mediterranean Diet and Cancer risk in Italian populations From Cretan lifestyle to the traditional Mediterranean Diet.**

Theme: How aspects of the Cretan lifestyle that stemmed from poverty and/or necessity laid the foundation for the unifying features of what we know as Mediterranean Diet.

Carlo La Vecchia, M.D.; Professor of Medical Statistics and Epidemiology, Dept. of Clinical Sciences and Community Health. Università degli Studi di Milano (“La Statale”)

17:30-19:00 **Around the Table 1: Traditional and indigenous Cretan ingredients, herbs, spices, recipes and culinary practices: Food as Medicine. Use of olive oil and other food among Cretans in past centuries to present**

Theme: Assess the link between ancient cuisine of Crete with traditional recipes in the context of surviving culinary practices and food as medicine

Moderator: Tassos C. Kyriakides (tentative)

1. Artemis Morris; Artemis Wellness Center
2. Maria Protopapas-Marneli; Research Director/Acting Director, Research Centre for Greek Philosophy, Academy of Athens
3. Ioannis M Aslanides, MD, PhD, FRCOphth, MBA, President of the Hellenic College of Ophthalmology, Clinical Director of Emmetropia Mediterranean Eye Institute, Assistant Professor of Ophthalmology, Weill Cornell, New York, USA
4. Fanis Zampetakis, Interventionist Cardiologist, Medical Director, Asklipios Diagnosis – Diagnostic Medical Center

Day 2: Thursday, May 4, 2023

9:15-10:45 **Around the Table 2: Health benefits from products beyond olive oil. Forgotten and neglected food items, traditional vs innovative foods and impact on human and planetary health.**
Theme: An in-depth assessment of the role and synergy of other products of a revisited Cretan agriculture e.g., wine and aromatics and their impact on human and planetary health

Moderator: Panos Sarris, Group Leader at IMBB – FORTH; Asst Prof. Univ. of Crete; Hon. Prof. Univ. of Exeter

1. Stergios Pirintsos, Professor of Systematic Botany and Plant Ecology, Department of Biology, University of Crete
2. Elias Castanas, Prof. Exp. Endocrinology, University of Crete, School of Medicine
3. Nikos Psilakis, Writer, journalist

11:00-12:30 **Around the Table 3: PLANETERRANEAN DIET : The Mediterranzation of local food systems: adaptation to a 'locally produced, locally consumed' diet.**
Theme: How can an adapted Mediterranean nutrition paradigm outside geographical constraints extend beyond physical health benefits and impact social, financial, environmental determinants of health

Moderator: Vasilis Vasiliou, Professor and Chair, Department of Environmental Health Sciences, Yale School of Public Health

1. Antonia Trichopoulou, Academy of Athens: The Mediterranzation of local diets
2. Prisco Piscitelli - Research Staff, UNESCO Chair in Health Education and Sustainable Development, Federico II University of Naples (Italy): The concept of Planeterranean diet
3. Jean-Claude Moubarac, , Faculté de médecine Université de Montréal: The Mediterranean Diet versus the South American
4. Guansheng Ma: The Mediterranean Diet versus the Chinese
5. Michalis Katharakis, Vice President of the Regional Council of Research and Innovation in Crete, Greece

12:40-14:40 **Lunch @ open air space – courtyard of Conference Center**

14:40-15:00 **How far would you go for food? Story telling by Isabella Zampetaki.**

15:00-16:30 **Around the Table 4: From education to practice: Adapting and scaling up of the Mediterranean nutrition paradigm.**
Theme: Lessons learned from Crete and other locales about healthy nutrition education efforts and direction: Instilling the concept of "When you love your food, it loves you back!"

Moderator: Rafi Taherian, Yale Hospitality

1. Rick Smilow | Chairman and CEO of the Institute of Culinary Education (ICE), New York City and Los Angeles
2. Fedon Alexander Lindberg | Medical Doctor, Specialist in Internal Medicine and Nutrition,
3. Health and Culinary Author, Medical Director of Fedon Health, Oslo, Norway

4. Bill Telepan | Culinary Director The Metropolitan Museum of Art; Bon Appétit Management Company;
5. Executive Chef Wellness in the Schools
6. Manolis Papoutsakis | Chef and co-owner of Charoupi, Dekra trapezia (Thessaloniki) and Pharaoh (Athens).
7. Konstantinos Triantafyllis | Marketing & PR Director and member of Sustainability Committee
8. at Metaxa Hospitality Group Andreas Metaxas, Chair/CEO, Metaxas Hospitality Group

16:30-18:00 **Around the Table 5: The role of women in Mediterranean nutrition**
Theme: Women's lives, storytelling and passing down recipes and culinary practices'
promoting diversity, equity, inclusion, belonging and well-being

Moderator: Sevasti Chatzopoulou | Associate Professor, Roskilde University

1. Mariana Kavroulaki | Experimental archaeologist- Founder of the Symposia of Greek Gastronomy
2. Aylin Öney Tan | Conservation architect, food writer/historian
3. Anastasia Tzigounaki | Archaeologist, Director of the Ephorate of Antiquities of Rethymno