



## 2021 LAKE COMO SCHOOL OF ADVANCED STUDIES

### Novel approaches to the food-health relationship: from molecules to sociotypes

Villa del Grumello - Como  
October 19-22, 2021



**SCIENTIFIC AND ORGANIZING COMMITTEE**  
**Francesco Bonomi, Stefania Iametti, Andrea Pinto**  
**DeFENS – UNIVERSITY OF MILAN**

*Participation is limited to 20 students*  
*Practical info and registration on the school website:*  
<https://fhms.lakecomoschool.org/>



	Tuesday, October 19	Wednesday, October 20	Thursday, October 21	Friday, October 22
09.30		<b>FROKIAER</b> Food immunoactives and their interplay	<b>BERRY</b> No Blame, No Shame, Not more of the Same – Managing the Obesity Pandemic	<b>FERRANTI</b> Food proteins: not only a source of nutrients
10.30		Break	Break	Break
11.00	Registration & Welcome	<b>IAMETTI</b> Food allergies & intolerances: myths and truths	<b>PAGLIARINI</b> Food choices: basis and impact	<b>AMIGO-BENAVENT</b> Non protein components and food digestibility
12.00		Oral presentations by students	<b>WORKING LUNCH:</b> outcomes of the ERASMUS+ Short cycle Course on "Thermal Analysis in Material Science"	Oral presentations by students
13.00		Lunch	Lunch	Lunch
14.00	<b>BERRY</b> Coping with food insecurity and sustainability using the sociotype framework	Open forum: <b>Taking care of people</b>	Open forum: <b>Food and immunity, myths and truths</b>	Open forum: <b>What makes it good for me?</b>
15.00	<b>BONOMI</b> Structure/function relationships in food systems	Coordinator: <b>Bonomi</b>	Coordinator: <b>Iametti</b>	Coordinator: <b>Pinto</b>
16.00	Break	Break	Break	Closing remarks & departure
16.30	<b>LAURITZEN</b> Bioactive fats and brain function	<b>RISO</b> Making the best out of food bioactives: selected case studies	<b>BATTEZZATI</b> Nature and impact of eating disorders	
17.30	<b>TAVERNITI</b> Another seat at the table: the role of microbiota between diet and host's health	<b>DEL CASTILLO</b> Non-protein food bioactives	<b>PINOTTI</b> Addressing sustainability: nutrition models for a circular economy	
18.30	Free time for discussion	Free time for discussion	Free time for discussion	
20.00	Dinner	Dinner	Dinner	

### FEATURED SPEAKERS

- Myriam Amigo-Benavent** University of Limerick, Ireland  
**Alberto Battezzati** DeFENS, University of Milan; Scientific Director, International Center for the Evaluation of Nutritional Status (ICANS), University of Milan  
**Francesco Bonomi** DeFENS, University of Milan, former responsible of the "Nutritional Biochemistry" group within the Società Italiana di Biochimica (SIB)  
**Elliot Berry** Dept. of Human Nutrition, Hebrew University, Jerusalem; Consultant for FAO, Rome, on Food Security and Sustainability of the Mediterranean Diet  
**Maria Dolores Del Castillo** CSIC, Madrid  
**Pasquale Ferranti** Department of Agriculture, University of Naples Federico II  
**Hanne Frokiaer** Head of the Biochemistry and Natural Products group at IGM, Copenhagen University-Life  
**Stefania Iametti** DeFENS, University of Milan  
**Lotte Lauritzen** Copenhagen University-Life  
**Ella Pagliarini** DeFENS, University of Milan; Coordinator of the PhD program in "Food Systems" at DeFENS, University of Milan  
**Luciano Pinotti** Department of Health, Animal Science and Food Safety, University of Milan; Coordinator of the PhD program in "Nutritional Sciences", University of Milan  
**Andrea Pinto** DeFENS, University of Milan  
**Patrizia Riso** DeFENS, University of Milan  
**Valentina Taverniti** DeFENS, University of Milan