



3rd Circular update

Tradition and nutritional science in the modern food chain

SIEF 22nd International Ethnological Food
Research Conference

Kalamata, Greece
26-29 September 2018

Organised by:

Prof. Antonia Matalas, School of Health and Education,
Harokopio University, Athens (e-mail: amatala@hua.gr)

Prof. Philippos Papadopoulos, American Farm School, Thessaloniki
(e-mail: fpapad@afs.edu.gr)

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ΙΔΡΥΜΑ
ΚΑΠΕΤΑΝ ΒΑΣΙΛΗ & ΚΑΡΜΕΝ
ΚΩΝΣΤΑΝΤΑΚΟΠΟΥΛΟΥ

Theme of the Conference

People are influenced by a variety of factors when they choose their food: culinary traditions, socialization, peer influence and quality. Food quality is closely linked to people's perceptions of what constitutes "good" and "bad" food. In the past, the quality of food was determined by culinary traditions and cultural norms, while in modern times, technological progress has narrowed the way people view food and, at the same time, has posed new complex questions about what is good to eat and what is not. Thus, health and nutritional information constitutes an important element whenever people engage with food. The aim of the conference is to discuss how health concerns converge with, or, on the contrary, diverge from, the traditional "gastronomic" view, in various facets of food chain.

Keynote Lectures

1. **Richard Wilk**, Prof. of Anthropology, Indiana University

Diet and binge: Morality, Balancing and bargaining in everyday food choice.

2. **Effie Tsakalidou**, Prof. of Food Biochemistry, Agricultural University of Athens

The indigenous microbiota of traditional fermented foods - A treasure chest of pro-technological and health-promoting microorganisms.

3. **Kelly Fourtouni**, Ass. Principal Scientist Research & Nutrition, Mondelèz Int.

Incorporating traditional & nutritional aspects in food design: a food industry perspective.

Workshops

1. *EU Horizon Programme 2020 Project : NEXT FOOD*

2. *Food Heritage: Mediterranean Diet Unesco's Intangible World Monument, Co-organised by the Maniatakeion Foundation and the Greek Ministries of Culture and Agriculture (TBC)*

Sessions

1. Pleasure in eating – tradition versus health
2. The qualities of healthy nourishment – the views of lay men and women
3. Processing and cooking – nutritional impact
4. New dietary trends and the healthy-conscious consumer
5. Food as medicament – historical perspectives
6. Old and new status of traditional foods
7. Nutritional advice- past and current debates

Preliminary Programme

Wednesday 26 Sept

10.00 -12.30	Registration
13.00 -13.30	Conference Opening
13.30 -14.30	Richard Wilk: <i>Diet and binge: Morality, Balancing and bargaining in everyday food choice</i>
15.00 -15.30	Coffee/tea break
15.30 -16.30	Sief meeting
16.30 -20.00	Session 1, Coffee/tea break, Session 2
20.00 `	Dinner

Thursday 27 Sept

8.30	Departure for Mani Visit Old Kardamyli with the typical Maniot tower-houses https://www.greecetravel.com/peloponessos/mani/index.htm Visit the Agroktima Marini, participatory cooking at the farm and Lunch https://www.facebook.com/agroktima.artfarm/ Olive oil tasting workshop
15.30	Return to the Conference venue
16.30 -19.30	Session 3, Coffee/tea break, Session 4 & Session 5
19.30 -20.30	Dr. Effie Tsakalidou: <i>The indigenous microbiota of traditional fermented foods - A treasure chest of pro-technological and health-promoting microorganism</i>
20.30	Dinner

Friday 28 Sept

8.30 -10.00	Session 6, Workshop of the Horizon 2020 Project NEXT FOOD
10.00 -11.00	Kelly Fourtouni: <i>Incorporating traditional and nutritional aspects in food design: a food industry perspective</i>
11.00- 12.00	Coffee / snack break, Business meeting / 2020 Conference
12:00	Departure for Pylos
13:00	Arrival at Nestor's palace, guided visit to the site https://www.pylos:info/en/nestor's-sights where the <i>Griffin Warrior</i> was recently discovered
15:30	Arrival at the Costa Navarino Resort, tour to the Natura Hall https://www.gtp.gr/TDirectoryDetails.asp?ID=14806
17.00	Picnic meal at the olive grove with the support of a local agro-tourism cooperative
19.00	Return to Kalamata / Free evening

Saturday 29 Sept

9.30 - 11.00	Session 7 & «Mediterranean Diet Unesco's Intangible World Monument» Workshop
11.00 -12.00	Coffee/tea and snack break

Afternoon	Delegates have the option to participate to a visit to the Ancient City of Messini https://www.gtp.gr/TDirectoryDetails.asp?ID=14806
Evening	Free

Scientific Committee:

- Stalo Lazarou, Ph.D., Chair of the Cyprus Food and Nutrition Museum
 - Irene Bathrellou, Ph.D., Harokopio University of Athens
 - Mary Yannakoulia, Ph.D., Prof. at Harokopio University of Athens
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Registration

Registration fee: 280 Euros; Students' reduced fee: 180 Euros.

We would like to thank those of you who have already registered and paid the conference fee. We would also like to encourage those of you who have yet to register and to discharge the conference fee to do so as soon as possible. Delegates are requested to pay their fee via a bank deposit for valid registration. Please note that all remittance fees must be prepaid by the registrant.

Account holder: AMERICAN FARM SCHOOL
IBAN: GR2901407200 720002320001494
BIC: CRBAGRAA
Reason for payment: SIEF 2018 + name of participant

Please send the registration form to the email: sief2018@afs.edu.gr (attn: Aristeia Baschali)

Venue and Accommodation

Besides being the home of the well-known *Kalamata olives*, Kalamata is also one of the largest coastal cities in Greece and capital of the Messinia area, in southwestern Peloponnese. The conference will take place at **Pharae Palace Hotel** (<http://www.pharae.gr/we-welcome-you/>) which is located on the beach of Kalamata and at walking distance from the city center. Participants may reserve room at Pharae Palace at prices especially arranged for the Conference by writing at: info@pharae.gr (please include in your message the conference reference code: SIEF 2018), or by calling at (+30) 2721096000. The special price can be obtained only for reservations **until 5 May 2018**.
