



International Research Network for Food Quality and Health

Seminar April 19th, from 9-10 am CEST on ZOOM

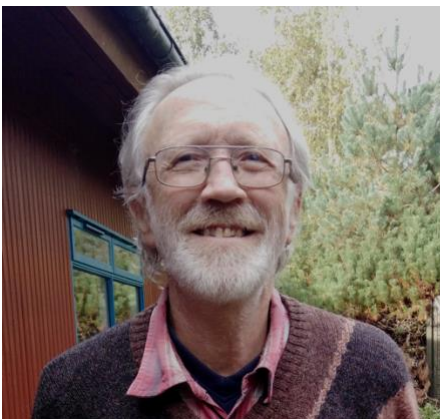
From single compounds to vitality and resilience

The workshop is free of charge, but you have to sign up at shb@nexs.ku.dk, just write FQH as subject and you will receive a zoom link for the meeting

Program:

9.00-9.05 Welcome by Carola Strassner

9.05 – 9.35 " From single compounds to vitality and resilience" by Ph.D Jens-Otto Andersen



Born in 1949. Working on biodynamic farms in Denmark and Norway during 1978-82. Agronomist, PhD. Co-founder of the Triangle consortium 2001, a research cooperation between University of Kassel (DE), Louis Bolk Institute (NL) and the Biodynamic Research Ass. (DK), focusing on documentation and application of the biocrystallisation method. Co-founder of FQH in 2001. Author of 'Vitality from soil to stomach', and 'A Biodynamic Guide to Food Quality'.

9.35-9.55 Discussions in plenum or break-out rooms dependent on number of attendants

9.55-10.00 Wrap-up, presentation of next workshop and goodbye

Abstract

From single compounds to vitality and resilience

The nutrition declarations on the supermarket products, including a handful of single compounds, is very much outdated, disregarding the present knowledge of antioxidants, secondary compounds, and vitality. This process is parallel to the need for a new health definition, replacing the present outdated WHO definition, bringing forth the term 'resilience'. The present challenge is how to understand and implement these two concepts.