



## HEALTHY DIET - BETWEEN TRADITION AND INNOVATION International Summer School

Online meeting: 1 September 2025

On site activities: 4 - 12 September 2025



# Program





## **Organizational Committee:**

- Lea Pogačnik da Silva, Biotechnical Faculty, University of Ljubljana, Slovenia
- Rui FM Silva, Faculty of Pharmacy, University of Lisbon, Portugal
- Mihaela Badea, Faculty of Medicine, “Transilvania” University of Brasov, Romania

## **Scientific committee:**

### **Chairpersons**

- Lea Pogačnik da Silva, University of Ljubljana, Slovenia
- Maria João Barata de Carvalho, Polytechnic Institute of Beja, Portugal
- Patrizia Restani, University of Milan, Italy
- Jean Louis Marty, University of Perpignan Via Domitia, France
- Dijana Blazhekovikj-Dimovska, University “St. Kliment Ohridski” – Bitola, R. N. Macedonia
- Rui FM Silva, Universidade de Lisboa, Portugal
- Mihaela Badea, Transilvania University of Brasov, Romania



## International Scientific Committee

- Mihaela Badea, Faculty of Medicine, Transilvania University of Brasov, Romania
- Maria João Barata de Carvalho, School of Agriculture, Polytechnic Institute of Beja, Portugal
- Jasna Bertoneclj, Biotechnical Faculty, University of Ljubljana, Slovenia
- Dijana Blazhekovikj-Dimovska, Faculty of Biotechnical Sciences, University "St. Kliment Ohridski" – Bitola, R. N. Macedonia
- Laura Elena Gaman, Carol Davila University of Medicine and Pharmacy, Bucharest, Romania
- Shiori Ishiyama, Faculty of Life and Environmental Sciences, University of Yamanashi, Japan
- Kamila Koszelska, Faculty of Chemistry, University of Lodz, Poland
- Mojca Korošec, Biotechnical Faculty, University of Ljubljana, Slovenia
- Ivan Kreft, Biotechnical Faculty, University of Ljubljana, and Nutritional Institute, Slovenia
- Samo Kreft, Sodobna fitoterapija - farmacevtsko raziskovanje, razvoj in svetovanje, Samo Kreft s.p.; Jazon d.o.o., Slovenia
- Chiara di Lorenzo, Department of Pharmacological and Biomolecular Sciences, University of Milan, Italy
- Mateja Lušnic Polak, Biotechnical Faculty, University of Ljubljana, Slovenia
- Jeannine Marais, Faculty of Agrisciences, Stellenbosch University, South Africa
- Jean Louis Marty, University of Perpignan Via Domitia, France
- Debora van der Merwe, Faculty of Agrisciences, Stellenbosch University, South Africa
- Lea Pogačnik da Silva, Biotechnical Faculty, University of Ljubljana, Slovenia
- Tomaž Požrl, Biotechnical Faculty, University of Ljubljana, Slovenia
- Patrizia Restani, Department of Pharmacological and Biomolecular Sciences, University of Milan, Italy
- Rui FM Silva, Faculty of Pharmacy, University of Lisbon, Portugal
- Petra Terpinč, Biotechnical Faculty, University of Ljubljana, Slovenia



## Program

### Monday, 1 September

#### Virtual conference – presentations of students and their Universities/Faculties

<https://bf-uni-lj-si.webex.com/bf-uni-lj-si/j.php?MTID=m8e6197b023d2b1a944628611935d60c3>

10:00 – 10:10	<b>Introduction</b>
10:10 – 10:20	University of Ljubljana, Slovenia
10:20 – 10:30	Universidade de Lisboa, Portugal
10:30 – 10:40	Instituto Politécnico de Beja, Portugal
10:40 – 10:50	Universidade do Porto, Portugal
10:50 – 11:00	University of Chlef, Algeria
11:00 – 11:10	University of Łódź, Poland
11:10 – 11:20	University St. Kliment Ohridski - Bitola, North Macedonia
11:20 – 11:30	University of Yamanashi, Japan
11:30 – 12:00	<b>Coffee break</b>
12:00 – 12:10	University of Almería, Spain
12:10 – 12:20	Transilvania University of Brasov, Romania
12:20 – 12:30	Ghent University, Belgium
12:30 – 12:40	Amity University Uttar Pradesh, India
12:40 – 12:50	Stellenbosch University, South Africa
12:50 – 13:00	<b>Final remarks</b>

### Thursday, 4 September

9:00 – 10:00	<b>Registration</b> Welcome drink
10:00 – 10:15	<b>Opening ceremony</b>
10:15 – 12:00	<b>Students' networking</b>

### Friday, 5 September

#### Chairperson: Lea Pogačnik da Silva

9:00 – 9:30	<b>Sprouted Buckwheat for Functional Bakery Products – Introduction to Experimental Work</b> <i>Tomaž Požrl, Petra Terpinč, Mateja Lušnic Polak, Mojca Kuhar, Mojca Korošec, Jasna Bertonec</i> University of Ljubljana, Biotechnical Faculty, Slovenia
9:30 – 11:30	<b>Introduction to Slovene Language</b> <i>Tanja Jerman</i> University of Ljubljana, Faculty of Arts, Centre for Slovene as a Second and Foreign language, Slovenia
11:45 – 13:00	Experimental work ( <b>Sprouting group</b> )



## Monday, 8 September

Chairperson: Maria João Barata de Carvalho	
9:00 – 9:30	<b>Diet and Human Evolution</b> <i>Patrizia Restani</i> University of Milan, Department of Pharmacological and Biomolecular Sciences, Italy
9:30 – 10:00	<b>Antioxidants - Challenges for Food Science and Health</b> <i>Mihaela Badea</i> Transilvania University of Brasov, Faculty of Medicine, Romania
10:00 – 10:30	<b>Polyphenols and <i>in vitro</i> Methods to Measure Potential Health Benefits</b> <i>Chiara di Lorenzo</i> University of Milan, Department of Pharmacological and Biomolecular Sciences, Italy
10:30 – 11:00	<b>Mycotoxins and Health: Health Risks and Strategies for Detection</b> <i>Jean-Louis Marty</i> University of Perpignan Via Domitia, France
11:00 – 12:00	<b>Coffee break/International village</b>
Chairperson: Patrizia Restani	
12:00 – 12:30	<b>A Sustainable Approach to Food Production</b> <i>Agata Biadala</i> Poznan University of Life Sciences, Poland
12:30 – 13:00	<b>What does the HACCP Mean?</b> <i>Renata Cegielska-Radziejewska</i> Poznan University of Life Sciences, Poland
13:00 – 13:30	<b>Gluten-free Food, Alternative Raw Materials, Production Methods</b> <i>Małgorzata Gumienna</i> Poznan University of Life Sciences, Poland
13:30 – 14:00	<b>Current Trends in the Vinification Process and Quality Enhancement of Grape Wines</b> <i>Małgorzata Lasik-Kurdyś</i> Poznan University of Life Sciences, Poland
14:00 – 16:00	Experimental work ( <b>Sprouting group</b> )

## Tuesday, 9 September

Chairperson: Jean-Louis Marty	
9:00 – 9:45	<b>Buckwheat - a Low Input Plant with Excellent Nutritional Value</b> <i>Ivan Kreft</i> Nutrition Institute, Slovenia
9:45 – 10:15	<b>Buckwheat is a Phytochemically Diverse Plant</b> <i>Samo Kreft</i> University of Ljubljana, Faculty of Pharmacy, Slovenia
10:15 – 10:45	<b>Buckwheat Plants and the Environment</b> <i>Mateja Germ</i> University of Ljubljana, Biotechnical Faculty, Slovenia
10:45 – 11:15	<b>Biochemical Characterisation of Buckwheat Grain Tissues</b> <i>Paula Pongrac</i> University of Ljubljana, Biotechnical Faculty, Slovenia
11:15 – 12:00	<b>Coffee break/tasting buckwheat tea</b>



## Tuesday, 9 September

<b>Chairperson: Dijana Blazhekovikj-Dimovska</b>	
12:00 – 12:30	<b>Buckwheat in Culinary</b> <i>Blanka Vombergar</i> IC Piramida Maribor, Slovenia
12:30 – 13:00	<b>Buckwheat Noodles, after all: from a Traditional Staple to a Modern Dietary Choice in Japan</b> <i>Nagisa Moritoki Škof</i> University of Ljubljana, Faculty of Arts, Slovenia
13:00 – 13:30	<b>Dietary Habits that Promote Health through the Use of Food Factors with Health Benefits</b> <i>Shiori Ishiyama</i> University of Yamanashi, Faculty of Life and Environmental Sciences, Japan
13:30 – 14:00	<b>Functional Food Trends and Innovation</b> <i>Debora van der Merwe</i> Stellenbosch University, South Africa
17:00 – 18:30	Visit of <a href="#">Botanical Garden</a>

## Wednesday, 10 September

9:00 – 13:00	Experimental work ( <a href="#">Baking group</a> )
10:30 – 13:00	Experimental work ( <a href="#">Sensory group</a> )
12:00 – 13:00	Experimental work ( <a href="#">Sprouting group</a> )
13:00 – 14:00	<b>Lunch break</b>
14:00 – 15:00	Experimental work ( <a href="#">Sprouting group</a> , <a href="#">Baking group</a> , <a href="#">Sensory group</a> )
15:00 – 17:00	Experimental work ( <a href="#">Sensory group</a> )

## Thursday, 11 September

9:00 – 18:00	Fieldtrip to <a href="#">"Mahnič" farm</a> , Visit of Koper city
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## Friday, 12 September

<b>Chairperson: Rui FM Silva</b>	
9:00 – 9:30	<b>Antimicrobial Activity of Medicinal Plants and their Potential Application in Aquaculture</b> <i>Dijana Blazhekovikj-Dimovska</i> University "St. Kliment Ohridski" - Bitola, R. N. Macedonia
9:30 – 10:00	<b>Black Seed and its Cold-pressed Oil – Health Benefits and Electrochemical Analysis</b> <i>Kamila Koszelska</i> University of Łódź, Faculty of Chemistry, Poland
10:00 – 10:30	<b>Principles of Good Practice in Sensory Analysis</b> <i>Jeannine Marais</i> Stellenbosch University, South Africa
10:30 – 11:00	<b>Sensory Analysis in Traditional Food</b> <i>Maria João Barata de Carvalho</i> Polytechnic Institute of Beja, School of Agriculture, Portugal
11:00 – 11:30	<b>Coffee break</b>



## Friday, 12 September

<b>Chairperson: Mihaela Badea</b>	
11:30 – 12:00	<b>Should I be Stressed?</b> <i>Laura Gaman</i> Carol Davila University of Medicine and Pharmacy, Bucharest, Romania
12:00 – 12:30	<b>Are Natural Food Polyphenols Good for the Brain?</b> <i>Rui FM Silva</i> University of Lisbon, Faculty of Pharmacy, Portugal
12:30 – 13:30	<b>Group presentations (Sprouting group, Baking group, Sensory group)</b>
13:30 – 14:00	<b>Closing ceremony</b>

## Location:

