

COURSE DETAIL

SUSTAINABLE AND HEALTHY FOOD CONSUMPTION

Country

Netherlands

Host Institution

Utrecht University

Program(s)

Utrecht University

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology Health Sciences Environmental Studies

UCEAP Course Number

128

UCEAP Course Suffix**UCEAP Official Title**

SUSTAINABLE AND HEALTHY FOOD CONSUMPTION

UCEAP Transcript Title

SUS&HEAL FOOD CONSU

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

Food choices have a large impact on peoples' health, the welfare of animals, stakeholders in the food system, and ultimately the planet. This course focuses on food environments and the consumer, to understand the factors that lead to unhealthy and unsustainable choices and how these can be shifted.

The course explores a wide range of disciplines and topics, from brain processes and gut bacteria (biology and nutrition science) to decision making processes (psychology), to cultural processes (sociology), to the food environment (marketing and human geography) and finally behavior change interventions (Communication and psychology). The course includes an excursion to get some hands-on experience and guest lecturers who contribute to resolving the issues in the food system. The course discusses societal issues such as obesity, malnutrition, food waste, microplastics, the protein transition and diet hypes. The research methods with which food science is conducted in order to take part in meaningful discussions about sustainable and healthy food consumption are introduced.

Language(s) of Instruction

English

Host Institution Course Number

GEO2-2438

Host Institution Course Title

SUSTAINABLE AND HEALTHY FOOD CONSUMPTION

Host Institution Course Details

<https://osiris-student.uu.nl/onderwijscatalogus/extern/cursus>

Host Institution Campus

Utrecht University

Host Institution Faculty

Faculty of Geosciences

Host Institution Degree
Host Institution Department
Course Last Reviewed 2025-2026

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