



Biotechnology and
Biological Sciences
Research Council

Thematic Research Training 2020-2021

Crops & Soil Group

Session 1: Sustainable Diets

Online, 8 December 2020, 9:00-14:15

Session Description:

Emerging research and evidence calls for dietary shifts for the benefit of ourselves and our planet (e.g. <https://eatforum.org/eat-lancet-commission/>...). As PhD students we must understand the wider implications for our work – our research is important! How our work feeds into the global picture, has the potential to change policy recommendations and the social needs for global population dietary transition will be discussed to help us to achieve impact. This workshop aims to discuss agriculture, diet, and the environment, while considering EatLancet and participants' individual research.

Learning outcomes:

1. Gain a better understand about the concepts related to agriculture, diet, and the environment.
2. Practice putting research within the context of the wider world.
3. Interact and discuss with interdisciplinary researchers.

Session requirements:

As we ask that students participate in group discussions, they will need to be in a place where they can have their camera and microphone on. Student should consider session topic with regards to their own research project, as well as their research area. All participants should be prepared to bring their ideas and questions to group discussions.

Session link:

<https://ed-ac-uk.zoom.us/j/89957587597> (*please do not circulate!*)

Meeting ID: 899 5758 7597

Passcode: C.Tv4&88

Session schedule:

| Times | Session details |
|--------------|---|
| 9:00-9:30 | Introduction - <i>Susan Eshelman and Poppy Frater</i> |
| 9:30-10:00 | Sustainable diets; climate change, land use and food security (Livewell Project) - <i>Professor Jennie Macdiarmid</i> |
| 10:00-10:20 | Breakout Rooms |
| 10:20-10:30 | Discussion (Q+A) |
| 10:30-11:00 | Screen Break |
| 11:00- 11:30 | From bioactive plant compounds to global food security – transcending disciplines - <i>Professor Wendy Russell</i> |

| | |
|-------------|---|
| 11:30-11:50 | Breakout Rooms |
| 11:50-12:00 | Discussion (Q+A) |
| 12:00-12:30 | Public behaviour change and policy - <i>Professor Mads Fischer-Moller</i> |
| 12:30-12:50 | Breakout Rooms |
| 12:50-13:00 | Discussion (Q+A) |
| 13:00-13:30 | Screen Break |
| 13:30-14:15 | Closing Remarks – <i>Professor Christine Watson, Susan Eshelman, and Poppy Frater</i> |

Recommended reading:

- Summary Report of EATLancet Report (<https://eatforum.org/content/uploads/2019/07/EAT-Lancet-Commission-Summary-Report.pdf>)
- Macdiarmid, J. I., Douglas, F., & Campbell, J. (2016). Eating like there's no tomorrow: Public awareness of the environmental impact of food and reluctance to eat less meat as part of a sustainable diet. *Appetite*, 96, 487–493. <https://doi.org/10.1016/j.appet.2015.10.011>
- The planetary health diet (<https://www.stockholmresilience.org/research/research-news/2019-01-17-the-planetary-health-diet.html>)

Local organisers:

Poppy Frater - P.Frater@sms.ed.ac.uk)

Susan Eshelman - M.S.E.Eshelman@sms.ed.ac.uk