



MEDNIGHT

Program of Activities

Lemnos, Friday, September 26, 2025



ACTIVITIES FOR THE GENERAL PUBLIC

PANTELIDEIO BUILDING

- 18:00 - 21:00 | EXHIBITION |** *The Marie Curies of the Mediterranean*
- 18:00 - 21:00 | EXHIBITION |** *European Corner, Europe Direct Northern Aegean*
- 18:00 - 21:00 | DEMONSTRATION EXPERIMENTS |** *Mind The Lab*
- 18:00 - 21:00 | DOCUMENTARY |** *Mednight Expedition: the Ports of Science*
- 20:15 - 20:30 | TALK |** *Welcome to MEDNIGHT - University of the Aegean, Municipality of Lemnos*

Department of Food Science and Nutrition

18:00 - 21:00 | WORKSHOP | *Presentation of research activities of the Laboratory of Computational Simulations, Genomics and Data Analysis* – Stathis Kaloudis, Vasiliki Mpountziouka

Presentation of the research activities of the Laboratory of Computational Simulations, Genomics and Data Analysis, explaining in terms understandable to the general public how the research fields of Genomics, Statistics and Informatics can contribute to the field of food and nutrition.

18:00 - 21:00 | WORKSHOP | *Circular Ideas for our Table: From Waste to Sustainable Development* – Eleni Naziri, Dimitrios Sarris, Zaharias Ioannou

How can food industry waste be turned into new food products and materials for food industry? Through interactive examples and a hands-on activities, visitors of all ages will explore the power of circular thinking in food innovation.

18:00 - 21:00 | WORKSHOP | *Healthy eating mission* – Vasiliki Bountziouka, Efsthios Kaloudis, Katerina Nikitara

Robotics activity where children are asked to help their robot collect healthy foods from a track full of various food options, both healthy (e.g. fruits, vegetables, nuts) and less healthy (e.g. shrimp, chocolates, soft drinks). Children will be divided into groups of 2-3, and will choose a command card (e.g. "collect 3 healthy snacks"). They will then program the robot to move precisely towards the correct foods, avoiding the less nutritious ones. At the end of the activity, there will be a discussion about the concept of a "healthy" snack and the importance of balanced dietary choices in everyday life.

18:00 - 21:00 | WORKSHOP | *How much should I eat and how often?* – Vasiliki Bountziouka, Eirini Votsi

PEducational module on learning appropriate portion sizes according to age. Dietitians talk about the concept of portions and the frequency of consumption of the main food groups. What does "portion" mean, how much is "enough" for each type of food, and how often it is good to consume different foods.

18:00 - 21:00 | WORKSHOP | *Microorganisms and food* – Eustathios Gkiouris, Dimitra kostoglou, Maria-Aleksandra Giorgi, Persefoni-Pinelopi Vourvoulia

Discover the invisible world behind the food we consume every day! At our event, as part of Mednight, young and old will have the opportunity to observe bacteria under a microscope and see their impressive colonies grow in dishes. A unique experience that brings science closer to our daily lives!

18:00 - 21:00 | WORKSHOP | *Proactive adaptation to healthy nutrition and exercise* – Konstantinos Gatzionis, Antonis Koutelidakis, Elisabeth Valanou

"Childhood and adolescence are periods of vital importance for the development of the individual, as the adoption of an unhealthy lifestyle at these ages - which includes unhealthy eating habits and low physical activity - leads to an increase in body weight in children and adolescents and the maintenance of these habits during adulthood. At the same time, it shapes the level of health, leading to the maintenance of increased body weight during adulthood and the occurrence of various serious diseases (e.g. cardiovascular diseases, cancer, diabetes mellitus).

Through the experiential action available at the TEDT booth in the square, parents and children from all levels of compulsory education (kindergartens, elementary schools, middle schools and high schools/4-18 years old) will have the opportunity to register and use the "Food for Action" toolboxes, which are educational materials that have been developed by expert scientists for parents with the aim of informing and raising their awareness for the implementation and adoption of changes in the family environment, to promote healthy eating and exercise behaviors in children.

18:00 - 21:00 | WORKSHOP | *Nutrition Education for Children in the School Setting* – Antonis Koutelidakis, Konstantinos Gatzionis, Maria-Elisabeth Valanou

Nutrition during childhood plays a vital role in shaping healthy eating behaviours throughout life and is closely linked to the prevention of chronic diseases in adulthood, such as obesity, metabolic syndrome, and cardiovascular diseases.

Aiming to promote nutrition education within the school environment, brief presentations will be conducted to raise awareness among students and schoolteachers about the national action against childhood obesity and the use of related educational toolboxes. This will be followed by a discussion on the importance of healthy eating, along with experiential learning activities that promote student engagement and enhance knowledge about healthy diet and physical activity.

Organization



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