

CERTIFICATE OF COMPLETION



Miguel Angel Fraire Hernandez

has successfully completed the e-learning programme

SUSTAINABLE DIET

One Planet. One Health e-learning series

July 19, 2022



Nikhil Seth

UN ASSISTANT SECRETARY-GENERAL
EXECUTIVE DIRECTOR, UNITAR

SUSTAINABLE DIET
ONE PLANET. ONE HEALTH
e-learning series

Miguel Angel Fraire Hernandez

DATE OF ISSUANCE: 19 July 2022

ABOUT:

The e-course aims to educate, inspire, and empower action to enables sustainable food systems aligned with human and planetary well-being. This course is a product of a global partnership between Danone and UNITAR. It supports a "One Planet. One Health" vision.

LEARNING OBJECTIVES:

After completing the course, the learner is able to:

- Explain what is at stake: how your food choices affect your health and the environment?
- Make better food choices that consider both human and planetary well-being
- Identify ways in which changing your diet makes a positive impact
- Develop a personal sustainable and healthy diet plan or project

SECTIONS:

1. Our Choices Matter
2. Better Farming
3. Buying food locally
4. Is Processed Food Bad?
5. Reading the Labels
6. Food waste and packaging
7. Changing Eating Habits
8. My plate, my pledge

DURATION: 2 hours for completion (estimated).