**PRESS RELEASE**

**Informative Conference on Agri-Food with the Theme:**
**“Healthy Nutrition for Children and Adolescents – Moving Away from the Healthy Eating Patterns of the Past”**
**With an Emphasis on the Sustainability and Quality of Agri-Food**

The informative conference on agri-food was successfully held on **Sunday, May 11, 2025**, at the event hall of the **Kierion Hotel** in **Karditsa**, focusing on **healthy nutrition for children and adolescents**, **sustainability**, and the **need to return to quality dietary models**.

The event was co-organized by the **Folklore Dance Group "KARAGOUNA"** and the **Department of Food Science and Nutrition of the University of Thessaly**, under the auspices of the **Ministry of Rural Development and Food**.

The **Department of Food Science and Nutrition** played an active role, with its representatives presenting key issues regarding children's nutrition and the importance of the agri-food chain for public health.

Presentations from the Department included:

🔹 **Chrysanthi Mitsagga**, PhD Candidate,
with a talk titled:
**“Modern Food Preservation Methods and Maintaining or Enhancing Nutritional Value”**
Her presentation focused on how contemporary preservation techniques can help maintain or even improve the nutritional value of food.

🔹 **Dr. Ioannis Giavasis**, Associate Professor,
with a talk titled:
**“Healthy Nutrition for Children and Adolescents – Functional and Probiotic Foods”**
Dr. Giavasis discussed the role of specialized foods that positively contribute to the health of children and adolescents, based on recent scientific developments in the field of nutrition.

The Department’s participation highlighted the importance of scientific research in supporting sustainable dietary choices, especially for younger generations, and emphasized the connection between science, local production, and tradition.

The event concluded with an open discussion, clearly conveying the message that investing in knowledge and nutritional education is the foundation for a healthier and more sustainable future.

**“Tradition – Education – Dance – Song – Play – Friendship”**
was the motto that authentically accompanied and characterized the conference, dedicated to children all around the world.