



MALTA UNIVERSITY CONSULTING

**Understanding food products & ingredient labels**  
**A basic course in Food & Technology**  
**June/July 2016 (6 hours)**

**Course registration fee: €98**

**Dates: June: Thursday 23; Thursday 30**

**July: Wednesday 6<sup>th</sup>**

**Time: 18:00 - 20:00**

**Venue: The University Residence, Robert Mifsud Bonnici Street, Lija**

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**Aim and contents of course:**

- What is a food product label about?
- Can we trust pre packed food products?
- Can I see what the amount of sugar is from a label?
- How can I know what is true?
- And most importantly: Can we read 'health' from a label?

Follow this course and get answers to these questions and much more.

This introduction course is aimed for professionals in food marketing, parents, food purchasers, homemade-food shop owners, and startups; basically anyone who would like to know the answers on the above questions.

In this course we will guide you step by step through the general food composition and explain the elements that comprise foods, such as proteins, fats and carbohydrates. This course will teach you to dissect and understand different kinds of product labels. And we will explain why the legislation requires certain information for an ingredient label.

This is a practical aimed course and besides causing a few 'AHA' moments, it will provide solid technical insights that the food industry uses, leaving you with tools to make the best professional decisions in your daily work.

**Course outline:** The course is a 3 day course, with every week a session of 2 hours.

On the first day we will give an overview of what food technology is about and what it takes to convert a homemade product into pre packed product seen in the supermarket. We will teach you what macronutrients are, what they do and how they behave in food.

In the second session we will go more deeply into the macronutrients (carbohydrates, fats and proteins) and dissect, visualize and interpret the actual numbers on a food label. This understanding will be applied on known food products.

On the third day we will explain why the legislation requires certain information and how you can influence and work towards a certain label or nutritional value that gives the product a more likable appearance. This will be supported by practical examples.

**Learning outcomes:**

Participants will be able to recognize the stages of a professional product development process. They will know what it takes to put together a food ingredient label as well as reading one. At the end of the course there will be a basic understanding of general food composition, as well as legislative opportunities. This course will provide you with solid technical insights that the food industry uses, leaving you with tools to make the best professional decisions in your daily work and life.

**Delivery style:**

We will make use of oral and PowerPoint presentations accompanied with practical examples.

**Course Tutor:**

Jeanette Cameron-Traag is a Food technologist, Consultant and Managing Partner of Elty Food Consultancy based in Malta.

As a creative professional with a passion for food and healthy cooking, Jeanette utilizes her exceptional expertise within the food industry to effectively complete complex projects with precision and accuracy. She holds a Masters Degree in Food technology (*from Wageningen University in the Netherlands, 2008*); specializing in food product functionality.

Jeanette served as the senior developer in a multi-million dollar international company (Refresco-Gerber) where she developed and launched successful/award winning products for widely available A-brands. During this period, she traveled round the world attending seminars/conferences; and also visiting suppliers and production locations. She has also demonstrated high levels of ingenuity, strong leadership skills and a unique capacity for achieving great results; which has built a progressive track record of career advancement over the years.

She currently runs Elty Food Consultancy (*an independent food consulting service provider*), a private food analysis laboratory at the Life Sciences Park and lectures at the Malta University.

**Course requirements:** Finished higher education

**Certification:** Participants who attend at least 80% of the sessions will be awarded a Certificate of Attendance issued by Malta University Consulting Ltd.

**For further information kindly contact: Malta University Consulting Ltd, Robert Mifsud Bonnici Street, Lija.**

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