

Course title/Course Neptun ID: Sustainable consumption	Credit value: 6
Professor in charge (name, position, academic degree): Prof. Viktória Szente (PhD), full professor	
Professor(s) involved in teaching, if any (name, position, academic degree): -	
Course category: elective	
Course type: lecture/seminar /practical course/consultation: 12/12/0/0, and total number of course sessions in the given semester: 24 course sessions	
Methods, (<i>specific</i>) tools, and characteristics applied to convey knowledge: The course consists of both lectures and a workshop-style seminar. Students explore the theory of sustainable consumption through a case study and apply the findings to their own countries.	
Method of assessing knowledge (exam / practical course grade / other): practical course grad	
Grading method(s) applied for assessing knowledge: Active participation in classes, independent analysis and presentation of a case study.	
The course's placement in the curriculum (in which semester the course is taken): -	
Compulsory studies prior to the course (if any): -	
Course description:	
The course introduces the theory and practice of sustainable consumption. Definitions and terminology in the literature vary; concepts are variously referred to as environmentally conscious consumption, environmental marketing, eco-marketing, and responsible consumption (SDG12). The relevance of the topic is underscored by changing societal expectations—including increasingly "green" consumption patterns—which have created a new market niche requiring fresh research and practical approaches. The workshop focuses on opportunities to incorporate sustainable ingredients into institutional catering, simultaneously addressing social, economic, and environmental challenges.	
Course topics/semester syllabus: • Responsible consumption frameworks, models, application in research • Responsible production - responsible consumption • Development of a case study based on the BATWOVE model • Presentations and discussion	
A list of the 2-5 most relevant <u>compulsory</u> literature (notes, textbooks) with bibliographic information (author, title, publication details, page numbers, ISBN): • FAO: <i>The State of Food Security and Nutrition in the World 2023. Urbanization, agrifood systems transformation and healthy diets across the rural–urban continuum</i>. Rome, FAO, Rome, Italy, 2023. https://doi.org/10.4060/cc3017enFAO • UNESCO (United Nations Educational; Scientific and Cultural Organization): <i>Education for Sustainable Development Goals. Learning Objectives</i>. UNESCO: Paris, France, 2017	

- Michel M., Eldridge, A.L., Hartmann, C., Klassen, P., Ingram, J., Meijer, G.W.: Benefits and challenges of food processing in the context of food systems, value chains and sustainable development goals. *Trends in Food Science & Technology* 153. (2024): 104703 <https://doi.org/10.1016/j.tifs.2024.104703>
- Sabet, F., Böhm, S.: Towards sustainable school food: An experiential planetary health framework blending meals and food education. *British Educational Research Journal* 51. (2025) 826–847. <https://doi.org/10.1002/berj.4100>

A list of the 2-5 most relevant *recommended* literature (notes, textbooks) with bibliographic information (author, title, publication details, page numbers, ISBN):

- Springmann, M., Hansoge, M.P., Schultz, L., Pastorino, S., Bundy, D.A.P.: The health, environmental, and cost implications of providing healthy and sustainable school meals for every child by 2030: a global modelling study. *Lancet Planet Health* 9. (2025): 101278 <https://doi.org/10.1016/j.lanplh.2025.06.002>
- Filippini, R., De Noni, I., Corsi, S., Spigarolo, R., Bocchi, S.: Sustainable school food procurement: What factors do affect the introduction and the increase of organic food? *Food Policy* 76. (2018) 109-119

Professional competencies, elements of competence, and skills to which the course typically and substantially contributes (knowledge, ability, attitude, autonomy, and responsibility):

- Understands the interrelationships and distinctions between environmentally conscious consumption, responsible consumption, eco-marketing, and environmental marketing.
- Understands how sustainable production and consumption systems function, as well as their social, economic, and environmental impacts.
- Is capable of critically analysing and interpreting literature on sustainable consumption, identifying complex problems related to sustainability challenges and formulating proposed solutions, as well as independently presenting professional arguments, defending them in debate, and evaluating them reflectively.
- They are sensitive to current social challenges regarding sustainable consumption.
- Values resource efficiency, the reduction of environmental impact, and the development of sustainable food systems.
- Is capable of collaborating in group professional work while taking responsibility for their own tasks.
- Responsibly advocates for the principles of sustainable consumption and production in a professional setting.