



3 Courses

**Rebuilding Our Relationship
with Food**

**Introduction to Food and
Our Environment**

**Cooking for Busy Healthy
People**



Oct 21, 2024

Klaudia Wiśniewska

has successfully completed the online, non-credit Specialization

Food Sustainability, Mindful Eating, and Healthy Cooking

In this Specialization, learners developed and honed essential skills for optimizing human health and the health of the planet through sustainable, health-conscious food choices and food preparation techniques. This Specialization focused on skills for assessing the environmental impact of various foods, practicing mindful eating and performing basic cooking skills with the end goal of generating healthful, planet-friendly meals. Learners completed a Capstone Project at the end of the Specialization to apply their new knowledge and skills.

The online specialization named in this certificate may draw on material from courses taught on-campus, but the included courses are not equivalent to on-campus courses. Participation in this online specialization does not constitute enrollment at this university. This certificate does not confer a University grade, course credit or degree, and it does not verify the identity of the learner.

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