

CERTIFICATE OF COMPLETION



Hasan Ibna Zaman

has successfully completed the e-learning programme

SUSTAINABLE DIET

One Planet. One Health e-learning series

October 31, 2025



Nikhil Seth

UN ASSISTANT SECRETARY-GENERAL
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SUSTAINABLE DIET
ONE PLANET. ONE HEALTH
e-learning series

NAME Hasan Ibna Zaman

DATE OF ISSUANCE: 31 October 2025

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).