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# 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

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A handwritten signature in black ink that reads "Nikhil Seth".

Nikhil Seth

UN ASSISTANT SECRETARY-GENERAL  
EXECUTIVE DIRECTOR, UNITAR

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 enable 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     | 5. Reading the Labels       |
| 2. Better Farming         | 6. Food waste and packaging |
| 3. Buying food locally    | 7. Changing Eating Habits   |
| 4. Is Processed Food Bad? | 8. My plate, my pledge      |

**DURATION:** 2 hours for completion (estimated).