

Lea Ellen Matthiessen  
PhD fellow, PhD fellow

Nutrition and Health

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## Short presentation

Lea Ellen Matthiessen is a PhD student at the Department of Exercises, Nutrition and Sports (NEXS) and the Institute of Food and Resource Economics (IFRO). She is part of the section of Preventive and Clinical Nutrition and belongs to the research group Nutrition, Sustainable Diets and Healthy Ageing.

With her research, she wants to contribute to knowledge to better understand some of the complex problems ("wicked problems") that keep the globe out of balance and also create inequality in the global world. Her PhD project analyses the food system with a focus on diet and consumers. Lea uses a systems thinking approach to her research, modelling the relationship between diet and various components that negatively or positively influence our food choices ("feedback loops").

Lea recently became part of the PhD committee representing PhD students of the three departments NEXS, IFRO and FOOD (2022) to help provide input and feedback on the PhD school's overall PhD strategy.

Lea holds a Master's degree in Food Technology from the Technical University of Denmark (2021) and a Bachelor's degree in Nutritional Sciences and Home Economics from the Hamburg University of Applied Sciences (2015).

## Qualifications

Food Technology, MSc, DTU Fødevareinstituttet

Feb 2019 → Apr 2021

Award Date: 30 Apr 2021

Nutritional Science and Home Economics, BSc

Mar 2012 → Sep 2015

Award Date: 30 Sep 2015

2021            PhD summerschool "Food Systems in Transition", ETH Zürich and World Food System Center, Switzerland

2020            Exchange Student Wageningen University & Research, Netherlands