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# CERTIFICATE OF COMPLETION



**Sharna Akter**

has successfully completed the e-learning programme

**SUSTAINABLE DIET**

*One Planet. One Health e-learning series*

November 12, 2025

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A handwritten signature in blue ink, which appears to read "Nikhil Seth", is positioned above the printed name.

Nikhil Seth

UN ASSISTANT SECRETARY-GENERAL  
EXECUTIVE DIRECTOR, UNITAR

SUSTAINABLE DIET  
ONE PLANET. ONE HEALTH  
e-learning series

**NAME:** Sharna Akter

**DATE OF ISSUANCE:** 12 November 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
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).