

Themen für BSc Arbeiten

(Stand: Februar 2026)

Die Arbeiten können sowohl auf Deutsch als auch auf Englisch geschrieben werden und die meisten der Themen können sich auch auf eine andere Weltregion (im globalen Süden) beziehen als die vorgeschlagene. Wenn nicht anders angegeben, soll eine Literaturstudie angefertigt werden.

1. **The role of wild foods in local food and nutrition security:** Literature-based analysis of the contribution of wild plants and animals to the daily dietary intake and food and nutrition security of local communities. This can be in a certain country or region or in and around protected areas, looking at the effect of conservation regulations on access and availability of wild foods. The focus area can be East Africa but is open for discussion.
2. **Der Einsatz mobiler Plattformen zur Ernährungsaufklärung von Jugendlichen in urbanen Slums in Westafrika** (oder einer anderen Weltregion): Literaturgestützte Untersuchung der Rolle digitaler Gesundheitsinterventionen, insbesondere mobiler Plattformen wie Apps, SMS-Dienste und Social Media, zur Verbesserung des Ernährungswissens und Ernährungsverhaltens von Jugendlichen in urbanen Slums in Westafrika.
3. **Fruit and vegetable consumption in South-East Asia** (or another (smaller) world region): What are (local) recommendations for consumption? What are influencing factors of (low) consumption in particular regarding food safety and quality? How could the consumption be increased?
4. **Konsum und Einstellung gegenüber verarbeiteten Lebensmitteln in Ländern des globalen Südens:** mangels Kühlketten und sicheren Lagerungsmöglichkeiten spielen verarbeitete Produkte, z.B. Obst- und Gemüseprodukte mit hohem Nährwert, eine wichtige Rolle, um saisonale Lücken zu füllen. Verarbeitete Lebensmittel werden jedoch oft per se als „ungesund“ angesehen und es besteht Verwechslungsgefahr mit hoch-verarbeiteten Lebensmitteln – die tatsächlich im Konsum eingeschränkt oder ganz vermieden werden sollten. Spielen verarbeitete Produkte in der Ernährungsempfehlung in ausgewählten Ländern des globalen Südens eine Rolle? Wie ist das „Image“ von (hoch-)verarbeiteten Lebensmitteln, welches Wissen und welche Informationsquellen gibt es darüber?
5. **Opportunity crops for sustainable diets:** The availability of high-quality nutritious foods in local farming systems and local markets across East Africa (or another world region or a specific country), remains challenging and dietary diversity in both rural and urban areas is still low. To address these persistent issues, nutrient-dense opportunity crops – that create an opportunity for both agroecological farming and sustainable diets – could play a role. Yet, their availability, cropping characteristics, nutrient content, cultural value and how they could reach consumers in need of these foods in a sustainable and fair way is unclear and should be investigated.

6. **Transforming the food system – through sustainable gastronomy in the global south:** using an example, e.g. of the Slow Food Cooks Alliance, the potential of gastronomy for changing the current food system shall be elaborated. Questions include: what are supportive and hindering factors for the gastronomy to adapt sustainable practices regarding both the formal and informal sector, and how does the current practice align with national guidelines such as the food based dietary guidelines.
7. **Alternative food networks in the global south and sustainable diets:** Short food supply chains and agroecological practices strengthen local, sustainable and indigenous food systems, as compared to transnational agri-food supply chains. However, what is the potential of these alternative food networks in the global south to improve food and nutrition security, resilience and smallholder empowerment? Can alternative food networks contribute to sustainable diets of food insecure and most vulnerable populations?
8. **Drivers of Vietnam's food system transition:** Literature-based analysis of the cultural, historical, and socio-economic drivers of Vietnam's food system transformation since the Đổi mới reforms, focusing on shifts from traditional rice-based regional dietary patterns toward more diversified and urbanized diets, and examining their implications for nutrition, sustainability, and food culture.
9. **Drivers of policy change for sustainable diets in Vietnam:** Literature-based analysis of the economic, environmental, and public-health drivers shaping national policy efforts toward sustainable diets in Vietnam, including the National Nutrition Strategy 2021–2030, with a focus on key stakeholders, institutional challenges, and implementation barriers.
10. **Food waste in Vietnam's food systems:** Literature-based analysis of food waste and losses along the Vietnamese food supply chain, including post-harvest losses, storage and transport challenges, spoilage in wet markets, environmental impacts such as emissions, and current policy approaches to reducing food waste.
11. **Impact of traditional food processing on the nutritional quality of underutilized crops (UC) predominantly produced and processed by women in Ghana:** Underutilised crops such as *Parkia biglobosa* next to other fruits and vegetables have a great potential to contribute important nutrients to diets in Ghana. However, the exact nutrient content of different species and varieties, in particular after different processing procedures, can vary greatly. In addition, unsustainable harvest practices and land degradation threaten these partly wild and underutilised foods. A comprehensive literature-based analysis should examine the potential of underutilised crops and environmental, social and economic drivers regarding the contribution to food and nutrition security.