Study Abroad
Mediterranean Diet and Health, NSC455SA
2016 Syllabus
May 16-May 18, 2016 - University of Arizona, Tucson, AZ (available online)
May 21-June 17, 2016 - Verona, ITALY

Program Director: Donato F. Romagnolo, Ph.D., MSc.
Department of Nutritional Sciences, College of Agriculture and Life Sciences.
The University of Arizona, Tucson, AZ
Email: donato@u.arizona.edu
Tel. 520-626-9108/9571

Location: Verona, Italy
Credit hours: 6 units; 96 contact hours. Available for Honor Credits.
Attendance: Mandatory. Attendance will be recorded.

Course Description:
The Mediterranean dietary pattern has a well-established beneficial role in health promotion. Epidemiologic studies reveal the protective role of adherence to this pattern on overall cancer incidence and mortality, prevention of obesity, type II diabetes, and cardiovascular diseases. On November 17, 2010, UNESCO recognized this diet pattern as an Intangible Cultural Heritage of Italy, Greece, Spain and Morocco, thus recognizing this Mediterranean component of life style as a contribution to the world. Objectives of this Summer Program include:

1) Provide students with information about the health benefits of foods associated with a Mediterranean diet and for the prevention of chronic diseases;
2) Review and discuss the influence of bioactive compounds present in Mediterranean foods on metabolic pathways;
3) Provide students with an opportunity to learn about the food industry in Northern Italy, and dietary patterns of the Mediterranean area;
4) Acquire hands-on experience with food preparation supervised by local food instructors;
5) Experience the cultural diversity of Italy and influence of Mediterranean culture.
Requirements: This class is designed for University of Arizona undergraduate junior and senior students as well as non-Univeristy of Arizona students who have a background in nutrition, health, biological, physiological, and biomedical sciences. Academic requirements include NSC 170C1 (formerly NATS 104) - Nutrition, Food and You, or N SC 101-Introduction to Human Nutrition, or equivalent courses in nutrition, health, physiological, biological, or biomedical sciences.

Textbooks:

1. Selected readings will be posted on D2L by Dr. Romagnolo and will consist of original research articles, review articles, monographs, and book chapters.

Program and assignments:

Part 1. May 16-May 18, 2016. Meetings will take place on the Campus of the University of Arizona, Mon/Tue/Wed, 3:00-5:00 PM. Online instruction will be available for students not on campus. On line attendance is mandatory.

WEEK 1:


May 18. The role of Mediterranean diet in the prevention of obesity, type 2 diabetes, and cardiovascular diseases, and relation to morbidity and mortality.

May 21. Arrival to Program Housing, Verona, Italy


Classroom meetings will be from 9:00 AM to 2:00 PM and excursions will last from 9:00 AM to 5:00 PM. Each classroom activity will include an introductory lecture by Dr. Romagnolo or a guest speaker followed by food presentations, demonstrations, preparation, and tasting organized by local food experts. Lunch will be served on-site during class-room days. Brown-bag lunch will be provided during excursions.

May 21. Arrival Housing Center, Residence Adige (http://www.residenceadige.it). Registration and moving into residence suites (housing of 2 students/suite, equipped of kitchen plus cooking utensils, microwave, fridge, TV, and private bathroom, WiFi-internet connection). Buffet-breakfast is included in the program.

May 22. Opening Event, 6:00 PM. Bus transfer to reception.
Presentation of program and staff.
Dinner.

WEEK 2:


May 27. **EXAM 1.** Lunch on your own and free weekend.

**WEEK 3:**


May 31. Visit to Lake Garda and boat/fish tour


June 2. Mediterranean fats and oils, olive oil, bioactive components, and health effects. Visit to pasta plant and lunch.

June 3. Carbohydrates and diet. Overview of cereal-based foods, relations to gastro-intestinal health; cereal grain origins and cultivars of the Mediterranean area, wheat, barley, and rice.

Lunch on your own and free weekend.

**WEEK 4:**

June 6. Phenolic compounds. Cooking class with rice.


June 10. **EXAM 2.** Lunch on your own and free weekend.

**WEEK 5:**


June 15. Fruits and nuts. Cooking class and lunch.


June 18. Farewell and Departure
June 30. **Paper** due (*)

July 5: **Self-study** (**) due.

(*) The paper will be 5 pages long, double space (1" margins) and prepared according to scientific standards of the Journal of Nutrition ([www.nutrition.org](http://www.nutrition.org)) and address the relationships between the Mediterranean diet and one of the health problems selected among those presented in class. (i.e. obesity, cancer, diabetes, inflammation, etc). The paper should be referenced (not included in the 5 pages limit) and may have figures and tables, if necessary, also not included in the 5 pages limit. The manuscript should be submitted electronically to Dr. Romagnolo ([donato@u.arizona.edu](mailto:donato@u.arizona.edu)).

(**) The self-study involves the preparation of a short video/slide presentation (instructions will be provided) focusing on the scientific and individual/group cultural experience while with the program.

On site contributions will include presentations by guest lectures from The University of Arizona, faculty from The University of Verona, and representatives of food industry. Writing emphasis and Honors assignment options are available for qualifying students.

Examinations:

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**Attendance is mandatory and will be recorded.**