2020 Study Abroad
Mediterranean Diet and Health, NSC455SA/NSC-455H

Syllabus
May 18-19, 2020 - University of Arizona, Tucson, AZ (in person and on line)
May 23-June 20, 2020 - Verona, ITALY

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Credit hours: 6 units; 96 contact hours. Available for Honor Credits.

Attendance: Mandatory. Attendance will be recorded. Absences from classes or scheduled activities will result at the discretion of the instructors in point detractions and may affect the final grade or successful completion of class.

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 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 and language of Italy and influence of Mediterranean food culture on health and lifestyle.

REQUIREMENTS
This class is designed for sophomore, junior and senior as well as non-University of Arizona undergraduate students with a background in nutrition, health, biological, physiological, biomedical sciences, equivalent general education background (i.e. public health, sociology, family studies, etc), or an interest in nutrition and health. Students are encouraged to inquire about eligibility.

MINOR IN NUTRITIONAL SCIENCES
This class is approved for completing a minor in Nutritional Sciences. For more information, please contact: Michelle Mendoza, Senior Advisor, Department of Nutritional Sciences-Ins Office, Shantz Bldg; Tel. (520) 621-2017; Email: mnmendoz@email.arizona.edu.

FOOD PREFERENCES AND ALLERGIES
As students of the topic and future professionals who may work with people who make different food choices, the program encourages students to learn how various foods are/can be prepared and integrated into a diet. However, we respect food preferences and are also concerned with food allergies. Therefore, it is imperative that students inform instructors about any food preferences/allergies, so that alternative meals can be prepared when with the program.

SCHOLARSHIPS
Scholarships ranging from $500 to $1,000 will be made available to students attending the Mediterranean Diet and Health Study Abroad Program in Verona, Italy. Scholarships will be awarded based on travel needs and academic accomplishments. Any student accepted into the program, regardless of areas of academic major/minor and seniority, is eligible.

READINGS AND 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.

2. Mediterranean Diet: Impact on Health and Disease. Romagnolo and Selmin Eds. Springer Publisher, 2016. The book will be made available in PDF format through D2L at no costs to students enrolled in the program.
PROGRAM AND ASSIGNMENTS

**Part 1.** May 18-May 19, 2020. Class meetings will take place on the campus of the University of Arizona, 2:30-5:00 PM. Online instruction will be available for students not on campus.

**WEEK 1:**


May 19. The role of Mediterranean diet in the prevention of obesity, type 2 diabetes, and cardiovascular diseases, and relation to morbidity and mortality.

May 20-22, NO CLASS-TRANSFER TO ITALY

**Part 2.** Abroad Program in Verona, Italy, May 23-June 20, 2020.

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 or will be provided during program excursions.

May 23. (SATURDAY) Arrive to 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). Morning buffet-breakfast and access to fitness room are included in the program costs.

May 24. (SUNDAY) Opening Event, 6:00 PM. Bus transfer to reception. Presentation of program and cooking staff. Group dinner.

**WEEK 2:**


May 26. (TUESDAY) Class: Mediterranean diet and regulation of metabolic pathways. With the chef: morning Italian conversation and refreshments; cooking lesson on vegetables and lunch. Late afternoon: guided visit to historic downtown Verona.

May 27. (WEDNESDAY) Class: 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. Trip to Cheese and Pasta shops.

May 28. (THURSDAY) Class: Mediterranean diet and metabolic syndrome. With the chef: morning Italian conversation and refreshments; cooking lesson on dairy products and lunch. Guided group visit to municipality of Verona (Sala del Consiglio, Palazzo Barbieri). Meeting with City of Verona Arts and Culture representatives.
May 29. (FRIDAY) **EXAM 1.** Lunch on your own and free weekend.

**WEEK 3:**

June 1. (MONDAY) Class: Mediterranean diet and cancer prevention.  
With the chef: morning Italian conversation with refreshments; cooking lesson, vegetable and meat dish preparation and lunch. Group visit to **Museo di Castelvecchio.**

June 2. (TUESDAY) Class: Fish and health. Visit to **Lake Garda** and boat/fish tour and lunch.

June 3. (WEDNESDAY) Class: Gastrointestinal microbiome and health benefits.  
With the chef: morning Italian conversation with refreshments; cooking lesson on pasta and lunch. **Conviviality group dinner.**

June 4. (THURSDAY) Class: Mediterranean fats and oils, olive oil, bioactive components, and health effects.  
With the chef: morning Italian conversation with refreshments; cooking lesson with phenols and lunch.

June 5. (FRIDAY) **EXAM 2.** Lunch on your own and free weekend.

**WEEK 4:**

June 8. (MONDAY) Class: Mediterranean food components and impact on inflammation, antioxidant load, and ageing process.  
With the chef: Morning Italian conversation with refreshments; cooking lesson and lunch.  
Group visit to **Archeological Museum, Teatro Romano.**

With the chef: morning Italian conversation with refreshments; cooking lesson, fish dish preparation and lunch.  
June 10. (WEDNESDAY) Class: Mediterranean vegetable protein and health perspective.  
With the chef: morning Italian conversation with refreshments; cooking lesson, legume dish preparation and lunch.  
June 11. (THURSDAY) Class: Dairy and health. Trip to dairy and pasta shops.

June 12. (FRIDAY) Class. Lunch on your own and free weekend.
WEEK 5:

   All day trip: Visit to fishing town. Tour of historic sites and lunch. Return to Residence scheduled late afternoon/early evening.

City of Chioggia on the Adriatic Coast

June 16. (TUESDAY) Class: Mediterranean herbs and spices. Bioactive compounds and health benefits. With the chef:
   Morning Italian conversation with refreshments; cooking lesson with herbs and lunch.

June 17. (WEDNESDAY) Class. Fruits and berries. With the chef: Morning Italian conversation with refreshments; cooking
   lesson with fruits and berries.

June 18. (THURSDAY) Class: Regional Mediterranean foods.
   With the chef: morning Italian conversation with refreshments; cooking lesson and lunch.

June 19. (FRIDAY) FINAL.
   Tour to castle. Dish preparation and lunch.
   Evening: closing event and dinner.

June 20. (SATURDAY) Farewell and Departure

July 8. PAPER due (*)

July 12: 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) 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@email.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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# GRADES

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