



Five courses are included: Sustainable Agriculture and Food Systems in Italy; Psychology, Science and Politics of Mediterranean Diet; Food Marketing and Business in Italy; Olive Oil and Wine Production, and Italian Lexicon for Food Studies.

SUSTAINABLE AGRICULTURE AND FOOD SYSTEMS IN ITALY: This course offers an interdisciplinary and comparative combination of in-class teaching, fieldwork and study tours. Students will have the opportunity to experience a rich and 'strong' food culture through historical yet innovative approaches to environmental and economic sustainability and quality-oriented food production and nutrition. Strong focus will be placed on alternative farming methods and bio-diversity conservation. Study tours will take full advantage of the rich Italian food culture, by first-hand experiencing the profound role that food plays on the community, family, and national identity.

PSYCHOLOGY, SCIENCE AND POLITICS OF MEDITERRANEAN DIET: NUTRITION TO CULTURAL HERITAGE: This course examines the diet described by Angel Keys, looking at its history, its development and promotion within the region. The course encompasses the study of eating in Italy as it affects the health and well-being in the Mediterranean area. Topics in the first part of the course will include: taste preferences, food aversions, politics of food, malnutrition, eating disorders, and the local obesity epidemic. The second part of the course will focus on how culture and ethnicity affect dietary practices, with particular emphasis on Italy as compared to the US.

FOOD MARKETING AND BUSINESS IN ITALY: Italian Food Products, Hospitality, and Tourism: This course provides a foundation in the core concepts of food business, including management, finance, economics, sales, marketing, human resource management, and supply chain management (specifically in the Italian and European food market). Through lectures, field trips, case histories and projects, students will gain knowledge of the orientation, evolution, and trends of food business as related to the country of study: Italy. Students will also be exposed to the traditional food production techniques and varied ingredients that blend together to produce the Italian Culture.

OLIVE OIL AND WINE PRODUCTION: GET IMMERSSED IN THE “ITALIAN TERROIR”: BETWEEN NUTRITION, CULTURE, TRADITION, MARKETING AND COMMUNICATION: Students will engage in the challenge of providing safe food for consumers; a holistic approach that unifies programs on food, health and well-being. European cultures, each have their own distinctive, dietary traditions that have been passed down from generation to generation, becoming part of the fabric of life in many communities. These traditional foods are often considered healthy and wholesome, and as public interest in nutrition and healthy eating has increased, there has also been a demand for traditional foods. This course will consist of lectures on the historical, cultural and economic production of olive oil and wine. Students will also have the opportunity to work and cooperate with the owners of local farms, culminating in the production of commercials for Italian products.

ITALIAN LEXICON FOR FOOD STUDIES (ITALIAN LANGUAGE COURSE): This course is designed for the beginning student of Italian language. This course aims to help students to learn the most common and useful words in the field of food and culture. In each section of the course, a variety of activities will be used to develop the students' skills to use Italian in everyday situations.