Boston University Study Abroad Padova

Summer Program 2017

SAR HS 408
*Mediterranean Diet: Food, Culture & Health*

4 credits

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**Faculty:**
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**Prerequisite:**
A 4-credit introductory Nutrition course (SAR HS 251 Human Nutrition Science, SAR HS 201 Introduction to Nutrition, or MET HS 201 Introduction to Nutrition)

**Course Description:**
This course is a four-week, 4 credit summer study abroad course taught by Boston University faculty at the BU in Italy study abroad program in Padova, Italy. The Mediterranean region offers a unique opportunity to introduce students to the Mediterranean diet and its relationship to culture, promotion of health, and prevention of disease. Students will be exposed to food and eating patterns within the Italian way of life and aspects of Italian culture, agriculture, the food industry, and public health resources. The course will culminate with an immersion in the scientific evidence demonstrating the benefits of the Mediterranean eating pattern to prevent chronic health conditions including diabetes, heart disease, Alzheimer's disease and cancer. Classroom experiences will be combined with community activities exploring local resources in and around the city of Padova along with immersion experiences in the homes of host families.

**Course Objectives:**
- To understand the characteristics, food/nutrient components, and regional/global variations of the Mediterranean Diet.
- To experience the Mediterranean Diet through cultural immersion in the city of Padova in the Veneto region of Italy; and to compare and contrast the lifestyle, environmental, and behavioral characteristics of a Mediterranean culture and its...
food industry to the U.S. experience.

- To apply critical thinking skills to reading published nutrition research evaluating the effects of the Mediterranean diet on selected health outcomes (specifically cardiovascular disease, metabolic disease, cancer and Alzheimer’s disease).

Required Text: There is no textbook for this course. A collection of articles will be assigned for Required Readings, posted to the Blackboard site.

Course requirements:
1. Attendance at lectures and field trips & active participation in discussions and article critiques
2. Completion of all assignments (Photo Voice assignments in response to specific prompts; written critique of an assigned research article; assigned blog post)
3. Completion of two Quizzes

Grading:
- Class Participation 10%
- Blog Post 10%
- Research Article Critique 25%
- Photo Voice 25%
- Quiz Average 30%

Course Expectations:
All assignments must be handed in IN CLASS or posted to the course Blackboard site on their due date. Late assignments will ONLY be accepted with prior approval, and are due by 4:00 on their negotiated due date.

All work is to be done independently. Unless otherwise specified, assignments are not group projects. Written assignments should be typed, well-organized, and professionally prepared. Please hand in work that you will be proud of!
BU Policy:

Attendance

Boston University Padua students are expected to attend each and every class session, tutorial, and field trips required for the class. Students should note that attendance will be taken into account by faculty when determining final grades. Please notice that weekend trips and family visits are not acceptable reasons for either lateness or absence.

Plagiarism

Simply stated, plagiarism is taking another’s work and presenting it as you own. Dictionary definitions of plagiarism frequently include terms such as ‘theft’ or ‘steal’. Plagiarism is, in fact, intellectual theft. It is one of the most serious forms of academic misconduct. Plagiarism committed by a student will certainly result in course failure and may result in suspension or dismissal. For more details please see Boston University’s Code of Student Responsibilities: http://www.bu.edu/lifebook/university-policies/policiescode.html

Religious Holidays

Boston University’s Office of the University Registrar states: ‘The University, in scheduling classes on religious holidays and observances, intends that students observing those traditions be given ample opportunity to make up work. Faculty members who wish to observe religious holidays will arrange for another faculty member to meet their classes or for cancelled classes to be rescheduled.’ See Chapter 151C of the General Laws, Commonwealth of Massachusetts

Disabilities Accommodations

If you are a student with a disability or believe you might have a disability that requires accommodations, please contact the Office for Disability Services (ODS) at 617-353-3658 to coordinate any reasonable accommodation requests. For more information, please visit: http://www.bu.edu/disability