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SCHOOL OF FOOD AND WINE STUDIES

DEPARTMENT OF FOOD CULTURE / DIETETICS AND NUTRITION / CULINARY ARTS

COURSE TITLE: Food, Health, and Wellness in Italy

COURSE CODE: FWFCHW200 / FWDNHW200 / FWCAHW200

3 semester credits

1. DESCRIPTION

Italy represents longstanding traditions of food culture, wellness, and nutrition through health-oriented practices. Recent decades have represented a dramatic change in the way we approach health through the lens of food principles. Nutritional facts and information that are constantly updated and the ethics of sustainability have deeply influenced a global awareness of a healthy lifestyle. Italy's approach to seasonality and nutritional balance is characterized by an abundance of fruits and vegetables, healthy fats, and a distinct respect for food. This course will provide students with a complete overview of how food can be the basis of wellness, along with the practice of a positive lifestyle through cultural understanding and integration with the local community. Particular emphasis will be placed, through discussions and direct practice, on seasonality and nutritional principles, whole foods, and freshness, traditional customs, and contemporary innovation. Course topics will also reference the aphorism of "We are what we eat" and how it aligns with the Italian culinary tradition and culture. Students will also complete a survey of the different dietary recommendations that have been researched and developed to examine how the field of dietetics is directly affected by social and cultural implications. Through hands-on experiences and on-site cultural activities, students will experience the fundamentals of wellness-oriented cuisine and lifestyles in Tuscany and Italy.

This class includes experiential learning with CEMI.

2. OBJECTIVES

The aim of this course is to:

- Understand the Italian approach to lifestyle and wellbeing with a focus on health and nutrition.
- Learn how to choose ingredients and all suitable ways to produce tasty, fresh, healthy, and genuine traditional and contemporary dishes
- Demonstrate a deeper understanding of the fundamentals of nutrition, learn the importance of seasonality for an effective, balanced, and healthy diet.
- Understand the differences between refined and whole foods.
- Examine food from a health-conscious and cultural point of view
- Gain direct experience in food preparation which are rooted in both tradition and nutritional values.
- Deepen knowledge and awareness of how health science principles are highlighted within Italy's specific expression of the Mediterranean diet.

3. REQUIREMENTS

There are no prerequisites for this course.

4. METHOD

This course consists of lectures, class discussions, projects, and interaction with the local community. Mediums for instruction used will include, but are not limited to, interactive and hands-on activities which challenge thought processes, integrate relevant academic sources, may include multimedia references, propose creative problem-solving, and other appropriate forms of delivery as deemed appropriate to the course's purpose.

5. TEXTBOOK – FURTHER READINGS – RESOURCES

TEXTBOOK (Copy available at the university library):

Wellness Foods A to Z: An Indispensable Guide for Health-Conscious Food Lovers - Sheldon Margen - The University of California, Berkeley Wellness Letter

The textbook is mandatory for course participation and completion. Where applicable additional materials may be provided by the instructor.

FURTHER READINGS

Encyclopedia of Healing Foods – Michael T. Murray, Joseph and Lara Pizzorno - ATRIA Books
What to Eat – Marion Nestle – North Point Press

Science in the Kitchen and the Art of Eating Well – P. Artusi – Random House New York 1996

The World Encyclopedia of Cooking Ingredients – C. Ingram – Annes London 2002

Cheese – Ganugi G., Romanelli L. – Mc Rae Books 2001

LIBRARY

Course participants may access the campus library. Please consult the library site for resources such as collections, borrowing, scanning and wifi connection, and research:

<https://www.auf-florence.org/Library/the-library/>

6. COURSE MATERIALS

SUMMER SESSIONS - Food and Culture courses

Students are expected to wear the uniform provided by the institution on rent. See additional information on the course portal.

Should students wish to store materials or equipment, lockers are available with a deposit (given back after returning the key).

SPRING SESSION - Professional Culinary Arts Courses

(NOTE: STUDENTS MUST ALSO ADHERE TO KITCHEN RULES OUTLINED IN THE CEMI BOOKLET)

1. All students are strictly required to attend class wearing a clean uniform: the jacket provided by the institution, black pants, apron (color depending on the CA level), safety footwear, a white Chef's hat, and a set of knives. Students with long hair should tie hair back before wearing the hat. Students are not allowed to wear rings, earrings or any other visible piercings, bracelets, watches, and nail polish during lab hours. Students who are not dressed properly will not be allowed in class.
2. All students must attend class fully prepared and on time. Late students will not be accepted.
3. Carefully wash hands at the beginning of each class, before food is handled.
4. During professional cooking classes only small food tastings are allowed as the main purpose of these courses is to develop technical skills. Students are not allowed to take food out of the kitchen.
5. Students are also required to participate in a polite and responsible way. Students are not allowed to

sit on the working stations. Students who disturb lessons or are disrespectful to the instructor or the other students will be asked to leave the class. Serious infractions will be evaluated by the Academic Office.

6. Cooking classes will include various tasks which all students must carry out. Classes will include all different types of recipes and students are expected to actively participate in all lessons regardless of personal likes or dislikes.

7. Each student is responsible for washing all utensils used during class and keeping the working station clean and tidy, with all the utensils as listed in the station inventory. Two students at a time will tidy up the kitchen common areas during each class.

8. Students are responsible for kitchen utensils and maintenance of the equipment. The cost of a) any missing utensil b) damages due to student carelessness will be shared by all students.

9. No visits are allowed in class at any time.

10. The use of cellular phones is not allowed within the school building.

Should students wish to store materials or equipment, lockers are available with a deposit (given back after returning the key).

7. COURSE FEES

Course fees cover course-related field learning activities, visits, and support the instructor's teaching methodologies. Book costs are not included in the course fee. If this course requires a fee, the exact amount is communicated prior to enrollment.

8. GRADING AND EVALUATION & ATTENDANCE

10% Attendance

30% Class Participation and Assignments

20% Midterm Exam, Field Learning project (if applicable), Special/Research Project (if applicable), Practical performance (if applicable)

20% Final Exam

20% Paper/Project

The above grade breakdown percentages reflect the grading scale standards in the "Grading and Evaluation System" section of the catalog.

Attendance

Class participation is mandatory. Based on the hours defined in the Academic Catalog's attendance policy, students may miss up to 2 class encounters delivered as lecture hours. A third absence constitutes a course failure.

Please note that absence hours may vary according to the learning methodology, as per the academic catalog policy on credit hours:

https://catalog.auf-florence.org/standard_regulation

9. EXAMS / PROJECTS / ASSIGNMENTS

Final Exam: accounts for 20% of the final course grade.

The Final Exam is divided into three sections:

- Part I: 10 Multiple choice questions. Each correct answer is worth 2 points, for a total of 20 points.

- Part II: 10 short-answer questions. Each correct and complete answer (concise explanations, main ideas, key words, names, etc.) is worth 5 points, for a total 50 points.
- Part III: two essay questions; each correct and complete answer is worth 15 points (based on content, vocabulary, detail, etc.) for a total of 30 points.

The final exam is cumulative.

Field Learning Project (Summer sessions only): accounts for 20% of the final course grade. The project details will be assigned the first day of class. Further details are provided in the course portal.

Final Project: accounts for 20% of the final course grade. The project details will be assigned the first day of class. The Final Project is due by Lesson 9.

Assignments: This course requires at least 3 assignments as per the course outline in the syllabus. Further details are provided in the course portal.

Assignment #1: (SUMMER ONLY) Afternoon menu organization. Students will learn the a la carte menu options recipes and provide the necessary mise en place. For the completion of the assignment students will be divided in groups for each lesson / **(SPRING ONLY) Survey of *daily* superfoods.** DUE by Lesson 4.

Assignment #2: Local organic shops as a source of health-oriented ingredients. Students are asked to visit suggested organic shops, research ingredients, and write a reflection paper following the instructor guidelines. The project details will be assigned the first day of class. DUE by Lesson 7.

Assignment #3: Short Essay – Wheat Alternatives (Group work)

Students will write an 800-word essay on two selected wheat alternatives, exploring their historical origins, primary production regions, key characteristics, nutritional properties, and culinary uses. The essay should demonstrate an understanding of how these ingredients contribute to sustainable and diversified food systems. Due by Lesson 10.

10. COURSE OUTLINE

NOTE: both Spring semester and Summer sessions have a dedicated course outline

SPRING SEMESTER

Lesson 1	
Meet	In class
Lecture	<p>Introduction to the course Introduction to Italian food culture, wellness, and lifestyle.</p> <p>Wheat alternatives in Italy - Part 1 The supremacy of wheat VS the potential health issues - The use of wheat alternatives in Italy - Application of alternative grains and flours for healthy Italian dishes and breads - Focus on alternative cereals: buckwheat - Nutritional facts, cultivation and application to Italian traditional and health-oriented dishes</p>

Objectives	Understand the nutritional values of grains and their importance for healthy living - Identify the differences between wheat and other local Italian grains - Become confident with the meaning of “alternative” foods, when applied to Italian cuisine - Understand the advantages of a diet based on alternative varieties of grains - Practice the use of alternative ingredients in traditional and contemporary Italian dishes
Lab	Pizzoccheri Valtellinesi - Buckwheat “risotto” with Bitto cheese
Readings/ Assignments	TB - An introduction to wellness foods pp. 8-11 / Eating for optimal health pp. 14-33 / Grains pp.105 - 110 / Flour, non-wheat & wheat pp. 324-331 Assignment #1 assigned: Survey of <i>daily superfoods</i> . DUE by Lesson 4. Assignment #2 assigned: Local organic shops. DUE by Lesson 7.

Lesson 2	
Meet	In class
Lecture	Wheat alternatives in Italy - Part 2 Focus on alternative cereals: farro piccolo (tritum monococcum) - History of the father of wheat and its application in ancient Roman cuisine - Evolution of wheat from the monococcum to modern genetically complex wheats - Application of alternative grains and flours for healthy Italian dishes and breads - Nutritional facts, cultivation and application to Italian traditional and health-oriented dishes
Objectives	Understand the nutritional values of farro monococco and its effects on human health - Identify the differences between simple and complex farro - Become confident with ancient preparations considered the precursors of Italian pasta - Practice the cooking of farro monococco and its application to baked goods
Lab	Testaroli della Lunigiana - “Small” farro salad with poached sea bream and parsley sauce
Readings/ Assignments	TB - Wheat pp. 592-596 Assignment #3 assigned: Wheat alternatives. DUE by Lesson 10.

Lesson 3	
Meet	In class
Lecture	Italian Fresh Curd – Homemade yoghurt Nutritional properties in cheese as a source of proteins and probiotics - Focus on curd production and application - Lactic acid fermentation in dairy products: definition, production process, and benefits - Fresh curd and yoghurt production
Objectives	Learn firsthand the basic cheese production process - Understand the difference between a curd and a cheese - Learn the nutritional properties of light cheeses and other fermented dairy products - Practice the process of home-made yogurts - Become confident with the application of curds and fermented dairy products to traditional and health-oriented dishes - Understand the classic Italian flavor profile

Lab	Homemade curd & yogurt production Italian springtime “merenda” - Pan-fried chicken in an aromatic batter served with a yoghurt-based dip
Readings/ Assignments	TB - Cheese pp. 223-232 / Yogurt pp. 598-601 The Encyclopedia of Healing Foods - Yogurt pp. 589-593

Lesson 4	
Meet	In class
Lecture	Juicing and its application in the foodservice industry: focus on non-cooked preparations Slow juicer VS centrifuge VS blenders - Suitable methods and suggestions for more effective juice extraction - From detoxifying drinks to healthy sorbets, contemporary condiments and mixology ingredients - Application of fruit and vegetables juices to savory cuisine
Objectives	Understand that a good and balanced diet leads to good health – Learn why vitamins and minerals are fundamental for good health and how to preserve them in fruits and vegetables - Learn to create healthy raw vegetables and fruit juices - Become confident with juicing to produce salad dressings, healthy drinks and flavorings for health-oriented mocktails
Lab	Vegetable and fruit juices according to the season and market availability - Healthy mocktails (non-alcoholic gin tonic and mule) - Salad dressings and mayonnaise
Readings/ Assignments	https://www.acs.org/pressroom/presspacs/2021/acs-presspac-january-27-2021/juicing-technique-could-influence-healthfulness-of-fresh-squeezed-juice.html FINAL PROJECT OVERVIEW. Assignment #1 DUE

Lesson 5	
Meet	In class
Lecture	Vegetables and fruits for a healthy diet - Health benefits of phytochemicals Review of nutritional properties of vitamins and minerals in vegetables and fruit Vegetables in the Italian diet - Advantages of eating seasonal ingredients for a healthier lifestyle - Nutritional properties of vegetables and fruits: focus on phytochemicals Traditional and healthy salad - Suggestions for a creative and healthy approach to vegetable and fruit salads
Objectives	Become familiar with the natural calendar cycle of fruits and vegetables - Understand the health advantages of seasonal consumption - Learn how to combine different vegetables and fruits in classic Italian and creative salads - Learn how to apply healthy dressings to salads.

Lab	Production of a variety of seasonal traditional and healthy salads according to the market availability. From medieval to contemporary gourmet tables: "Contemporary Medieval Salad" Fruit and vegetable salads
Readings/ Assignments	The Encyclopedia of healing Foods - The healing power of vegetables pp. 153-154 /The healing power of fruits pp. 248-249

Lesson 6	
Meet	In class
Lecture	Blue Zones and the secrets of longevity Definition of the Blue Zone and origins of the study - Analysis of world Blue Zones' characteristics and evidence-based common denominators - Power 9: the nine specific lifestyle habits common to all world Blue Zones Sardinian Cuisine as UNESCO intangible cultural heritage - Focus on Ogliastra and Barbagia cuisine and lifestyle
Objectives	Analyze one of the latest discoveries about how well-being can impact life quality and longevity - Understand the importance of the common denominators in Blue Zones around the world - Become familiar with the Sardinian lifestyle and daily diet - Understand the main characteristics of Sardinian culinary heritage
Lab	Pane frattau
Readings/ Assignments	https://www.bluezones.com/wp-content/uploads/2011/02/Nat_Geo_Longevity.pdf

Lesson 7	
Meet	In class
Lecture	Elixir of life Food as the primary source of a healthy lifestyle - Nutritional properties of polyphenols and flavonoids - Focus health-oriented ingredients from around the world: chia seeds, goji, aloe vera, ginger - Health benefits and targeted applications Nonna's superfoods Tradition equals contemporary - and exotic - trends Application of Typical Italian specialty products with specific nutritional properties - Benefits for the body, the environment and the local economy Focus on: Pomodorini del Piennolo - Patata turchesa d'Abruzzo - Carote viola di Polignano - Puzzone di Moena - Cipolla rossa di Cavasso Nuovo
Objectives	Understand the importance of the antioxidant intake sourced from food items – Become familiar with the nutritional properties of chia, goji, and aloe vera - Become confident with Italian territory biodiversity - Discover Italian specialties with special health characteristics - Evaluate and compare the benefits of using local products from various perspectives Compare the nutritional facts of these ingredients with more familiar forms of produce.

Lab	The original onion soup - Fresh pasta with blue potato and Piennolo tomato
Readings/ Assignments	TB - Eating for optimal health pp. 34-39 / Seeds pp. 523-525 The Encyclopedia of Healing Foods - Accessory nutrients and phytochemicals pp. 136-149 Assignment #2 DUE

Lesson 8	
Meet	In class
Lecture	Healthy sweeteners: sugars alternatives The responsible use of sugar in the Mediterranean diet - Negative health effects of excessive refined sugar intake - Natural alternatives to saccharose: advantages and warnings - Overview of sugar alternatives: stevia, whole & non-refined sugars, agave syrup, maple syrup, cereal malt syrup
Objectives	Understand the responsible use of sugar – Become familiar with the digestive process of sugar and its impact on glycaemic levels - Analyze the implications of excessive saccharose intake - Learn the characteristics of sugar alternatives available on the market - Identify pros and cons of syrups application and the effects on health
Lab	Whole coconut sugar, whole cane sugar, stevia Vegetables and fruits granitas - Farro tart with seasonal fruit and alternative sabayon
Readings/ Assignments	TB - Sweeteners pp. 560-564 / Maple syrup pp. 655-657

Lesson 9	
Meet	In class
Lecture	Health benefits of dehydrated foods Sun-dried vegetables and fruit in the Italian diet: preservation and nutritional purposes - Application of dehydrated ingredients to nutrition-oriented preparations.
Objectives	Examine the role of dried and dehydrated vegetables and fruit in Italian culture - Understand the health benefits of dehydrated foods - Learn how to apply dehydrated fruits to Italian cuisine
Lab	Dehydrated fruits and vegetables tasting - Application of dehydrated food to salads and snacks - Eggplant parmigiana light - Raw apple pie - Whole wheat cookies stuffed with dried fruit
Readings/ Assignments	TB - Apricots pp. 164-165 / Cranberries pp. 266-267 / Dates pp. 271-272 / Prunes pp. 492-493 / Raisins pp. 502-503 FINAL PROJECT DUE

Lesson 10	
Meet	In class
Lecture	<p>Precision Nutrition and Microbiota</p> <p>Evolution of the concept of nutrition: focus on the concept of precision nutrition, which evaluates one's DNA, microbiome, and metabolic response to specific foods to determine the most effective eating plan to prevent or treat disease - Healthy gut microbiota and diet - Application on fermented foods.</p>
Objectives	Understand the importance of a healthy gut microbiota and the link between diet and intestinal flora - Apply dietetics guidelines to the creation of a dish
Lab	Mystery Box: application of the guidelines for the creation of an individual dish based on specific dietetic guidelines
Readings/ Assignments	<p>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5433529/</p> <p>Assignment #3 DUE</p>

Lesson 11 Final Exam	
Meet	
Lecture	FINAL EXAM

SUMMER SESSIONS

Lesson 1	
Meet	In class
Lecture	<p>Introduction to the course</p> <p>Overview of the course, basic sanitation requirements - Course mission - Course Booklet and food lab rules.</p> <p>Introduction to Italian food culture, wellness, and lifestyle.</p> <p>Vitamins and minerals: Juicing therapy and its application in the foodservice industry - The benefits of raw vegetables and fruit juices - Nutritional properties of vitamins and minerals in vegetables and fruit - From detoxifying drinks to healthy sorbets.</p>
Objectives	Understand the way Italians eat - Understand that a good and balanced diet leads to good health – Become familiar with the food lab environment - Learn why vitamins and minerals are fundamental for good health and how to preserve them in fruits and vegetables - Learn to create healthy raw vegetables and fruit juices.
Lab	Production of a variety of vegetable and fruit juices according to the season and market availability.

Readings/ Assignments	TB - An introduction to wellness foods pp. 8-11 / Eating for optimal health pp. 14-33 Assignment #1 assigned. DUE by Lesson 4.
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Lesson 2	
Meet	In class
Lecture	<p>Lipids: Healthy fats and oils - Focus on pumpkin seeds oil, avocado oil, grape seeds oil</p> <p>The use of lipids in Italian traditions - Nutritional properties of nuts and seed oils - Vegetal oils: application for dressings and condiments - application of vegetal oils in other fields (i.e. cosmetics): focus on extra virgin olive oil.</p>
Objectives	Understand the difference between fats and oils - Learn the nutritional properties of monounsaturated and polyunsaturated fatty acids - Understand how to use saturated fats responsibly - Learn the application of EVOO in cosmetic contexts.
Visit	Local organic olive oil-based cosmetics
Readings/ Assignments	TB - Ch. Fats and oils pp. 296-302

Lesson 3	
Meet	In class
Lecture	<p>Part 1. Vegetables and fruits for a healthy diet - Health benefits of phytochemicals</p> <p>Vegetables in the Italian diet - Seasonality for a healthier lifestyle - The role of the private vegetable garden for an Italian family</p> <p>Part 2. Healthy sweeteners: sugars alternatives</p> <p>The responsible use of sugar in the Mediterranean diet - Sweetening via natural alternatives - Focus on honey and its application in the Italian diet - Overview of sugar alternatives</p>
Objectives	<p>Familiarize with the natural calendar cycle of fruits and vegetables - Understand the advantages of seasonal consumption - Learn how to combine different vegetables and fruits in classic Italian and creative salads - Learn how to apply vegetal oils and dressings to salads - Get confident with traditional and contemporary salad ingredients</p> <p>Understand the responsible use of sugar - Understand the importance of honey in Italian food traditions - Analyze the implications of excessive refined sugar intake - Learn the nutritional characteristics of sugar alternatives – Gain confidence with the use of healthy sweeteners</p>
Lab	Production of a variety of seasonal healthy salads according to the market availability - Application of natural sweeteners in fruit salads and light desserts

Readings/ Assignments	TB - Ch. Wellness foods: the basics - Vegetables pp. 92-98 - Fruits pp. 99-103 TB - Sweeteners pp. 560-564 from The encyclopedia of healing foods: The healing power of vegetables pp. 153-154 / The healing power of fruits pp. 248-249 / Honey pp. 648-654 / Maple syrup pp. 655-657
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Lesson 4	
Meet	In class
Lecture	The health benefits of extra virgin olive oil in the Mediterranean Diet History and nutritional background to the healthiest oil available in nature - The use of extra virgin olive oil in Italian culture - Differences among olive oils: the supremacy of extra virgin - Applications of extra virgin olive oil.
Objectives	Learn the origins and history of extra virgin olive oil - nutritional benefits of extra virgin olive oil consumption - Learn the signs of quality of extra virgin - Apply suitable uses of EVOO through direct practice.
Lab	Extra virgin olive oil-based dressings, sauces, salads
Readings/ Assignments	TB - Olives and olive oil pp. 421-424 FINAL PROJECT OVERVIEW. Assignment #1 DUE.

Lesson 5	
Meet	In class
Lecture	Italian Fresh Cheeses – Fermented dairy products Nutritional properties in cheese as a source of proteins and energy - Focus on light cheese production and applications - Fermentation in dairy products: Definition, production process, and benefits - Application of fermented dairy products in the Mediterranean diet.
Objectives	Learn firsthand the basic cheese production process - Understand the importance of cheese production in the Mediterranean economy since ancient times - Learn the nutritional properties of light cheeses and of fermented dairy products - Practice the process of home-made yogurts
Lab	Homemade light cheese & yogurt production
Readings/ Assignments	TB - Cheese pp. 223-232 / Yogurt pp. 598-601 The encyclopedia of healing foods - Yogurt pp. 589-593

Lesson 6	
Meet	In class

Lecture	<p>Mediterranean nuts and seeds: nutritional facts</p> <p>The diffusion of nuts and seeds in Mediterranean and Italian cuisine - Nutritional properties in nuts and seeds oils and their application in dressings, marinades, and pastry creations - Focus on cold-extracted sesame oil, walnuts oil, flaxseed oil, and hempseed oil</p> <p>Whole grains and wheat alternatives</p> <p>The use of wheat alternatives in Italy - Nutritional properties of whole grains - Alternative cereals for bread production: rye, buckwheat, farro.</p> <p>Comparative overview of grains through Italian sandwich categories, i.e. traditional and contemporary.</p>
Objectives	Familiarize with the role of nuts and seeds in the Italian diet - Understand the use and preservation of nuts and seeds - Understand the role of nuts with a focus on the vegetarian and vegan diet - Understand the difference between chemically extracted and pressed nut and seed oils - Learn how to utilize nut and seed oils as dressings - Identify the differences between refined and whole grains - Understand the advantages of a diet based on alternative grains varieties
Lab	Cold-extracted nut and seed oil tasting and specific applications - Tasting of pasta made with ancient wheat varieties
Readings/Assignments	<p>TB - Wellness foods: the basics - Legumes, nuts and seeds p. 104 / Almonds pp. 156-157 / Nuts pp. 412-417 / Flaxseeds pp. 322-323 / Grains pp.105 - 110 / Flour, non-wheat & wheat pp. 324-331 / Wheat pp. 592-596</p> <p>The encyclopedia of healing foods - Ch. The healing power of nuts, seeds and oils pp. 402-408</p> <p>Assignment #3 assigned. Alternative wheat. DUE by Lesson 10</p>

Lesson 7	
Meet	In class
Lecture	<p>Elixir of life: natural sources of antioxidants</p> <p>Food as the primary source of a healthy lifestyle - Nutritional properties of polyphenols and flavonoids - Where to find them - Application of traditional Italian ingredients and contemporary health foods - Focus on chia seeds, goji, aloe vera: health benefits and targeted applications.</p>
Objectives	Understand the importance of the antioxidant intake sourced from food items – Familiarize with the nutritional properties of chia, goji, and aloe vera - Compare the nutritional facts of these ingredients with more common forms of produce.
Visit	Local organic shops as a source of health-oriented ingredients
Readings/Assignments	<p>TB - Eating for optimal health pp. 34-39 / Seeds pp. 523-525</p> <p>The encyclopedia of healing foods - Accessory nutrients and phytochemicals pp. 136-149</p> <p>Assignment #2 assigned. DUE by next class meet</p>

Lesson 8	
Meet	In class
Lecture	<p>Survey of Florentine food venues</p> <p>Students will conduct fieldwork in groups, surveying Florentine food venues to assess the application of Mediterranean dietary patterns in their offerings. Analysis will focus on menu variety, adherence to seasonal ingredients, and the nutritional balance of options. Findings will be synthesized into a reaction paper presented in class.</p>
Objectives	Starting from the concepts learned in class and the Mediterranean lifestyle guidelines, be able to apply critical thinking during the evaluation of local menus and food offerings - Critically evaluate the “traditional” Italian menus starting from the Med Diet perspective - Compare the local food options with equivalent food venues in the home country
Note	Students must meet the instructor in class for the attendance check at the beginning of the lesson
Readings/ Assignments	<p>Students are asked to follow the uploaded itinerary, visit the assigned venues and follow the project guidelines. Please check for additional details and due dates on the course website.</p> <p>Assignment #2 DUE</p>

Lesson 9	
Meet	In class
Lecture	<p>Light and healthy - Vegetable and fruit cold soups</p> <p>A healthy and refreshing alternative for a quick snack or an alternative healthy dessert - Focus on sweet and semi-sweet soups - Tips on preparation and service</p> <p>Dehydration processes - sun-dried vegetables and fruits in the Mediterranean tradition</p> <p>Health benefits of dehydrated foods - Sun-dried vegetables and fruit in the Italian diet: preservation and nutritional purposes - Dehydration processes with a practical focus on vegetables and fruit - Application of nuts, seeds, and alternative sweeteners to nutrition-oriented preparations.</p>
Objectives	Understand contemporary cold soup production - Understand how to use professional blenders and juicers - Learn the tricks to preserve colors when producing soups to be served cold - Understand how to produce fruit soups - Understand contemporary presentation styles - Practice alternative sweeteners applications - Examine the role of dried and dehydrated vegetables and fruit in Italian culture - Understand the health benefits of dehydrated foods - Practice dehydration methods using seasonal fruits and vegetables.

Lab	Production of a variety of cold soups - Application of different production techniques according to the ingredients - Dehydrated fruits and vegetables tasting - Application of dehydrated food to salads and snacks
Readings/ Assignments	TB - Cooking glossary pp. 608-613 / Herbs and spices pp. 614-623 TB - Apricots pp. 164-165 / Cranberries pp. 266-267 / Dates pp. 271-272 / Prunes pp. 492-493 / Raisins pp. 502-503 FINAL PROJECT DUE

Lesson 10	
Meet	In class
Lecture	Health and wellness across the centuries - Case study: medicine and cosmetics from Renaissance Florence to present day The role of monastic orders in the development of “herbal medicine” and the passing down of fundamental traditions - How these traditions still survive today - Chemical composition and benefits of herbal products.
Objectives	Understand the role of monastic workshops in the development of medicine and cosmetics across centuries - Analyze the practices of Florentine apothecaries - Examine the role of herbs in social, medical, and religious contexts - Contextualize through a specific case study the diverse nutritional properties addressed throughout the term.
Field-based assignment	Officina Profumo Farmaceutica di Santa Maria Novella
Readings/ Assignments	Visit the website www.smnovella.it and prepare research notes in preparation for the field learning activity Assignment #3 DUE

Lesson 11 Final Exam	
Meet	
Lecture	FINAL EXAM