

Syllabus

NEP 3131 Mediterranean Diet and Lifestyle

**May 15, 2017 – May 27, 2017
3 credits**

COURSE DESCRIPTION:

The Mediterranean Diet and Lifestyle course will focus on food and physical activity practices through field trips, site visits, lectures, food preparations, tours and group discussions. The course focus on the health benefits of the Mediterranean diet and physically active lifestyle. Student experiences will include visits to fresh food markets, olive oil and wine production facilities, yogurt, cheese, and traditional food preparations and tastings. Students will visit an Organic Farm and take one guided hike to explore the wild edible flora and terrain on the island that shapes the traditional diet of Crete. Students will have the opportunity to travel and explore in three distinct areas on Crete as well as in the Capital city of Athens.

Course meeting days: Wednesday January 25th, 5-7pm, Monday, May 15th through Saturday, May 27th, 2017

Credit: 3 hours

PREREQUISITES:

Instructor's consent
Minimum GPA 2.5

OBJECTIVES:

1. Identify the ways foods are harvested, produced, prepared and consumed in Crete.
2. Describe social, cultural, and environmental influences on food production, acquisition, preparation and consumption in Crete.
3. Compare Greek Traditional food and lifestyle practices to food and activity practices in the U.S.
4. Gain an appreciation for the effects culture and experiences can have on lifestyle and health.
5. Understand the dramatic differences the culture in Greece has on the food, eating practices, and health compared to your own experiences from the US.

COURSE MATERIALS:

- Mediterranean Diet Pyramid, Ministry of Rural Dev. And Food (provided)
- *In Season from Field to Plate*, by Nikki Rose
- Articles available from Crete Culinary Sanctuaries library (provided)
- Small spiral notebook or Journal
- *Crete: The Roots of the Mediterranean Diet*, by Nikki Rose

- *Traditional Foods: Why and how to sustain them*, by A. Trichopoulou, E. Vasilopoulou, K. Georga, S. Soukara and V. Dilis
- *Nutritional composition and flavonoid content of edible wild greens and green pies: a potential rich source of antioxidant nutrients in the Mediterranean diet* by A. Trichopoulou, E. Vasilopoulou, P. Hollman, Ch. Dhamalides, E. Foufa, r. Kalouidis, D. Kromhout, Ph. Miskaki, I. Petrochilou, E. Poulima, K. Stafilakis, D. Theophilou

INSTRUCTORS:

Candance Gabel, MS, RD, LD

Department of Nutrition and Exercise Physiology, 1205 University Place, Suite 1100,
573-884-6388 gabelc@missouri.edu

COURSE REQUIREMENTS

Coursework	Due Date	Possible Points
Reflective Discussion	May 17,18,19,21, 22, 23,24,25, 26	75 points
Reflection Portfolio	July 7th	50 points
Attendance		100 points
Participation and Professionalism	Attention and interest Professional behavior and communication	25 points
Course Preparation Assignments <ul style="list-style-type: none"> • Travel arrangements • Course payments • Passport • Reading articles • Based on the articles, submit two questions that you hope to have answered during the time in Greece. 	Students will be notified of these deadlines	30 points
Journal Entries	There will be 10 entries based on experiences on the following dates: May 17, 18, 19, 20, 21, 22, 23, 24, 25, 26	50 points
Total		330

REFLECTION PORTFOLIO INSTRUCTIONS

Form: Please submit the final product to Candance Gabel, College of Human Environmental Sciences, 1205 University Avenue, Suite 1100, Columbia, MO 65211
e-mail: gabelc@missouri.edu

Portfolio Content: (total of 3500 word minimum)

1. **Description of experience** following Mediterranean diet pyramid. Factors to consider but not limited to, include; food choices, how meals are eaten, physical activity, how the terrain and traditions affects physical activity. (1000 word minimum)
2. **Comparison** of food and activity choices to recommendations (Mediterranean diet vs. USDA MyPlate). What surprised you the most? (750 word minimum)
3. Describe the **challenges to following the recommendations** (500 word minimum)
4. How do moderation, seasonality, and locality **influences choices**. (500 words)
5. Based on your experience in Greece and your readings about the Mediterranean diet, what **changes** have you made to your diet or the changes you will institute in the future? How did your observations and experiences compare while in Greece to U.S. culture? What were your impressions of each of the experiential excursions? (500 words)
6. How has your **world view/focus** changed as a result of this experience? How will I use the knowledge/experiences gained from this in my professional life?(250 words)

**Bold items above correspond to the sections of the evaluation form.*

Components of Portfolio

- Cover page
- Table of contents
- A minimum of 10 pictures dispersed throughout reflection content. Additional graphics (clip art) are encouraged, but will not be considered a picture.
- Double – spaced, 12-point font. Type of font is up to your creative eye.
- Include your first and last name in a header and page numbers in the footer.
- List of references as needed (APA).

Due date:

Your reflection portfolio is due by Friday, July 7, 2017. E-mail all materials to: gabelc@missouri.edu or send them to Candance Gabel, College of Human Environmental Sciences, 1205 University Avenue, Suite 1100, Columbia, MO 65211.

EVALUATION OF NEP 3131 (3) Reflection Portfolio

	Points Possible	Points Received
Description of experience was effectively communicated	10	
Comparison shows an awareness of topic and insightfulness.	10	
Challenges in following recommendations- sound logic and reasoning; adequate facts/data to support opinions; thoroughness and organization of thoughts	7.5	
Influence of Choices- careful attention to arrangement of ideas; logical sequence; flow of ideas, coherence.	7.5	
Changes- reflect the qualities of frankness, honesty & shows personal interest in making a change or NOT.	5	
Change of world focus	5	
Presentation of Experience: Turns in on time, follows instructions, includes 10 colored pictures, Uses visual aids which enhance portfolio's interest; Is it Creative?	5	
Total	50	

GRADING:

There are 330 total points for the course.

100-99%=A+	89-87%=B+	79-77%=C+	69-67%=D+
98-93%=A	86-83%=B	76-73%=C	66-63%=D
92-90%=A-	82-80%=B-	72-70%=C-	62-60%=D-
			<60%=F

COURSE POLICIES AND PROCEDURES:

1. Attendance

Class attendance contributes significantly to the grade by alerting you to what's important about each topic and how to apply this information. Punctuality is also vital, just as important as attendance. The importance of attendance cannot be overstated. With prior notification, an excused absence and makeup work is available.

2. Assignments and Class Materials

Assignments are to be turned in on the day they are due. Assignments turned in after that day and time are considered late. Late assignments may be turned in for partial credit at the discretion of your instructor. If accepted, work submitted after the due date will receive a 5% grade reduction for each day late (including weekends).

3. Academic Dishonesty

Academic integrity is fundamental to the activities and principles of a university. All members of the academic community must be confident that each person's work has been responsibly and honorably acquired, developed, and presented. Any effort to gain an advantage not given to all students is dishonest whether or not the effort is successful. The academic community regards breaches of the academic integrity rules as extremely serious matters. Sanctions for such a breach may include academic sanctions from the instructor, including failing the course for any violation, to disciplinary sanctions ranging from probation to expulsion. When in doubt about plagiarism, paraphrasing, quoting, collaboration, or any other form of cheating, consult the course instructor.

4. Accommodations for Disabilities

If you need accommodations because of a disability, if you have emergency medical information to share, or if you need special arrangements, please inform instructor immediately. To request academic accommodations (for example, a note taker), students must also register with the [Office of Disability Services](http://disabilityservices.missouri.edu), (<http://disabilityservices.missouri.edu>), S5 Memorial Union, 882-4696. It is the campus office responsible for reviewing documentation provided by students requesting academic accommodations, and for accommodations planning in cooperation with students and instructors, as needed and consistent with course requirements. For other MU resources for students with disabilities, click on "Disability Resources" on the MU homepage.

5. Intellectual Pluralism

The University community welcomes intellectual diversity and respects student rights. Students who have questions concerning the quality of instruction in this class may address concerns to either the Departmental Chair or Divisional leader or Director of the [Office of Students Rights and Responsibilities](http://osrr.missouri.edu/) (<http://osrr.missouri.edu/>). All students will have the opportunity to submit an anonymous evaluation of the instructor(s) at the end of the course.

6. Professionalism

This course is not specifically designed to assess your professional behavioral skills; however your professional demeanor will be assessed. Timeliness is an important attribute in the workplace. To help you develop this acquired skill, all assignments are expected at a specific time and a specific date.

Unprofessional behavior includes, but is not limited to, tardiness, disrespectful conduct/comments, inadequate preparation for class, inattentiveness, and/or a lack of participation during class.

Your relationship with your instructors, whether in person or electronically, should be academically professional and respectful. In addition, you are expected to use proper grammar, complete sentence constructions, and appropriate language when putting together written correspondence. Based on your instructor's discretion, professionalism points can result in an addition or reduction of your grade.

7. Evaluation

At the end of the semester, your participation in completing the Online Evaluation would be most appreciated. These evaluations provide us with valuable feedback for making changes that will be beneficial to the course curriculum. Thank you!

Schedule*
NEP 3131
Mediterranean Diet and Lifestyle
3 credits

***Tentative schedule is subject to change according to class and instructor availability:**

Day	Educational Activity	Topic	Objectives Met
Wednesday, January 25th	Lecture	Packing, travel and logistical information	1,2
	Electronically	The Mediterranean Diet and Lifestyle & Traditional and Organic foods and Study Abroad Orientation Two Questions	1, 2
Monday, May 15th	Travel Day	Fly to Athens and continue on to Crete	
Tuesday, May 16 th	Welcome dinner & Lecture	The Greek traditional Mediterranean diet and lifestyle	2
Wednesday, May 17 th	Walking tour and Lecture	Traditional Cretan culture, trade, heritage, and Cretan cuisine, Cooking class utilizing regional specialties	1, 2, 3
Thursday, May 18th	Tours, Cooking Demonstration	Visit a sustainable olive grove and production factory. Cooking with indigenous food demonstration. Visit a boutique winery and learn about indigenous grape varietals, traditional and modern production methods	1, 4
Friday, May 19th	Free Day	Farewell Dinner in Vamos	2,4

Saturday, May 20th	Travel to Archanes	Tour Knossos, guided historic tour of Archanes, Welcome dinner	1, 2, 3
Sunday, May 21st	Walking Tour, Lecture and Cooking Demonstration	Botanical Hike to Mount Giouchtas; Evening Minoan Cooking Demo with an Archaeologist	1,2,3

Monday, May 22nd	Traditional and modern cooking techniques and Cooking Class	Excursion to Heraklion Archaeological Museum and Organic Farmers Market; Evening Cooking Class with Chef Rose	1,2,3
Tuesday, May 23rd	Free Day to Explore Evening – Cultural Influences of Music; Cooking Experience	The Labyrinth Musical Instrument Museum and Workshop. Garden to Table Cooking Experience. Herbalist Experience	1,4
Wednesday, May 24th	Walk to an organic farm, tour the farm and collect ingredients for the cooking class	Visit a Biodynamic Farm, Cooking Class and Dinner with Chef Dimitris	1, 2
Thursday, May 25th	Travel day	Travel to Athens – Ancient Greek Market	
Friday, May 26th	Lecture	Adherence to the Mediterranean Diet and Lifestyle, Elena Paravantes, RD, Food and Nutrition Consultant	4, 5
Saturday, May 27th	Travel Day	Return to US	