

Three-Week Course Options

FUA Summer I

Sunday, May 14 through Friday, June 2

3 credit hours

Enroll in one course

<i>Title</i>	Health and Fitness in the Mediterranean	Food, culture and society in Italy	The Mediterranean diet: A guide to healthy living	The Italian food industry: From farm to table	Nutritional cooking
<i>Description</i>	Exploration of the various forms of purposeful and lifestyle activity in the Mediterranean culture with an overview of the activity's health benefits. Students also visit local athletic centers and create customized exercise and nutrition programs.	A course for students interested in a general survey of Italian food traditions, society and culture with both modern and historical perspectives. An integral part of this course are targeted food tastings with experts.	A thorough investigation into the Mediterranean diet and its effect on health. This particular eating pattern is compared and contrasted with the USDA's healthy eating plan and other regional eating plans. This course involves food preparation of traditional dishes that exemplify the Mediterranean diet.	Italians have long based their eating plans on what is available regionally and seasonally. This course examines the Italian example of sustainability and applies these principles to the global food supply with an emphasis placed on seasonality, food policy and food education.	This class is a bridge between bench top and cook top with a survey of basic nutrition and how food preparation can affect a menu's nutritional content. Trending food patterns, as well as medically necessary food patterns are investigated in both the classroom and the kitchen. Food preparation is a key learning strategy of this course.
<i>When</i>	9:00 – 11:30 <i>Mon - Thurs</i>	9:00 – 11:30 <i>Mon – Thurs</i>	3:00 – 5:30 <i>Mon – Thurs</i>	3:00 – 5:30 <i>Mon – Thurs</i>	3:00 – 5:00 <i>Mon – Thurs</i> 3:00 – 11:00 <i>Fri</i> (experiential learning)
<i>Mandatory Field Learning</i>	Parma & Modena on Saturday, May 20 Pienza & Montalcino on Sunday, May 21 Pastificio Fabri & Prunetti Olive Oil on Sunday, May 28 Bologna on Saturday, May 27				

Health students may **add a service learning project to any of these classes** to count as your capstone credit. The addition of this service learning project does not increase the number of credit hours.

Six-Week Course Options

FUA Summer A

Sunday, May 14 through Friday, June 23

Varied credit hours

Enroll in one course

<i>Title</i>	Garde Manager I	Social Psychology	Food, wine and culture in Italy
<i>Description</i>	This course is a combination of study from cultural, technical and practical printed materials and hands-on learning in which the student prepares a wide variety of dishes. Special emphasis is placed upon understanding and applying sustainable and seasonal practices and respecting the nutritive quality of food. <i>Please note: You will be asked to purchase a chef's coat for this course at an additional expense.</i>	Students will explore the scientific discipline exploring and identifying social, environmental, and cognitive factors shape thoughts, feelings and emotions. As this course is taught in Italy, students will have the advantage of observing and testing theories in a foreign environment. Students will work in the Florentine community with a population group to promote health. Through this process, the students will not only be better prepared to help other groups in the future, but grow personally.	A true tour of Italy examining the traditional and contemporary culture and the integral role that food and wine play in the Mediterranean lifestyle. This course also features an Italian language component to deepen the understanding and appreciation of the interaction of food and society in Italy, as well as extensive tours around the country.
<i>Credit Hours</i>	3	4	6
<i>When</i>	3:00 – 5:00 Tues & Thurs 3:00 – 11:00 Wed (experiential learning)	9:00 – 10:15 Mon - Thurs	12:00 – 1:15 Mon - Thurs
<i>Service Learning</i>	None	Yes	None
<i>FUA Mandatory Field Learning</i>	Parma & Modena on Sat, May 20 Pienza & Montelcino on Sun, May 21 Pastificio Fabri & Prunetti Olive Oil on Sun, May 28	Parma & Modena on Sat, May 20 Pienza & Montelcino on Sun, May 21 Pastificio Fabri & Prunetti Olive Oil on Sun, May 28	Parma & Modena on Sat, May 20 Pienza & Montelcino on Sun, May 21 Pisa & Livorno on Sat May 27 Pastificio Fabri & Prunetti Olive Oil on Sun, May 28 Capri, Pompei & Amalfri Coast on June 2 – 5 Volterra & Bolgheri on Sat June 17
<i>MU Mandatory Field Trip—Choose one</i>	Bologna on Sat May 27 (not available for Food, Wine & Culture class) Venice on Sat June 10 Spa day in the Tuscan hills on Sat June 17 (not available for Food, Wine & Culture class) Cinque Terre on Sun, June 18 <i>Note: You may attend more than one of these field trips, but you will not receive extra credit and you assume responsibility for any additional costs. Contact FUA staff for more information.</i>		