

## NT/CU 34 MEDITERRANEAN NUTRITION & GASTRONOMY

### DESCRIPTION:

This course focuses on the nutritional and gastronomical characteristics at the base of traditional Mediterranean diets, as a set of cultural practices, as well as the Mediterranean Diet as understood today, considered cultural heritage by UNESCO. In order to grasp the difference between these concepts, we will trace what we mean when we talk about Mediterranean diets as a set of traditional, regional culinary and cultural practices, as compared to the Mediterranean Diet, as known by Americans today, first defined by Ancel Keys in the mid-twentieth century. The course shall examine the nutritional benefits of the diet, as well as its multi-faceted manifestations in the current culinary scene. This course will be of special interest to students from the fields of health sciences, nutrition, gastronomical and culinary arts, food studies, cultural studies, psychology, sociology, anthropology, history, human geography, and communication.

This course has City of Barcelona's *Mercats de Barcelona* as associated entity, which will allow us to hold a hands-on workshop at a brand new space in Barcelona's world-famous Boqueria market, along with a guided visit to the market by a representative of the city.

**CREDITS:** 3

**CONTACT HOURS:** 45

**INSTRUCTOR:** Camila Loew, Ph.D. ([camila.loew@gmail.com](mailto:camila.loew@gmail.com))

**LANGUAGE OF PRESENTATION:** English

**CLASSROOM:** Room 102, Facultat de Geografia e Historia, calle Montalegre 6, 08001 Bcn

**MEETING TIMES:** Tues-Thurs 12pm-1:30pm

**ADMIN CONTACT:** [sherraiz@ub.edu](mailto:sherraiz@ub.edu), Secretary's Office for Students and Teaching Staff of Facultat de Farmacia y Ciencias de la Alimentación

**ADDITIONAL COST:** The course offers an additional culinary workshop, outside of class, which has a cost 20eu materials per student.

**PREREQUISITES:** None.

### METHOD OF PRESENTATION:

Lectures

Discussion

Field Studies

Presentations

### REQUIRED WORK AND FORM OF ASSESSMENT:

- Course participation - 20%
- Midterm Exam - 20%
- Final Exam - 20%
- Research Paper and Oral Presentation- 20%
- Meal plan - 10%

- Reading Review - 10%

### **Course Participation**

Students are expected to come to class prepared to discuss the assigned readings, core issues and questions proposed by the instructor. Participation is more than just attending class; students should show that they have done the readings and are thinking critically, based on the core concepts that will be used throughout the course.

### **Midterm Exam**

The midterm exam will consist of brief essay questions on the topics covered up until the date of the midterm. Students will be expected to answer the questions in full paragraphs with an essay structure, proper grammar and punctuation.

### **Final Exam**

In addition to covering the second portion of the course, the final exam will also include one or two brief essay questions on the entire course, which the students will be asked to reflect on analytically.

### **Research Paper & Oral Presentation**

The research paper will be on a topic selected by the student, previous approval by instructor. If needed, students will be given paper topic suggestions.

The paper will also be presented orally in class in a 10 minute presentation (+ 5 min. discussion). Five percent of the paper's total 20% will be attributed to the oral presentation grade. There will be specific moments throughout the semester in which students will be required present to the instructor and/or peers some of the preparatory portions of the paper: a thesis, a rough draft. There will also be time set aside in class to workshopping on the rough draft and thesis, with both peer and instructor feedback.

### **Brief Written Assignments**

-A 5-day meal plan based on Mediterranean diet principles, articulated following a specific regional diet.

-A 1-2-page contextual explanation of a selected quotation (quotes will be assigned by the instructor).

### **LEARNING OUTCOMES:**

By the end of this course, students should be able to:

- Determine the nutritional characteristics of the Mediterranean diet;
- Develop meal plans based on Mediterranean dietary and lifestyle principles;
- Appraise how food is an important vehicle of cultural manifestations;
- Critique fad diets and evaluate what builds strong evidence on diet and health;
- Establish connections and analyze the relations between food, history, culture, and identities;

- Evaluate issues of sustainability in local food practices;
- Formulate comparative assessments of the food-related practices of their home culture and local culture.

**Attendance Policy:**

Attendance is mandatory for all classes, including course-related trips. Any exams, tests, presentations, or other work missed due to student absences can only be rescheduled in cases of documented medical or family emergencies. If a student misses more than three classes in any course 3 percentage points will be deducted from the final grade for every additional absence. Seven absences in any course will result in a failing grade.

**CONTENT:**

<b>Session</b>	<b>Content</b>	<b>Readings</b>
<b>Session 1:</b>	Setting the framework: What is the Mediterranean Diet?	<p>Nestle, M. (1995). "Mediterranean diets: historical and research overview" <i>The American Journal of Clinical Nutrition</i>, Volume 61, Issue 6, June 1995, Pages 1313S–1320S</p> <p>Gerber, Mariette and Richard Hoffman. (2015). "The Mediterranean Diet: Health, Science and Society." <i>British Journal of Nutrition</i> 113, S4-S10.</p>
<b>Session 2</b>	Setting the framework cont.: Historical outlook	<p>Helstosky, Carol. (2009). "Historical Overview" in <i>Food Culture in the Mediterranean</i>. Westport, CT: Greenwood, pp. 1-24.</p>

<b>Session 3</b>	The nutrition transition. The nutritional problems the world faces today.	Wilson, Bee. (2019). "The Food Transition" in <i>The Way We Eat Now. Strategies for Eating in a World of Change</i> . London: 4th Estate, pp. 17-72
<b>Session 4</b>	Traditional Mediterranean diets	<p>Buettner, D. (2012) "The Sardinian Blue Zone" in <i>The Blue Zones</i>. Washington DC: National Geographic Society, pp. 23-64.</p> <p>Miller, D. (2009). "Crete, Greece, A Cold Spot for Heart Disease" in <i>The Jungle Effect</i>. NY: Harper, 89-126.</p>
<b>Session 5</b>	Ancel Keys, the 7 countries study and the (re)defining of the Mediterranean in the twentieth century.	
<b>Session 6</b>	<b>Field study:</b> hands-on workshop at the Boqueria market.	

<b>Session 7</b>	Post-Keys: the Mediterranean diet as cultural heritage, as defined by UNESCO.	<p>de Miguel Molina, Maria, Blanca de Miguel Molina, Virginia Santamarina Campos and María del Val Segarra Oña (2016). "Intangible Heritage and Gastronomy: The Impact of UNESCO Gastronomy Elements". <i>Journal of Culinary Science &amp; Technology</i>, 14:4, pp. 293-310.</p> <p>Reguant-Aleix, J., Arbore, M., Bach-Faig, A., &amp; Serra-Majem, L. (2009). "Mediterranean Heritage: An intangible cultural heritage." <i>Public Health Nutrition</i>, 12(9A), pp. 1591-1594.</p>
<b>Session 8</b>	Food and lifestyle in the Mediterranean. It's not just what's on the plate. Mealtimes, rituals, culture. <b>Quote commentary due.</b>	<p>Serra-Majem, L., B. Raido Quintana and A. Bach-Faig, (2012). "Nutritional and Cultural Aspects of the Mediterranean Diet." <i>International Journal for Vitamin and Nutrition Research</i> 82, pp. 157-162.</p> <p>Stano, S. (2015) "From Nutrients to Foods. The Alimentary Imaginary of the Mediterranean diet." In <i>ESSACHESS</i>.</p>

		<p><i>Journal for Communication Studies</i>, vol. 8, no. 2, pp. 115-132.</p>
<p><b>Session 9</b></p>	<p>Observational field study. The Mediterranean way of shopping for food. Assignment: write about how the opposition between freedom of choice/lack thereof is played out at a market vs. supermarket</p>	<p>Jordan, J. (2011). "In Search of the Elusive Heirloom Tomato: Farms and Farmers' Markets, Fields, and Fieldwork." In L. Coleman (ed.), <i>Food: Ethnographic Encounters</i>. London: Bloomsbury, pp. 69-82.</p>
<p><b>Session 10</b></p>	<p>Mediterranean diet: culture and rituals.</p>	<p>Beizer, Janet. (2017). "Why the French Hate Doggie Bags." <i>Contemporary French Civilization</i> 42: 3/4, pp. 373-389.</p>

<b>Session 11</b>	<p>The 2010 redesign of the MD pyramid.          What is and what is <u>not</u> the MD as          adopted in non-Med countries.</p>	<p>Willett, W.C., F. Sacks, A. Trichopoulou, G. Drescher, A. Ferro-Luzzi, E. Helsing, D. Trichopoulos (1995). "Mediterranean diet pyramid: a cultural model for healthy eating". <i>The American Journal of Clinical Nutrition</i>, Volume 61, Issue 6, June 1995, pp. 1402S–1406S</p> <p>Bach-Faig, A., Berry, E., Lairon, D., Reguant, J., Trichopoulou, A., Dernini, S., . . . Serra-Majem, L. (2011). "Mediterranean diet pyramid today. Science and cultural updates." <i>Public Health Nutrition</i>, 14(12A), pp. 2274-2284.</p>
<b>Session 12</b>	<b>Midterm exam</b>	



<p><b>Session 13</b></p>	<p>How do Mediterranean countries eat today? How do non-Mediterranean countries adopt the MD?</p>	<p>Martínez-González M<sup>Á</sup>, Hershey MS, Zazpe I, Trichopoulou A. "Transferability of the Mediterranean Diet to Non-Mediterranean Countries. What Is and What Is Not the Mediterranean Diet." <i>Nutrients</i>. 2017; 9(11):1226.</p> <p>Tourloki et. al. (2013) "Are Current Dietary Habits in Mediterranean Islands a Reflection of the Past? Results from the MEDIS Study" in <i>Ecology of Food &amp; Nutrition</i> 52:5, pp. 371-86.</p>
<p><b>Session 14</b></p>	<p>Workshop session: design of a weekly baseline diet according to traditional and current Mediterranean diet principles.</p>	
<p><b>Session 15</b></p>	<p>The Mediterranean trilogy: olive oil, wheat, wine. Understanding traditional uses. <b>Mealplans due</b></p>	
<p><b>Session 16</b></p>	<p>Olive Oil cont. Guest speaker Sandra Stefani, owner of Olisal. Extra virgin olive oil tasting.</p>	<p>CIA white paper "Olive Oil and the Plant Forward Kitchen"</p>
<p><b>Session 17</b></p>	<p>The Predimed study: the largest dietary intervention trial to assess the effects of the Mediterranean diet on cardiovascular disease prevention. Retraction and Republication: Predimed Plus (2018).</p>	<p>Estruch, R. et. al., "Primary Prevention of Cardiovascular Disease..."</p>

<b>Session 18</b>	Mediterranean Food and Nutrition today: changes since the 1960s. What does our future behold?	Wilson, Bee. (2019). <i>The Way We Eat Now. Strategies for Eating in a World of Change</i> . London: 4th Estate, pp. 187-210 and 333-344.
<b>Session 19</b>	Student presentations	
<b>Session 20</b>	Student presentations cont. <b>All papers due.</b>	
<b>Session 21</b>	Cookbooks and the Mediterranean imaginary.	Kashdan, H (2017). "Anglophone Cookbooks and the Making of the Mediterranean." <i>Food and Foodways</i> 25: 1, pp. 1-19
<b>Session 22</b>	How we eat today: the effects of social media on our food. The Mediterranean diet vs. Fad diets. Debate: are food trends gearing us towards healthier ways of eating? Or are they just as imbalanced as the systems they are seeking to replace?	Wilson, Bee (2019). "The Changeable Eater" in <i>The Way We Eat Now. Strategies for Eating in a World of Change</i> . London: 4th Estate, pp. 187-210.

<p><b>Session 23</b></p>	<p>How to move to the next phase?</p>	<p>Wilson, Bee. (2019). "New Food on Old Plates" in <i>The Way We Eat Now. Strategies for Eating in a World of Change</i>. London: 4th Estate, pp. 333-344.</p> <p>Popkin, Barry. (2010) "What Can We Do?" In <i>The World is Fat</i>. New York, Avery, pp. 145-177.</p>
<p><b>Session 24</b></p>	<p>Course Conclusions and Review for Final exam</p>	

#### REQUIRED READINGS:

- Bach-Faig, A., Berry, E., Lairon, D., Reguant, J., Trichopoulou, A., Dernini, S., . . . Serra-Majem, L. (2011). "Mediterranean diet pyramid today. Science and cultural updates." *Public Health Nutrition*, 14(12A), pp. 2274-2284.
- Beizer, Janet. (2017). "Why the French Hate Doggie Bags." *Contemporary French Civilization* 42: 3/4, pp. 373-389.
- Brillat-Savarin, J.-A. (1970). *The physiology of taste* (A. Drayton, Trans.) London, UK: Penguin. Chapter
- Blas, A. et. al. (2019). "A comparison of the Mediterranean diet and current food consumption patterns in Spain from a nutritional and water perspective" in *Science of the Total Environment* 664, pp.1020–1029.
- Buettner, D. (2012) "The Sardinian Blue Zone" in *The Blue Zones*. Washington DC: National Geographic Society, pp. 23-64.
- Caballero, B. and B. Popkin (eds.) (2002) *The Nutrition Transition: Diet and Disease in the Developing World*. Cambridge: Academic Press
- de Miguel Molina, Maria, Blanca de Miguel Molina, Virginia Santamarina Campos and María del Val Segarra Oña (2016). "Intangible Heritage and Gastronomy: The Impact of UNESCO Gastronomy Elements". *Journal of Culinary Science & Technology*, 14:4, pp. 293-310.

- Dernini et. al. (2016). "Med Diet 4.0: the Mediterranean diet with Four Sustainable Benefits". *Public Health Nutrition* 20(7), pp. 1322-1330.
- Estruch R., Ros E, Salas-Salvadó J, Covas MI, Corella D, Arós F, Gómez-Gracia E, Ruiz-Gutiérrez V, Fiol M, Lapetra J, Lamuela-Raventos RM. (2018) "Primary prevention of cardiovascular disease with a mediterranean diet supplemented with extra-virgin olive oil or nuts." *New England Journal of Medicine*; 378:e34.
- Gerber, Mariette and Richard Hoffman. (2015). "The Mediterranean Diet: Health, Science and Society." *British Journal of Nutrition* 113, S4-S10.
- Helstosky, Carol. (2009). "Historical Overview" in *Food Culture in the Mediterranean*. Westport, CT: Greenwood, pp. 1-24.
- Jordan, J. (2011). "In Search of the Elusive Heirloom Tomato: Farms and Farmers' Markets, Fields, and Fieldwork." In L. Coleman (ed.), *Food: Ethnographic Encounters*. London: Bloomsbury, pp. 69-82. \
- Kashdan, H (2017). "Anglophone Cookbooks and the Making of the Mediterranean." *Food and Foodways* 25:1, pp. 1-19
- Martínez-González MÁ, Hershey MS, Zazpe I, Trichopoulou A. "Transferability of the Mediterranean Diet to Non-Mediterranean Countries. What Is and What Is Not the Mediterranean Diet." *Nutrients*. 2017; 9(11):1226.
- Miller, D. (2009) "Crete, Greece, A Cold Spot for Heart Disease" in *The Jungle Effect*. NY: Harper, 89-126.
- Neill, Lindsay, Jill Poulston, Nigel Hemmington, Christine Hall & Suzanne Bliss (2017). "Gastronomy or Food Studies: A Case of Academic Distinction". *Journal of Hospitality & Tourism Education*, 29:2, pp. 91-99.
- Nestle, M. (1995). "Mediterranean diets: historical and research overview" *The American Journal of Clinical Nutrition*, Volume 61, Issue 6, June 1995, Pages 1313S–1320S
- Popkin, Barry. (2010) "What Can We Do?" In *The World is Fat*. New York, Avery, pp. 145-177.
- Reguant-Aleix, J., Arbore, M., Bach-Faig, A., & Serra-Majem, L. (2009). "Mediterranean Heritage: An intangible cultural heritage." *Public Health Nutrition*, 12(9A), pp. 1591-1594.
- Serra-Majem, L., B. Raido Quintana and A. Bach-Faig, (2012). "Nutritional and Cultural Aspects of the Mediterranean Diet." *International Journal for Vitamin and Nutrition Research* 82, pp. 157-162.
- Stano, S. (2015) "From Nutrients to Foods. The Alimentary Imaginary of the Mediterranean diet." In *ESSACHESS. Journal for Communication Studies*, vol. 8, no. 2, pp. 115-132.
- Tourloki et. al. (2013) "Are Current Dietary Habits in Mediterranean Islands a Reflection of the Past? Results from the MEDIS Study" in *Ecology of Food & Nutrition* 52:5, pp. 371-86.
- Willett, W.C., F. Sacks, A. Trichopoulou, G. Drescher, A. Ferro-Luzzi, E. Helsing, D. Trichopoulos (1995). "Mediterranean diet pyramid: a cultural model for healthy eating". *The American Journal of Clinical Nutrition*, Volume 61, Issue 6, June 1995, pp. 1402S–1406S
- Wilson, Bee. (2019). *The Way We Eat Now. Strategies for Eating in a World of Change*. London: 4th Estate, pp. 17-72;187-210 and 333-344.

## RECOMMENDED READINGS:

- Abulafia, David. (2014). *The Great Sea. A Human History of the Mediterranean*. London: Penguin.
- Albala, K. (2014). Introduction. In K. Albala (Ed.), *The Routledge international handbook of food studies* (pp. xv–xvi). London, UK: Routledge.
- Beardsworth, A., & Keil, T. (1997). *Sociology on the menu: An invitation to the study of food and society*. London, UK: Routledge.
- Belleh, E. (2010) "Health and Lifestyle Benefits from Adherence to the Mediterranean Diet". *Journal of Consumer Health on the Internet*, 14:1, 75-80, DOI: [10.1080/15398280903543557](https://doi.org/10.1080/15398280903543557)
- Bourdieu, P. (1984). *Distinction: A social critique of the judgement of taste*. London, UK: Routledge.
- Bouvier, L. (2005). "A taste for words: Gastronomy and the writing of loss in Brillat-Savarin's *Physiologie du gout*". *Mosaic*, 38(3), 95–111.
- Clapp, J. (2008). A global outlook on food studies. *Food, Culture & Society*, 11, 281–286.
- Duran, N., & MacDonald, K. (2006). "Information sources for food studies research." *Food, Culture & Society*, 9, 233–243.
- Flandrin, J.L. and M. Montanari, (2013). *Food: A Culinary History*, NY: Columbia University Press.
- Gillespie, C. (2001). *European gastronomy into the 21st century*. Oxford, UK: Butterworth-Heinemann.
- Kivela, J. and John C. Crotts (2005) "Gastronomy Tourism". *Journal of Culinary Science & Technology*, 4:2-3, pp. 39-55.
- Long, L. (2002). "Food studies: Interdisciplinary buffet and main course." *Appetite*, 38, 81–82.
- Maberly, C., & Reid, D. (2014). "Gastronomy: An approach to studying food." *Nutrition and Food Science*, 44, 272–278.
- MacDonogh, G. (2009). "The education of a gastronome. Brillat-Savarin: The nouvelle cuisine, enlightenment and revolution." *Petits Propos Culinaires*, 88, 59–74.
- Moreno-Agostino, D., Francisco Félix Caballero, Natalia Martín-María, Stefanos Tyrovolas, Pilar López-García, Fernando Rodríguez-Artalejo, Josep Maria Haro, José Luis Ayuso-Mateos & Marta Miret (2019) "Mediterranean diet and wellbeing: evidence from a nationwide survey", *Psychology & Health*, 34:3, pp. 321-335.
- Nestle, M., & McIntosh, W. (2010). "Writing the food studies movement." *Food, Culture & Society*, 13, 159–179.
- Popkin, Barry (2002). "The dynamics of the dietary transition in the developing world" in Caballero, Benjamin and Barry Popkin eds. *The Nutrition Transition. Diet and Disease in the Developing World*. London: Academic Press, pp. 111-128.
- Rousseau, S. (2015) "The Celebrity Quick-Fix: When Good Food Meets Bad Science". *Food, Culture & Society*, 18:2, pp. 265-287.
- Van Westering, Jetske (1999) "Heritage and gastronomy: The pursuits of the 'new tourist'". *International Journal of Heritage Studies*, 5:2, 75-81.

## ATTENDANCE POLICY:

Attendance is mandatory. Students are allowed 3 absences to the course without a grade penalty.

**INSTRUCTOR BIO:**

**Camila Loew, Ph.D. NC** is co-founder and Director of the UB Food Studies & Gastronomy International Program. Dr. Loew holds a Ph.D. from the Universitat Pompeu Fabra, and is a certified Nutrition Consultant by the state of California.

Dr. Loew also has experience as a natural chef; her background in the culinary field is based on health-supportive cooking, which she learned in Barcelona and New York. From 2014-2015 she directed the Natural Chef program at Bauman College for Holistic Nutrition and Culinary Arts in California, and went on to serve as Academic Dean of the college until 2016.

Dr. Loew is the founder of Sobremesa Culinary Tours, through which she shares her knowledge of the Mediterranean culinary regions and its practices with Americans abroad.