MT/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)
LANGUAGE OF PRESENTATION:  English
CLASSROOM: Room 102, Facultad de Geografía e Historia, calle Montalegre 6, 08001 Bcn
MEETING TIMES: Tues-Thurs 12pm-1:30pm
ADMIN CONTACT: sherraiz@ub.edu, Secretary’s Office for Students and Teaching Staff of Facultad 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.
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Session 5</td>
<td>Ancel Keys, the 7 countries study and the (re)defining of the Mediterranean in the twentieth century.</td>
</tr>
<tr>
<td>Session 6</td>
<td><strong>Field study:</strong> hands-on workshop at the Boqueria market.</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Session 11</td>
<td>The 2010 redesign of the MD pyramid. What is and what is not the MD as adopted in non-Med countries.</td>
</tr>
<tr>
<td>-----------</td>
<td>-----------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Session 12</td>
<td>Midterm exam</td>
</tr>
<tr>
<td>Session 14</td>
<td>Workshop session: design of a weekly baseline diet according to traditional and current Mediterranean diet principles.</td>
</tr>
<tr>
<td>Session 15</td>
<td>The Mediterranean trilogy: olive oil, wheat, wine. Understanding traditional uses. <strong>Mealplans due</strong></td>
</tr>
<tr>
<td>Session 16</td>
<td>Olive Oil cont. Guest speaker Sandra Stefani, owner of Olisal. Extra virgin olive oil tasting.</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Session 19</td>
<td>Student presentations</td>
</tr>
<tr>
<td>Session 20</td>
<td>Student presentations cont. <strong>All papers due.</strong></td>
</tr>
</tbody>
</table>
### Session 23

**How to move to the next phase?**


### Session 24

**Course Conclusions and Review for Final exam**

**REQUIRED READINGS:**


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.


RECOMMENDED READINGS:


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.