

# "Mediterranean diet"

## Syllabus

### Description and aims of the course

The aim of the course is to communicate knowledge, (but also emotions, tastes, perfumes, images) and to inspire the identification and the pride of taking part in a millenary gastronomic culture such as the Mediterranean one. During the different lessons, through an approach which links several doctrines, will be given a complete panoramic of historic origins, nutritional characteristics and Mediterranean diet basics. For this reason will be illustrated: alimentary pyramid's products; ancient techniques of breeding and farming and their evolution during the time; tradition's recipes and contemporary re-examination of old methods of cooking and food conservation. A special attention is given to the description of Mediterranean Diet prerogatives, (in connection with a healthy and correct lifestyle), through a focus on different foods and through an exposition dealing with the perfect combination of foods.

The course is articulated in five autonomous didactic modules each relating to a specific aspect of the general thematic. Besides will be a final traineeship, only for the people who decide to take part in the complete program.

The five didactic modules deal with:

1. Mediterranean Diet
2. Mediterranean Diet: nutritional values
3. The sea in Mediterranean Diet
4. Mediterranean poor gastronomy
5. Mediterranean sweets

Every single module lasts 9 hours, each one articulated in 3 hours session in 3 consecutive days, for a total of 45 hours. Furthermore there is the possibility to add an other module of traineeship (15 hours).

### **Teachers**

Giordano A.

Giugliano D.

Santilli M.

Tubelli A.

Vacca A.

### **Locations**

School (theoretical lessons)

Gustolab-Sinolab

### **Timetable of lessons**

Monday- Tuesday- Wednesday 4 - 7 p.m.

### **Bibliographic references**

Cavalcanti O., *Il materiale, il corporeo, il simbolico. Cultura alimentare ed eros nel Sud*, Gangemi, Roma-Reggio Calabria 1984

Cialfa E., *Tradizione mediterranea e consumi alimentari in Italia*, in Barusi, Medina, Colesanti (a cura di), *Il colore nell'alimentazione mediterranea. Elementi sensoriali e culturali della nutrizione*, Regione Emilia-Romagna, Bologna 1998

Cresta M., Teti V. (a cura di), *The road of Food Habitus in the Mediterranean area*,

7th Meeting ICAF, Napoli, Maggio 1997, in *Rivista di Antropologia*, Supplemento al vol. 76, Università di Roma

Giugliano D., *La dieta mediterranea alle origini del mito*, Idelson-Gnocchi, Napoli 2000

González Turmo I., Romero de Solís P. (a cura di), *Antropología de la alimentación: Nuevos Ensayos sobre la dieta mediterránea*, Sevilla 1996

Salvadori R., Landra M. e L., *La dieta mediterranea*, Idea libri, 1983

Sentieri M., *Cibo e ambrosia. Storia dell'alimentazione mediterranea tra caso, necessità e cultura*, Dedalo, Bari 1993

Teti V., *Le culture alimentari del Mezzogiorno continentale in età contemporanea*, in

Capatti A., De Bernardi A., Varni A. (a cura di), *L'alimentazione*, in *Storia d'Italia Einaudi, Annali 13*, Einaudi, Torino 1998

Teti V., *Il colore del cibo. Geografia, mito e realtà dell'alimentazione mediterranea*, Meltemi editore, Roma 1999

## **Requirements**

Not particular requirements are requested for access to the course.

The students will have to possess a gastronomic terminology's dictionary and the bibliographic matter mentioned during the course.

Theoretical lessons will be in English, practical ones will be in English or in Italian in the presence of an interpreter.

## **Conditions**

The students have to play an active part in the lessons.

For the students who take part in the course as a whole are admitted only two absences from lessons.

At the end of the course will be requested a final report deal with the subjects illustrated during the lessons.

## **Assessment**

Final assessment will be based on:

Participation in the lessons (30%)

Gastronomic exam (20%)

Oenology exam (20%)

Final report (30%)