

Timetable of lessons

	Friday	h	Saturday	h	Sunday	h	Total Hours
Mediterranean Diet	Correct alimentation according to Ancel Keys Classroom	3	Extra virgin olive oil Biological wine Classroom	3	Vegetables Pulses Classroom	3	9
Mediterranean Diet: nutritional values	Food's nutritional values and alimentary pyramid Classroom	3	First courses: soups Classroom	3	Meat Fish Cheese and dairy products Classroom	3	9
Sea in Mediterranean Diet	Mediterranean ichthyic species Classroom	3	"Il pesce azzurro" Classroom	3	First course: mixture of fish and pulses Classroom	3	9
Poor gastronomy in Mediterranean	Rural gastronomy: anecdotecs and tools Classroom	3	Recipes : "Il pane cotto" "I fusilli con la mollica" "La minestra sfritta" Classroom	3	Recipes: Lamb Pork Boar Classroom	3	9
Mediterranean sweets	The sweets in carnivals Classroom	3	Jams and compotes Sweets with fruits Classroom	3	Honey Hazelnuts Chestnuts Classroom	3	9
Traineeship: "The Mediterranean Diet"	Homemade processing of pasta and bread Classroom	5	Cheese and dairy products processing Classroom	5	Grape harvest and oil and wine processing Classroom	5	15
							60