

## Timetable of lessons

	Monday	h	Tuesday	h	Wednesday	h	Total hours
Introduction: Mediterranean diet							
The Etruscans	At the table with Etruscans Classroom	3	Food and banquets Classroom	3	Soups Bread Classroom	3	9
Ancient Greece	At the table with the Greeks Classroom	3	Traditional Hellenic gastronomy Classroom	3	Yogurt Cheese Salads Classroom	3	9
Ancient Rome	At the table with the Romans Classroom	3	Food and banquets Classroom	3	Meats "Garum" Bread Classroom	3	9
The Normans and the Middle Ages	At the table in Middle Ages Classroom	3	Food and banquets Classroom	3	First courses Classroom	3	9
Discovery of America	Nineteenth-century cooking Classroom	3	Tomato with pasta, meats and vegetables Classroom	3	Sweets Fruit Processing Classroom	3	9
							45
Traineeship "On journey with the history in the dish"	"mozzarella" processing Classroom	5	Catch Fish soups Classroom	5	Youth gastronomy in Mediterranean diet Classroom	5	15
							60

