

Three-Week Course Options

FUA Summer I

Sunday, May 13 through Friday, June 1

3 credit hours

Enroll in one course

<i>Title</i>	Health and Fitness in the Mediterranean	Food, culture and society in Italy	Food, Health, and Wellness in Italy	Nutritional cooking (recommended for dietetics/pre-dietetics)
<i>Description</i>	Exploration of the various forms of purposeful and lifestyle activity in the Mediterranean culture with an overview of the activity's health benefits. Students also visit local athletic centers and create customized exercise and nutrition programs.	A course for students interested in a general survey of Italian food traditions, society and culture with both modern and historical perspectives. An integral part of this course are targeted food tastings with experts.	Italians have long based their eating plans on what is available regionally and seasonally. This course examines the Italian example of sustainability and applies these principles to the global food supply with an emphasis placed on seasonality, food policy and food education.	This class is a bridge between bench top and cook top with a survey of basic nutrition and how food preparation can affect a menu's nutritional content. Trending food patterns, as well as medically necessary food patterns, are investigated in both the classroom and the kitchen. Food preparation is a key learning strategy of this course.
<i>When</i>	9:00 – 11:30 <i>Mon - Thurs</i>	9:00 – 11:30 <i>Mon – Thurs</i>	3:00 – 5:30 <i>Mon – Thurs</i>	3:00 – 5:00 <i>Mon – Thurs</i> 3:00 – 11:00 <i>Fri</i> (experiential learning)
<i>Mandatory Field Learning</i>	Saturday, May 19 Modena (San Filippo for Health and Fitness Students) Sunday, May 20 Prunetti Olive Oil Friday, May 25 Fabri Ancient Grain Pasta Farewell dinner at Ganzo the last Thursday <i>Note: You may choose additional field trips, but you will not receive extra credit and you assume responsibility for any additional costs. After choosing courses, contact FUA staff for more information.</i>			

Six-Week Course Options

FUA Summer A

Sunday, May 13 through Friday, June 22

Note: No classes on Monday June 4 (Italian Holiday)

Varied credit hours

Enroll in one course

<i>Title</i>	Food, Culture, and Community	Social Psychology	Food, wine and culture in Italy
<i>Description</i>	The course objective is to provide students with a solid knowledge of Italian food traditions and to foster the engagement with the local community that has been strongly connected with local foods since ancient time. With the successful completion of this course, students will learn how social interaction is carried out through food at different levels. This course includes 150 hours of experiential learning in addition to field learning.	Students will explore the scientific discipline exploring and identifying social, environmental, and cognitive factors shape thoughts, feelings and emotions. As this course is taught in Italy, students will have the advantage of observing and testing theories in a foreign environment. Students will work in the Florentine community with a population group to promote health. Through this process, the students will not only be better prepared to help other groups in the future, but grow personally.	A true tour of Italy examining the traditional and contemporary culture and the integral role that food and wine play in the Mediterranean lifestyle. This course also features an Italian language component to deepen the understanding and appreciation of the interaction of food and society in Italy, as well as extensive tours around the country.
<i>Credit Hours</i>	6	4	6
<i>When</i>	3:00 – 5:30 Tues & Thurs 3:00 – 11:00 Wed (experiential learning)	9:00 – 10:15 Mon - Thurs	12:00 – 1:15 Mon - Thurs
<i>Service Learning</i>	None	Yes—30 hours Qualifies for internship in Health Sciences. You must enroll in HS 4975 for 1 credit.	None
<i>FUA Mandatory Field Learning</i>	Saturday May 26 Parma in northern Tuscany Friday June 1 – Monday June 4 Capri, Pompei, and Amalfi Coast	None	Saturday May 26 Parma in northern Tuscany Friday June 1 – Monday June 4 Capri, Pompei, and Amalfi Coast Saturday June 16 Chiantishire
<i>MU Mandatory Field Trip—Choose one</i>	Saturday, May 19 Modena Sunday, May 20 Prunetti Olive Oil Friday, May 25 Fabri Ancient Grain Pasta Farewell dinner at Ganzo the last Thursday <i>Note: You may choose additional field trips, but you will not receive extra credit and you assume responsibility for any additional costs. After choosing courses, contact FUA staff for more information.</i>		