

2020 SUMMER PROGRAM

# MEDITERRANEAN DIET IN GREECE

*A new, six-week interdisciplinary program at Perrotis College*



## COURSE SUMMARY

The Mediterranean diet is considered one of the healthiest diets worldwide. Adherence to the Mediterranean diet has been found to decrease cancer incidence, obesity, type II diabetes, cardiovascular disease and overall mortality. The course follows a holistic approach, taking into consideration the unique cultural aspects of the Mediterranean Diet in Greece and analyzing the food consumption habits of Greeks and Americans.

The word diet comes from the Ancient Greek word, “diaita” which means “a way of living.” The course incorporates this definition by providing students a holistic view of the components of the Mediterranean Diet, including nutrient composition, health benefits, history, mythology, cultural food patterns, food related traditions and lifestyle factors that affect health.

## WHO IS THIS PROGRAM FOR?

The program applies to a wide range of majors and academic interests including:

- Nutrition
- Food Science and Technology
- Fermentation studies
- Anthropology
- Sociology
- Agricultural Studies
- Health and Wellness
- Culinary Science
- Biological Sciences
- Pre-med
- Tourism and Hospitality

Any student interested in food, nutrition, and culture who is open to exploring and enjoying the Greek lifestyle will benefit from this program.

## COURSE DETAILS

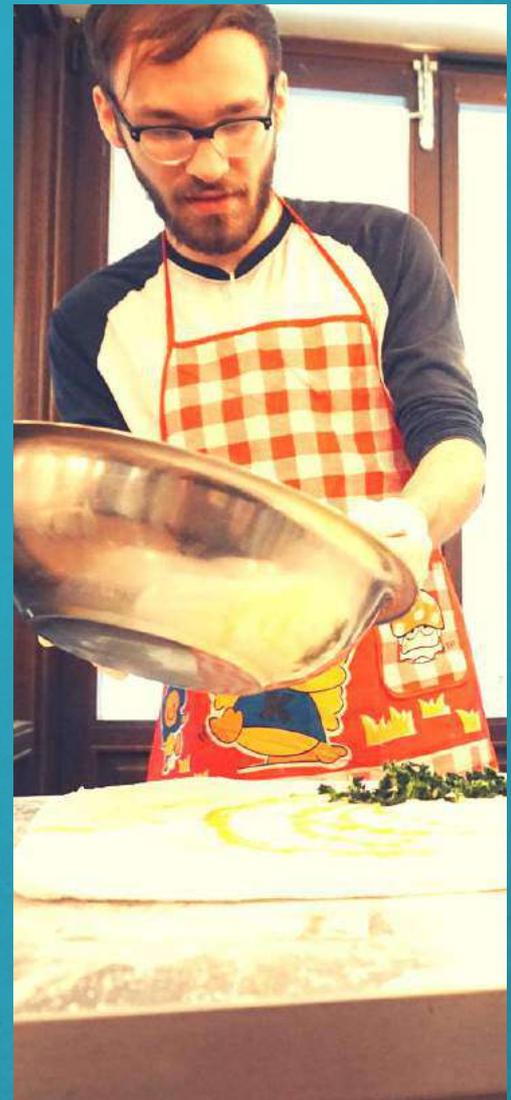
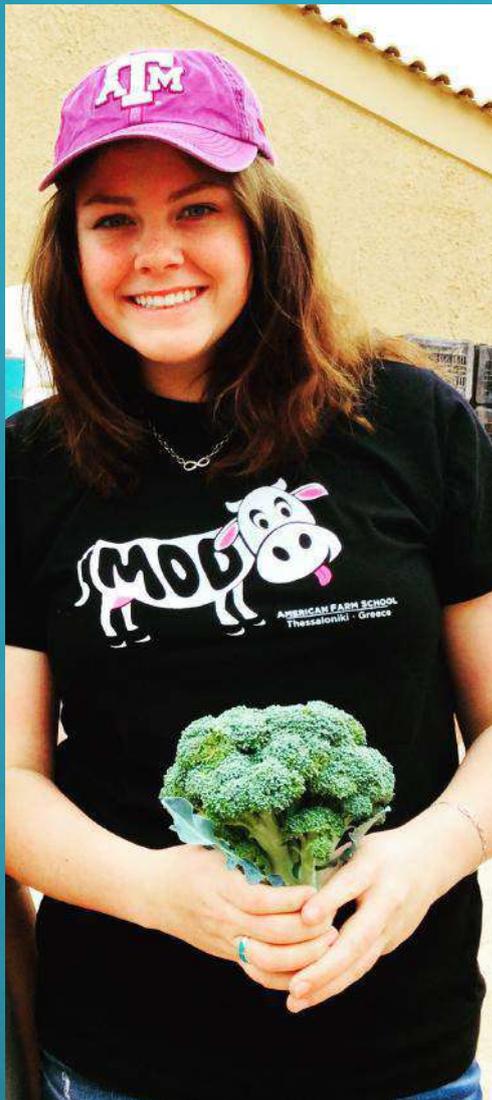
The course delves into details of the Mediterranean diet and uses Greece as a case study. Students gain a basic overview of nutrients and how they are reflected in the Mediterranean diet. These unique characteristics explain why the Mediterranean diet is beneficial for human health.

Students combine theoretical with experiential learning to gain insight into the culture behind the Mediterranean diet through cooking, sampling unique Greek products and olive oil tasting sessions. Site visits to farmers markets, honey producers, wineries, family farms, and tavernas are included.

## WHERE WE ARE & WHERE WE GO

Known as the gastronomic capital of Greece, Thessaloniki is over 2500 years old and is the second largest city in Greece. A mix of ancient, Byzantine, and modern worlds, it boasts a beautiful seaport, fantastic cuisine, break-taking vistas, and vibrant nightlife.

Students in the Mediterranean Diet in Greece course may also participate in excursions and trips organized for study abroad. Trips include a one-day sailing trip around the turquoise waters of Halkidiki, a hiking trip to Mount Olympus, home of the Greek gods, an island cruise to beautiful Skiathos, Skopelos, and Alonissos, and city tours exploring the richness of Thessaloniki and its history.



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