Culinary Medicine
Butler University College of Pharmacy and Health Sciences
Faculty-led Study Abroad- Summer I

COURSE INSTRUCTOR
Jane Gervasio, PharmD, BCNSP
Professor and Chair of Pharmacy Practice
PB 101B; 317-940-6134 Office
317-727-6280 Mobile
jgervasi@butler.edu

COURSE DESCRIPTION
Culinary Medicine is the utilization of a unique combination of nutrition and culinary knowledge to assist patients in achieving and maintaining optimal health. This course will provide a knowledgebase of diet, lifestyle, and nutrition, and how they relate to disease and will include hands-on experiences to better enhance learning.

Credit
Undergraduate credit only. 3 hours
This course meets 3 hours of the 3 hours of Profession Elective requirements for students in both the Pharmacy and BSHS programs.

COURSE Goals and IDEA Learning Outcomes
By completion of this course, you will be able to:

• Acquire an appreciation for the health benefits associated with nutrition, specific nutrients and their appropriate place in health as well as disease state management.
• Integrate informed, practical and effective nutritional counseling to supplement pharmacological treatment.
• Educate patients about weight loss and weight management; educate patients about dietary changes beneficial to different diseases processes.
• Introduce or enhance the students’ culinary skills to better appreciate and assist patients- Hands-on experience

IDEA Learning Objectives:
• Gaining a broader understanding and appreciation of intellectual/cultural activity
• Learning fundamental principles, generalization or theories
• Learning to apply course material (to improve thinking, problem solving, and decisions)

ASSIGNMENTS
All assignments and assessment/ evaluations are listed. Late assignments will not be accepted for this course unless permission from the course director has been granted to the student. Request for permission must be discussed with the course director as early as possible and will be determined on an individual basis. Please save all email while in the course to verify submission in case there is a discrepancy.

On-line Material associated Test/ Quiz
Preparation for the study abroad course may include on-line course work that must be completed prior to departing for Florence, Italy. The on-line session will include small assessments (multiple choice questions) to assess engagement and learning in the session.

Journaling- Reflections, Reactions and Revelations—Individual project (See Rubric)
Beginning with your arrival to Florence, Italy, you should start keeping a journal. This journal is the place where you record your observations and experiences of your time Florence and the Tuscany area, as well as your personal reflections, reactions and revelations to what you are observing and experiencing in yourself, through our adventures and in our community. These are your own reflections, not those of others. Your daily reflection should be recorded in the journal provided to you and will be reviewed by the instructor at the end of the trip. You must write at least 2 pages per day but you may write more. The 2 daily pages must be available to be reviewed by the instructor for evaluation; however if you wish to use the journal for greater, more personal reflection that you do not wish to be reviewed, that too is possible. You may simply staple the pages together. After the evaluation is complete and your journal returned, simply remove the staple. The journal will be yours to keep.

Attendance and Participation- Individual responsibility (See Rubric)
Engaging and active participation is expected on the part of the students and will be accounted for in the final grade. It is understood that students may be engaged but more on the shy or quiet side where others are more comfortable speaking up. Furthermore, practices and
activities in this course though exciting, may be foreign to you and you may be uncertain at first. What is expected in this course is a willingness to try, to be open minded and receptive to others thoughts and ideas. And, respectfulness of others is imperative. A benefit of opening oneself up to experiencing different cultures, traditions and practices may be both enlightening and rewarding. Therefore, participation will not be graded on how many questions you ask and answered but on your willingness to participate in the opportunities to experience a new country, its culture and enjoyable activities available.

Therefore, you will be graded on the following...

- Enthusiastic and timely attendance and active participation. *Unexcused* absences will affect the final grade and may result in failure of the course.
- Appropriate, respectful behavior expected at all times. There is a zero tolerance policy for student misbehavior while on this trip. Tardiness, disrespectful conduct/comments, inattentiveness and/or lack of participation during activities will affect the final grade and may result in failure of the course.

**Required Readings**
The syllabus is a REQUIRED READING. There is no textbook required for this course. Additional required and/or recommended readings from a variety of sources throughout the course may be identified (see above). These may include primary literature, journal articles, practice guidelines, etc.

**GRADE SCALE:**
A 90-100%
B 80-89.9%
C 70-79.9%
D 60-69.9%
F 59.9% and below

**Correspondence**
Before the trip, you may expect that I will check my email daily during regularly schedule business days/hours (Mon-Fri) and, if asked a question, will respond within a 24-hour period. I may address your question on an evening or weekend but that should not be the expectation but the exception. I will ask that with your email you identify a contact phone number where I may reach you, as it may be necessary to verbally communicate my answer rather than via email. Likewise, if I send you an email communication I expect you to respond within 24 hours but do not expect you to respond to any correspondence that I send during evening hours (after 5 pm) or over the weekend.

On the trip, I will have international phone service so you or your family may reach me at anytime. I do ask that communication from your family to me be for emergency use only.

**Announcements**
Communication will be given throughout the course. It will be expected that you listen and understand information presented so we can safely and enjoyably experience our time in Tuscany. Moodle or computer blog sites may also be used as a means of communication with you. It is expected that you will be reviewing those online sources as well.

**COPHS POLICY/PROCEDURE**
All students taking this course are subject to the terms of the Course Policy Statements (e.g., Disability Services, Academic Integrity, Respectful Interactions, etc.) published in the College of Pharmacy and Health Sciences Student Handbook, Appendix D which is incorporated herein by reference. The College of Pharmacy and Health Sciences Student Handbook is located on Moodle under “COPHS Resources” and constitutes a part of this syllabus.

**TOPICS of DISCUSSION**
- Healthy Nutrition
- Macro- Micro Nutrients
- Mediterranean Diet
- Disease States and Nutrition