Tuscany Culture and Cuisine- The History and Culture of the Mediterranean Diet
Butler University College of Pharmacy and Health Sciences
Faculty-led Study Abroad- Summer I

COURSE INSTRUCTOR
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COURSE DESCRIPTION
This course will discuss the history, cultural, and social influences that have fashioned the Tuscany cuisine (Mediterranean Diet). Students will experience first-hand the influences of the Italian culture, its food preparation, and geographical region allowing them a better appreciation of the cuisine and why it is what it is today. Strategies to incorporate the Mediterranean diet into each ones lifestyle will be identified.

Credit
Undergraduate credit only. 3 hours
This course meets 3 hours of the Lib Arts requirement for students in the Pharmacy Program and 3 hours of Profession Elective requirements for students in the BSHS program.

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

- Acquire an appreciation for the Italian history, cultural, and social influences that have impacted and established the Tuscany cuisine (Mediterranean Diet).
- Provide students the opportunity to learn about the food industry in Italy and the Tuscany region.
- Understand and appreciate the modern cultural diversity of Italy, specifically in the Tuscany region
- Identify new strategies to foster and maintain the Italian food tradition (e.g. Slow Food movement)
- Understand the health benefits of the Mediterranean Diet and the associated practices of the region that help foster good health.
- Compare and contrast the Mediterranean Diet and with diets consumed by Americans.

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)

ASSIGMENTS
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 you 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 a 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 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 safety 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

Historical governments/rulers and periods of time impact on food:
- Byzantines/ Greeks
- Roman Republic
- Fascist Party
- Women’s movement

Sustainability and the Mediterranean Diet
Implementation of the Mediterranean Diet into the United States/ Indiana/ Home