

Add Course Request

Submitted on: 2013-02-05 09:51:12

1. COURSE SUBJECT	AHS
2. COURSE NUMBER (OR PROPOSED NUMBER)	2330
3. COURSE TITLE	Italy's Mediterranean Food and Our Health
4. INITIATING DEPARTMENT or UNIT	Allied Health Sciences
5. NAME OF SUBMITTER	Jane E Kerstetter
6. PHONE of SUBMITTER	Phone: +1 860 486 1996
7. EMAIL of SUBMITTER	Email: jane.kerstetter@uconn.edu
8. CONTACT PERSON	Susan Gregoire
9. UNIT NUMBER of CONTACT PERSON (U-BOX)	1101
10. PHONE of contact person	Phone: 860-486-0015
11. EMAIL of of contact person	Email: Susan.Gregoire@uconn.edu
12. Departmental Approval Date	11/12/2012
13. School/College Approval Date	02/01/2013
14. Names and Dates of additional Department and School/College approvals	
15. Proposed Implementation Date	Term: Summer, Year: 2013
16. Offered before next printed catalog is distributed?	Yes
17. General Education Content Area	Content Area 4 Diversity and Multiculturalism International
18. General Education Skill Code (W/Q). Any non-W section?	None
19. Terms Offered	Semester: Summer Year: Every_Year
20. Sections	Sections Taught: 1
21. Student Number	Students/Sections: 25
22. Clarification:	
23. Number of Credits	3 if VAR Min: Max:

	credits each term
24. INSTRUCTIONAL PATTERN	
Lecture, Discussion, Student Projects	
25. Will this course be taught in a language other than English?	No If yes, then name the language:
26. Please list any prerequisites, recommended preparation or suggested preparation: None	
27. Is Instructor, Dept. Head or Unit Consent Required?	No
28. Permissions and Exclusions: Other, specify: May not be counted toward the Allied Health Sciences major Group A or science elective requirements.	
29. Is this course repeatable for credit?	No If yes, total credits allowed: Allow multiple enrollments in same term?
30. Grading Basis	Graded
31. If satisfactory/unsatisfactory grading is proposed, please provide rationale:	
32. Will the course or any sections of the course be taught as Honors? AsHonors	
33. Additional Details:	
34. Special Attributes: Summer course offered in Florence Italy through UCONN Study Abroad.	
35. REGIONAL CAMPUS AVAILABILITY:	
36. PROVIDE THE PROPOSED TITLE AND COMPLETE CATALOG COPY: 2330. Italy's Mediterranean Food and Our Health. Three credits. May not be counted toward the Allied Health Sciences major's group A or science elective requirements. Kerstetter Production and processing of the characteristic foods of Italy. Summary of the Italian Mediterranean diet: definitions, culture, history, food consumption patterns, nutrient composition and potential health benefits. Emphasis on the difference in diet between Italians and Americans in relation to the health differences between the two populations. CA-4Int.	
37. RATIONALE FOR ACTION REQUESTED	
a. The course has been taught twice already and needs to be converted from an Exploratory course AH 4095 to a permanent course. I selected a 2000 level course so that it can attract more students and it can easily be taught by other instructors.	
b. There are no prerequisites for this course and would be appropriate for students with an interest in food, nutrition, health, International studies.	
c. The enrollment of 25 students is determined by the Florence Italy Institute.	

d.e.f. The most closely related course is NUSC 1167 Food, Culture and Society (CA4-INT). Hedley Freake Professor of Nutritional Sciences, who teaches NUSC 1167 is serving as the department head for Nutritional Sciences. He reviewed my course and said “As a course, this looks great and I would love to take it or teach if it come to that. I see no conflict with NUSC 1167, which in any event is oversubscribed.” In fact, NUSC 1167 is taught fall and spring Storrs campus, and the enrollment capacity is 120 and it has exceeded this number routinely.

38. SYLLABUS:

Online URL: (https://web2.uconn.edu/senateform/request/course_uploads/jek02008-1355414038-Syllabus December 2012.docx)

39. Course Information: ALL General Education courses, including W and Q courses, MUST answer this question

a. This course examines the production and processing of Italy’s most unique foods, their consumption and potential health benefits. We will emphasize the cultural difference in the food consumed by Italians and Americans and these relate to the health differences between the 2 countries.

b. Written midterm and final exams. Quizzes (weekly online), written projects on their own diet, research study or Italain interview, class participation/discussion.

c. The course will include a basic summary of the Italian Mediterranean diet: definitions, culture, history, food patterns, nutrient composition, health benefits and consequences. The most important foods of Italy (olive oil, fruits and vegetables, dairy, wine etc) will be the focus of the course: from production/ manufacturing, to composition and consumption and potential health consequences of the food.

40. Goals of General Education: All Courses Proposed for a Gen Ed Content Area MUST answer this question

#2 (acquire intellectual breadth and versatility) and
#6 (Acquire consciousness of the diversity of human culture an experience).

The course meets these 2 goals of General Education because it provides an in depth study of another food culture that is vastly different from the US. The students will have an opportunity to study an entirely different way in which food is valued, viewed, grown or raised, processed, handled, and ultimately brought to the table and served. They will learn how important the country’s culture and history is to the food consumed and how that relates to lifelong health. From this course students will appreciate other food and health cultures in the world in comparison to the culture in the US. This course is designed to broaden the student’s perspective and inspire them to understand and appreciate other ways of experiencing a food environment. Obesity and its associated syndromes (diabetes, cardiovascular disease) are much less prevalent in Italy and by the end of this course the students will have explored in depth many reasons for these differences.

The course will be offered in 2 formats. The first will be a summer study abroad program (May and June) in Florence Italy at International Studies Institute. The students will be living in and

experience the Italian food culture first hand during the 6 weeks they live in their Florence apartments. The course will also be offered on line (not simultaneously with the May/June Study Abroad experience). The online version will employ videos, and many images of university students participating in food activities in Italy. Examples include: picking and pressing olives to make oil, visiting a school cafeteria in Florence Italy, touring a meat processing plant in Tuscany. I will gather short video clips of Italians talking about their own experiences with food. No matter which format is used, the ultimate goal of the course is to open the student's eyes as they have an in depth view into another food culture so that perhaps we can inspire change in our own food culture.

41. Content Area and/or Competency Criteria: ALL General Education courses, including W and Q courses, MUST answer this question.: Specific Criteria

- a. **Arts and Humanities:**
- b. **Social Sciences:**
- c. **Science and Technology:**
 - i. **Laboratory:**
- d. **Diversity and Multiculturalism:**

#1 (Emphasize that there are varieties of human experiences, perceptions, thoughts, values and/or modes of creativity). This course focuses on the food cultural in Italy in comparison to the food culture in the United States. The emphasis will be on how these 2 cultures value food, how food is processed, selected, consumed and enjoyed. The difference in health between the 2 cultures will be explored and how the differences in health related to the types of foods consumed. The social context of food is important and it explains why we select the food that we consume on a daily basis. We will focus on certain important Italian foods and trace them through the system from the origin of the food from the farm, to the dinner plate and culminating in our health. Since the course is taught in Florence Italy, the human experience of the Italian food system will be readily apparent to the students. We will interact with Italians to learn of their own food cultural experiences. Students will be able to observe foods grown or produced on the Italian farm (either in real life or in online pictures/video).

43. International:

#2 (The course focuses on cultural continuities and transformations over time and space). We will address food selection over time and how our history and the development of food science have influenced our food choices in the United States and in Italy. Students will learn how in the last several decades how the traditional foods of the Mediterranean countries are changing. Despite the fact that the 'slow food movement' originated in Italy, slowly but surely the traditional Italian customs are changing (albeit much slower than in the US). Unfortunately, the further a culture moves away from the traditional Mediterranean style diet, the higher their risk for chronic disease.

- e. **Q course:**
- f. **W course:**

42. RESOURCES:

Does the department/school/program currently have resources to offer the course as proposed
YES

If NO, please explain why and what resources are required to offer the course.

43. SUPPLEMENTARY INFORMATION:

ADMIN COMMENT:

Senate approved CA4-INT 10.14.13. GEOCCA4(INT)app_030613KCP.
newCA4INT_020713AP.

Syllabus: AH 2330, Italy's Mediterranean Food and Our Health

I. Course Description

This course carefully examines the production and processing of Italy's most unique foods, their consumption and potential health benefits. The course will include a basic summary of the Italian Mediterranean diet: definitions, culture, history, food patterns, nutrient composition, health benefits and consequences. We will emphasize the cultural difference in the food consumed by Italians and Americans and these relate to the health differences between the 2 countries. The most important foods of Italy (olive oil, fruits and vegetables, dairy, wine etc) will be the focus of the course: from production/ manufacturing, to composition and consumption and potential health consequences of the food.

II. Summer session 2013

Monday and Wednesday 9:00 to 12:15

III. Instructor

Jane E. Kerstetter, Jane.Kerstetter@uconn.edu

IV. Attendance

Class Attendance is Mandatory: this means must be in class, every class. Because this is part discussion class, I expect you to be present in class and prepared to contribute. If you are ill and cannot come to class that would be considered an excused absence. Travel emergencies are not excused.

V. Objectives

1. Define the basic characteristics of the Italian Mediterranean diet and how they differ from the US diet.
2. Describe the unique foods and nutrients contained in the Mediterranean diet in comparison to the US diet.
3. Identify how the important foods in the Italian Mediterranean diet impact our health.
4. Describe the cultural, social, psychological, and environmental factors that influence our food choices and our ability to change.
5. Describe difference in the food systems between the US and Italy.
6. Evaluate a student's own food behaviors and how it relates to his/her own cultural background.

VI. Lecture Requirements

- A. Lecture notes/outlines and special projects and assignments will be posted on HuskyCT. It is the student's responsibility to come to lecture prepared with the days material.
- B. Any assignment MUST be handed in on the due date. Following the due date, points will be deducted from the assignment for each day that the completed assignment is handed in late.

VII. Evaluation and Grading

Grading	% of total grade
Final Exam	25

Midterm	25
Quizzes	15
2 Special projects, 10 each	20
Class Discussion and Participation	15

Calculation of the Final Grade

Letter Grade	Numerical Score
A	93% - 100%
A-	90% - 92%
B+	87% - 89%
B	83% - 86%
B-	80% - 82%
C+	77% - 79%
C	73% - 76%
C-	70% - 72%
D+	67% - 69%
D	63% - 66%
D-	60% - 62%
F	59% or less

VIII. Academic Misconduct

Academic misconduct in any form is in violation of the University of Connecticut *Student Conduct Code* and will not be tolerated. This includes, but is not limited to: copying or sharing answers on quizzes, tests or assignments, plagiarism or having someone else do your academic work. Depending on the act, a student could receive an F on the test/assignment, F in the course, or could be suspended or expelled.

IX. Miscellaneous Information

A. Disability Support Services

Students who believe they may need accommodations in this class are encouraged to contact the Center for Students with Disabilities as soon as possible to ensure that accommodations are implemented in a timely fashion. Center for Students with Disabilities, 233 Glenbrook Road, Unit 4174, Wilbur Cross Building, Room 204, Storrs, CT 06269-4174. Phone: (860) 486-2020, Fax: (860) 486-4412.

B. Syllabus Subject to Change Statement

Information in the course syllabus, other than the grading and absence policy, may be subject to change with advance notice, as deemed appropriate by the instructor.

C. Laptops, Cell Phones and Other Electronic Devices

- Laptops: Laptop computers are permitted in the class for note-taking only. Any other application, especially if disrespectful and/or distracting as deemed by the instructor, will result in the student forfeiting the use of the laptop for the rest of the semester.
- Cell phones: Cell phones are to be in off/silent mode and put away for the entire class.
- iPods and other music players: These types of devices are to be off and put away for the entire class.
- Recording: Students who either need or wish to record lectures must first obtain the instructor's permission. Audio recording only is permitted. Video recording is not allowed.

X. Schedule

Module 1 (6 hours)

Introduction
 Overview of course
 Course administration
 Uniqueness of the Italian Mediterranean Diet
 Characteristics of Food and Culture
 Basic Characteristics of Italian Diet versus US Diet
 Basic Health of Italians versus Americans

Module 2 (6 hours)

Evolution of the Mediterranean Diet

Feeding our children in the US versus Italy
Overview of Nutrients and their importance to health

Module 3 (6 hours)

All about olive oil: It is at the heart of the matter
Production, consumption, composition, impact on health
Cardiovascular disease in Italy versus the US

Module 4 (4-6 hours)

All about dairy and cheese foods; No bones about it
Production, consumption, composition, impact on health
Bone health and osteoporosis in Italy versus the US

Module 5 (4-6 hours)

All about grains; Are carbohydrates really necessary?
Production, consumption, composition, impact on health
All about wine and coffee; Health foods, yes or no?
Production, consumption, composition, impact on health
Alcohol intake and alcoholism in Italy versus the US

Module 5 (4-6 hours)

All about meats; Is protein all that important?
Production, consumption, composition, impact on health
All about fruits and vegetables, more than just a pretty face
Production, consumption, composition, impact on health

Module 6 (4 hours)

The Mediterranean diet and the US diet and chronic disease with special emphasis on obesity, diabetes.
Can the Mediterranean diet going to save us from ourselves?
Class presentations