

ACTIVITY, NUTRITION, AND CUISINE IN ITALY: BIOLOGY OF FOOD

STUDY ABROAD SPRING 2023



The Mediterranean diet is a pattern of eating common to countries near the Mediterranean Sea and is associated with good health and prevention of chronic disease. Arguably, the country most central to a Mediterranean style of eating and lifestyle is Italy; therefore, it is a unique setting for student learning. *The purpose of this study abroad program is to experience, compare, and contrast the activity/lifestyle, nutrition, cuisine, food environments, and eating culture in rural and urban settings throughout Italy (Rome, Amalfi Coast, Cilento, Florence, Alpi Apuane Mountains, Cinque Terre, Parma, Padova, Venice, and Sardinia).*

During this program, multiple topics will be discussed: the Mediterranean diet/lifestyle; physical activity biology; social aspects of eating; “Blue Zones”; macro- and micronutrient properties of Mediterranean foods; the glycemic index; obesity; and the relationship among food, physical activity, and human health and disease. This program includes visits to local food markets and food productions sites (e.g., chestnut mill, olive oil), the Museum of the Mediterranean Diet, and an Italian university; eating and learning with local farmers, residents, and restaurants (e.g., parmesan cheese, balsamic, bread, pizza); experiencing cuisine in larger cities; and guided and self-guided tours of historical and cultural sites. **IMPORTANT:** This program is fast-paced with significant physical activity (hiking, walking, snorkeling, and kayaking). *This program may be of interest for students in Life Sciences (e.g. Nutrition, Dietetics, Food Science), pre-med majors, and majors related to travel. All majors may apply.*

DATES

19 May–15 June 2023

HOUSING

Hotels in Italy, including Sardinia, Italy.

COURSES

Students will take a total of 6 credits while on this program.

Students will enroll in this course while on this program:

NDFS 494R—Undergraduate research in nutrition, dietetics, or food science (3 credit hours)

Additionally, students will choose to take one of the following courses while on this program:

NDFS 201—Society, Nutrition, and Chronic Disease **OR** NDFS 390R—Special Topics in Nutrition, Dietetics, and Food Science (3 credit hours)

Participants may not take any other courses on this program, including BYU Online courses, without approval by the program director and ISP.

COST

\$7,100–7,600

Includes Latter-day Saint undergraduate full tuition (increased cost for graduate and non-Latter-day Saint students), housing, some meals, in-country travel, entrance fees, and international health insurance coverage. Does not include international airfare, some meals, preparation course tuition, or personal expenses.

TRAVEL

Students are responsible for purchasing their own airfare to and from the program sites. Airfare reservations must be made through BYU Travel. Students will work with a BYU Travel agent: (801)422-6293 | 280 HRCB | travel@byu.edu

PREPARATION

No prerequisites required. This study abroad is for students in any major.

Admitted students are required to participate in an international, cross-cultural preparation course (IAS 201R, 1 credit hour). This evening course will be held during the second term of winter semester 2023 (part-time and non-BYU students will need to pay an additional tuition fee for enrolling in the prep class). Accompanying spouses need to be credit-bearing participants on the program; they will need to apply online and take the preparation course. **Students must meet all country- and program-specific COVID and health requirements for travel.**

FUNDING SOURCES

University funding is available to help fund study abroad experiences. Contact Dr. LeCheminant for details.

Regular BYU tuition scholarships, Pell Grants, and Federal Insured Student Loans may be applied to study abroad programs. Students who submit the financial aid section of the ISP application and who have a current FAFSA form on file at the Financial Aid Office (A-41 ASB) will be considered for a study abroad scholarship. Private grants and scholarships outside of BYU may also assist (see kennedy.byu.edu/scholarships).

APPLICATION PROCESS

Students must be adults 18 years of age or older to participate. Complete the online application at kennedy.byu.edu/isp-apply. A nonrefundable \$35 application fee is required; applicants will be interviewed once the application is complete. Students will be notified via e-mail of their acceptance into the program. The first payment is due upon acceptance.

Application Deadline: 14 December 2022

FACULTY

Dr. James LeCheminant is the faculty director of the program. He is a professor in the Department of Nutrition, Dietetics, and Food Science at Brigham Young University. Feel free to contact him with any questions you have. (801) 422-6874

INTERESTED STUDENTS CAN ALSO CONTACT

International Study Programs

101 HRCB | (801) 422-3686 | isp@byu.edu

PROGRAM ADJUSTMENTS

International Study Programs (ISP) reserves the right to cancel this program, revise its offerings, or make any adjustments to the preliminary cost. If it becomes necessary for ISP to cancel a program, all program payments made to BYU ISP will be refunded to the student's BYU financial account. ISP is the only office authorized to cancel any of its programs.