Italy

Mediterranean Diet and Health

The University of Arizona
Program Overview | This 5 week, hands-on Nutritional Sciences program begins with one week of coursework in Tucson and continues for four weeks in Verona, Italy. Students will have the opportunity to learn about the science and health benefits of the Mediterranean diet as well as the approach to food preparation, agriculture, and community-based cultural activities characteristic to the Mediterranean region. Excursions include visits to olive oil, pasta and Parmesan cheese processing plants.

Location: Verona, Italy
Terms Available: Summer
Languages of Instruction: English
Housing: Apartment
Requirements: 2.75 GPA
What’s Included: 6 units of credit | Some meals | Housing | In country transportation | Insurance | Excursions

Application Deadlines: February 15
Credit Type: UA Credit
Faculty Contact: Dr. Donato Romagnolo
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