

# GREEK MEDITERRANEAN DIET

SIX-WEEK INTERDISCIPLINARY PROGRAM AT PERROTIS COLLEGE  
SUMMER STUDY ABROAD



## COURSE SUMMARY

The Mediterranean diet is considered one of the healthiest diets worldwide. Adherence to the Mediterranean diet has been found to decrease cardiovascular disease, type II diabetes, cancer incidence, obesity and overall mortality. The course follows a holistic approach, taking into consideration the unique cultural aspects of the Mediterranean Diet in Greece and analyzing the food consumption habits of Greeks and Americans.



## FOR STUDENTS MAJORING IN

- Nutrition
- Food Science and Technology
- Fermentation Studies
- Anthropology
- Sociology
- Agricultural Sciences
- Health and Wellness
- Culinary Science
- Biological Sciences
- Pre-Med
- Tourism and Hospitality

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## COURSE DETAILS

- Students combine theoretical with experiential learning to gain insight into the history and culture behind the Mediterranean diet through cooking, sampling unique Greek products and olive oil tasting sessions
- Macronutrients are covered and how they are expressed in the Mediterranean diet
- The course analyzes the Mediterranean compared to the vegan diet
- The importance of factors including seasonality, locality eating fresh and eating together is explored
- The course also looks at how the Mediterranean diet promotes sustainability.

## WHO WE ARE & WHERE WE GO

- Known as the gastronomic capital of Greece, Thessaloniki is over 2,500 years old and is the second largest city in Greece. A mix of ancient, Byzantine and modern cultures, the city boasts a beautiful seaport, fantastic cuisine, breathtaking vistas and vibrant nightlife
- Students in the Greek Mediterranean Diet course participate various excursions including:
  1. A one-day sailing trip
  2. A hiking trip to Mount Olympus (optional)
  3. An island sailing trip to beautiful Skiathos, Skopelos, and Alonissos (optional)
  4. City tours exploring the richness of Thessaloniki and its history.
  5. Excursions exclusive to the course. Examples include: Farmer's market, traditional Greek taverns, mussel farm and the Ancient site of Dion.

