



האוניברסיטה העברית בירושלים
THE HEBREW UNIVERSITY OF JERUSALEM



הפקולטה לחקלאות
מזון וסביבה
ע"ש רוברט ה. סמית

Mediterranean Diet – from Genes to Health:

24 June - 05 July 2018

The Robert H. Smith Faculty of Agriculture Food and Environment,
The Hebrew University of Jerusalem
Rehovot, Israel

Introduction

For thousands of years, people living along the Mediterranean coast have been consuming a diet rich in fiber, fruits and vegetables, quality fats and proteins and an occasional glass of locally made wine to complement their meal. This so-called Mediterranean diet has long been considered to be one of the healthiest diets known to man. In addition, the Mediterranean diet is also a realistic and sustainable way to reduce disease-causing inflammation, attain optimal weight and enjoy long and healthy life. The course will introduce the students to components of the Mediterranean diet and to cutting-edge scientific evidence for its disease prevention capabilities.

Course contents

The Course will cover the following topics:

1) Lectures

- 1) Defining the Med diet in 2018
- 2) Olive oil technology and importance in Mediterranean diet.
- 3) Innovations in Med food technology
- 4) A taste of the Mediterranean
- 5) Med diet in the nutrigenomics and nutrigenetics era
- 6) Evidence-based health benefits of Med diet
- 7) Med diet and metabolic disorders
- 8) Timing of food in the Mediterranean.
- 9) Med diet and bone health

2) Cooking

Preparing the Mediterranean cuisine.

3) Professional tours

- a) Olive oil production
- b) Winery

4) E. learning

The course website will serve as an interactive platform where students and mentors will be able to communicate and exchange views prior to the opening of the course. It will include recommended preparatory literature for the course and for the final guided projects.

5) Final guided project

Case study presentation + submission of an extended abstract.

Students, working in pairs, will choose a topic in advance, from the list of topics and case studies provided by the teachers. The students will critically-present their topic, hand out an abstract, and lead a group discussion at latter part of the summer school.

Schedule

24/6: Orientation and logistics: registration, self-introductions, lodging, tour of campus, more.

25/6: Lecture 1) Defining the Med diet in 2018; 2) Olive oil technology and its importance in Med diet

26/6: Lecture 3) Taste of the Mediterranean 4) Med diet in the nutrigenomics and nutrigenetics era

27/6: Lecture 5) Innovations in Med food technology, Cooking Lecture 6) Preparation of Med. Cuisine.

28/6: Professional tour – Olive oil
29/6: preparation of papers and presentations
30/6: (Saturday) Free
01/7: Lecture 7) Med diet and metabolic disorders 8) Evidence-based health benefits of Med diet
02/7: Professional tour: Winery and tour to Jerusalem.
03/7: Lecture 9) Timing of food in the Mediterranean
04/7: Presentation of projects; 8) Mediterranean diet and bone health
05/7: Presentation of projects by students and discussion with a panel of experts

Credits

7.5 ECTS

Language

English

Application

Please fill out the application form and send it to Ms. Noa Schwarzwald, at the International School of Agricultural Sciences, Robert H. Smith Faculty of Agriculture Food and Environment, Rehovot, Israel: malab@savion.huji.ac.il

Deadline for application: April 10, 2017 or until class is full

Information

Level: The course is aimed at students of biology, nutrition and food technology, or related subjects who have already completed at least 2 years of basic university coursework.

Course format: Mix of lectures, cooking, professional visits, and guided projects

Social Program: Welcome get-together and farewell party. A night-out in Tel Aviv with Israeli students, student extracurricular activities off-campus.

Medical insurance: compulsory (either from home country or through the Int'l School).

Visa: Students who are nationals of the ELLS participating countries** do not require an entry visa to Israel. Other nationals please contact MS. Noa Schwarzwald and inquire whether an entry visa is required.

** Excluding China (Chinese nationals require a tourist visa to Israel)

Location

The Robert H. Smith Faculty of Agriculture, Food and Environment, Rehovot, Israel

Accommodation

Reisfeld residence, on the Smith Faculty campus
<http://intschool.agri.huji.ac.il/reisfeld-residence>

Costs

Housing: € 50 per night

Travel expenses and food are not included.

Partial stipends are available to cover part of the costs.

Contact

Scientific questions should be addressed to the academic head of the summer school,

Prof. Dr. Oren Froy

Institute of Biochemistry, Food Science and Nutrition

The Robert H. Smith Faculty of Agriculture Food and Environment, Rehovot 76100, Israel

Tel: +972-8-9489746

Email: oren.froy@mail.huji.ac.il

Administrative and other questions should be addressed to Summer School Coordinator,

Ms. Noa Schwarzwald or **Ms. Mala Braslavsky**

The International School of Agricultural Sciences, The Robert H. Smith Faculty of Agriculture, Food and Environment, Rehovot 76100, Israel.

Tel: +972-8-9489996

Email: noapl@savion.huji.ac.il or malab@savion.huji.ac.il

International School of Agricultural Sciences:

<http://intschool.agri.huji.ac.il/ells>

Downloads

Application forms