

# Italy Study Abroad

Spring Break, 2026 March 6-15

NUTR 2220 Mediterranean Diet and Health (3)



**Led by Dr. Bonnie Beezhold**

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College of Science and Health

**Course Description:** 12-week hybrid course involving asynchronous requirements online and in person in Italy during spring break (9 days) based in Rome and Florence (10 wks total online, ~2 wks on site).

Investigation of the evolution, characteristics, and health benefits of the Med Diet using Italy's cuisine as a case study. The role that food plays in community, family, ethnicity, nutrition, health, and national identity is explored, as well as the scientific link between the dietary pattern, its constituent foods and health outcomes. Class methods will employ lecture, activities, discussions, excursions to food producers, tastings, cooking classes, and tours to cultural sites. This course is approved for the co-curricular designations of **QLS, global, sustainability, engaged learning, learning communities**.

***Includes student program costs with payment schedule.*** Prerequisite: sophomore standing. Note: If you are gluten-sensitive and vegan, accommodations may not be possible at all on ground sites.





# Why take this class?

WorldStrides®

## ITALY Program Highlights

- **Main destinations are Rome and Florence** with guided day excursions to Vatican City and regions of Tuscany, and Emilia-Romagna.
- Stay 9 nights at 3-star hotels (double occupancy). Daily breakfast, some lunches/dinners, excursion site tastings, on-ground transport to events, taxes, service charges, gratuities, and entry fees for events included in program cost (below).
- 24/7 emergency support and \$500,000 in embedded medical insurance is provided. There are 2 program leaders and all tours guided by Italian experts.
- You will learn about how the iconic foods of Italy are produced--**olive oil, balsamic vinegar, wine, cheese, etc.** See *daily itinerary on flyer back side*.
- **Program cost is \$3,650** (based on getting 10 students); students should arrange their own air travel to arrive Mar 6<sup>th</sup>, Day 1 (see itinerary on back).
- **REGISTER for NUTR 2220 no later than Dec 1<sup>st</sup> (\$500 deposit due to WorldStrides)!** Email Dr. Beezhold @ [bbeezhold@ben.edu](mailto:bbeezhold@ben.edu) to sign up.





Day / Date	At a Glance ITALY Program Itinerary – NUTR 2220	Lodging / Meals included
Thu 3-5	Depart from <b>O'Hare</b> in pm to Rome to arrive on Day 1 (individual air travel)	D (airline)
<b>Day 1</b> Fri 3-6	Arrive in <b>Rome</b> and meet at hotel for orientation and <b>free time</b> . Public trans in pm to site of <b>welcome dinner</b> .	Hotel TBA (3 nights) B (airline), D
<b>Day 2</b> Sat 3-7	Public trans to <b>Colosseum, Roman Forum, Palatine Hill</b> for <u>guided tour</u> in am. <b>Free time</b> in pm. Optional dinner.	B, D?
<b>Day 3</b> Sun 3-8	Public trans to <b>Vatican City</b> for guided tour of <b>St. Peter's Basilica</b> . <b>Free time</b> in pm for optional visit to <i>Vatican Museum/Gardens</i> . Evening train to <b>Florence</b> , private transport to hotel. Optional dinner.	<b>Hotel Panorama</b> (6 nights); B, D?
<b>Day 4</b> Mon 3-9	Guided <b>historical Florence walking tour</b> in am. Walk to <b>cooking class</b> in pm with lunch or dinner.	B, L/D
<b>Day 5</b> Tue 3-10	<b>Day trip to Emilia-Romagna region</b> via private transport to visit <b>Acetaia Malpighi</b> in <b>Modena</b> for tour of <b>balsamic vinegar</b> production, and to visit <b>Caseificio Bio Reggiani</b> for tour of <b>Parmesan Reggiano</b> organic farm/cheese production process.	B, tastings
<b>Day 6</b> Wed 3-11	<b>Day trip to Tuscany's Chianti region</b> via private transport. Visit <b>Savignola Paolina</b> in <b>Greve</b> for tour of vineyard and <b>wine</b> production <b>in am + lunch</b> . <b>Free time</b> in pm at stop in <b>Montefioralle</b> .	B, L
<b>Day 7</b> Thu 3-12	Walk to <b>Florentine food markets, San Lorenzo-Centrale</b> and <b>Sant'Ambrogio</b> , in am for <u>guided tour</u> and <u>Italian gastronomy lecture</u> . <b>Free time</b> .	B
<b>Day 8</b> Fri 3-13	Private transport in am to <b>Fattoria di Maiano</b> in <b>Fiesole</b> near Florence for <u>farm walk and guided tour</u> of organic <b>olive oil</b> production + lunch. <b>Free time</b> in pm for optional visit to <i>Accademia Gallery</i> .	B, L
<b>Day 9</b> Sat 3-14	Train back to Rome in am, private transport to hotel. <b>Free day</b> . Public trans or walk to <b>farewell dinner</b> .	B, D
<b>Day 10</b> Sun 3-15	Travel to Rome airport for return to <b>O'Hare</b> (individual air travel).	B



# NUTR 2220 Mediterranean Diet and Health Requirements (3 hrs)

Grading distribution over 12 weeks (2 in Italy)	Points	Due date
Applications or Discussions (8 @ 10 pts)	80	End of weeks 1-7, 12
Quizzes on class content (6 @ 10 pts)	60	Wed in weeks 1-6
Food site reports in Italy (2 @ 15 pts)	30	End of week 10
Daily blog posts during travel (4 @ 10 pts each)	40	End of days 2, 4, 6, 8
Popular Food/Health Article related to MedDiet	60	End of week 11
Participation in Italy (5 pts/7 event days)	<u>35</u>	
<b>Total</b>	<b>305</b>	

