



Mediterranean Nutrition, Public Health & Ethical Food Systems

HCISR_NUTR 345_01012026

PUBLIC HEALTH • NUTRITION • HEALTH SCIENCES

Credits

3

Contact Hours

40

Term

Summer

Course Description

This course examines the Mediterranean Diet as a framework for nutrition, prevention, and community health. Using Greece as a case study, students explore how nutrition, food production, labor structures, community networks, and environmental conditions shape health outcomes across the lifespan.

Through applied workshops, site-based field laboratories, and supervised community engagement, students examine evidence-based Mediterranean dietary principles and longevity-associated Mediterranean dietary and lifestyle patterns. Field learning is grounded in agricultural and cultural food systems in Athens, Aegina (pistachio cultivation), Delphi and Hosios Loukas (honey and monastic diets), and the Peloponnese (olive oil production, wineries, and farm-to-table practices in Sparta and Monemvasia).

The course also addresses preventive nutrition strategies, fasting and moderation practices, marine and monastic dietary models, and challenges related to food access, sustainability, refugee nutrition, and labor precarity. Classical Greek perspectives on moderation and communal eating, including selected readings from Athenaeus' *Deipnosophists*, provide a cultural and ethical lens.

Course Requirements

Required Text

Digital access and/or copies will be provided at no cost to students.

Additional Readings and Resources

Readings and learning materials will be provided through selected public health guidelines, Mediterranean Diet and Blue Zone research publications, sustainability and food-systems resources, and classical texts on moderation and communal eating (including excerpts from Athenaeus' *Deipnosophists*). Digital access to all materials will be provided at no cost to students.

Assignments

Course Requirements	Percentages
Participation & seminar engagement	20%
Applied case analysis papers	25%
Guided reflection journals	20%
Final Nutrition & Community Health Project	35%
Total	100%

Assignment Descriptions

1

Participation & Seminar Engagement

Students are expected to actively engage in seminar discussions, applied workshops, and field-based learning activities. Participation includes preparation for assigned readings, contributions to class discussions, and engagement during site visits to agricultural and community food-system environments.

2

Applied Case Analysis Papers

Students complete written analyses applying Mediterranean dietary and public health frameworks to real-world nutrition and food-system cases. Papers require students to identify evidence-based principles and evaluate food access, sustainability, and community nutrition challenges using ethical and public-health reasoning.

3

Guided Reflection Journals

Following field visits to agricultural sites, monastic communities, and food-system environments, students submit structured reflections connecting classroom concepts with observed cultural, historical, and community nutrition practices in Greece.

4

Final Nutrition & Community Health Project

Students complete an integrative project applying evidence-based Mediterranean nutrition principles to a real-world community health or food-justice scenario. The project requires integration of cultural, ethical, and public-health perspectives in applied nutrition and community health analysis.

Grading Scale

Grade	Percentage
A+	98-100
A	94-97
A-	91-93
B+	88-90
B	84-87
B-	81-83

Grade	Percentage
C+	78-80
C	74-77
C-	71-73
D	60-70
F	Below 60

Learning Outcomes and Assessment Measures

On completion of the course, students should be able to:

Learning Outcomes	Course Requirement(s) used to assess achievement
Analyze Mediterranean dietary models and preventive nutrition practices using public-health frameworks.	Applied case analysis papers; Final Nutrition & Community Health Project
Evaluate food access, sustainability, and community nutrition challenges using ethical and public-health principles.	Applied case analysis papers; Final Nutrition & Community Health Project
Interpret cultural and historical food practices within contemporary Greek health and community-care contexts.	Guided reflection journals; Participation & seminar engagement
Apply evidence-based Mediterranean nutrition principles to real-world community health and food-justice scenarios.	Final Nutrition & Community Health Project
Integrate cultural, ethical, and public-health perspectives in applied nutrition and community health analysis.	Guided reflection journals; Final Nutrition & Community Health Project

Course Outline

Session	Topic
Session 1	Nutrition as a Public Health System
Session 2	Mediterranean Diet: Evidence & Health Outcomes
Session 3	Nutrition, Physical Care & Preventive Health
Session 4	Hippocratic Nutrition & Preventive Medicine
Session 5	Communal Eating & Moderation & Cultural Ethics (<i>Deipnosophists</i>)
Session 6	Nutrition in Antiquity: Health, Daily Life & Prevention
Session 7	Food Access, Community Nutrition & Social Equity
Session 8	Local Production & Ethical Food Systems
Session 9	Wine in the Mediterranean Diet: Nutrition, Culture & Responsible Consumption
Session 10	Marine Diets in Greece: Nutrition, Religion
Session 11	Olive Oil, Monastic Diet & Care
Session 12	Farm-to-Table Nutrition & Local Food System

Other Policies

Expectations

The HCISR academic community encourages civility, respect for the rights and opinions of others, and academic integrity. Students are required to comply with principles of academic integrity and bear responsibility for their academic work. All submitted academic work must represent the student's original work and appropriately cite all sources used. Any act of academic misconduct, including fabrication, forgery, plagiarism, cheating, or facilitating academic dishonesty, will result in disciplinary action.

Attendance/Participation

The academic program is organized around classroom instruction and structured experiential learning. Attendance is therefore crucial to academic success. Prompt attendance, full preparation, and active participation in all class sessions, applied workshops, and supervised site visits are required. There are no unexcused absences. Repeated absences will negatively affect the student's grade.

In the case of illness, students must notify the course coordinator by SMS or WhatsApp at +30 697 483 1229 at least 30 minutes prior to the start of class.

Course Policies

For official course communications, students must use their Arcadia University email account. Students are responsible for any information provided by email or through the designated learning management system. This syllabus is subject to change, and any updates will be communicated through official course channels.

Academic Integrity & Student Policies

Plagiarism

Representation of another's work or ideas as one's own in academic submissions is plagiarism, and is cause for disciplinary action. Cheating is actual or attempted use of resources not authorized by the instructor(s) for academic submissions. Students caught cheating in this course will receive a failing grade. Fabrication is the falsification or creation of data, research or resources to support academic submissions, and cause for disciplinary action.

Late or Missed Assignments

Late or missed assignments will not be accepted for grading unless prior arrangements have been approved by the instructor due to documented extenuating circumstances.

Students with Disabilities

Persons with documented disabilities requiring accommodations to meet the expectations of this course should disclose this information during program enrollment and prior to the start of term so that appropriate academic arrangements may be made.

Incident Reporting and Compliance with Sexual Harassment and Misconduct Policies

The Hellenic Center for Interdisciplinary Studies and Research (HCISR) serves as the on-site academic and operational provider for this course. Students experiencing any incident impacting their safety, well-being, or academic participation—including, but not limited to, reports of possible crime, behavioral issues, discrimination or harassment, sexual misconduct, hospitalization, other health concerns, or issues prompting early program departure ("Incidents")—are encouraged to immediately contact HCISR staff for local support and guidance.

Arcadia University, as the School of Record, is committed to supporting students abroad who are affected by such incidents. This may include academic and classroom supportive measures. While Title IX does not extend to classes off U.S. soil, Arcadia University complies, where applicable, with its [University's Policy Prohibiting Discrimination and Harassment](#) and relevant laws for all programs operating under its auspices. Information regarding formal reporting procedures and available student support resources is provided in the [Arcadia Student Handbook](#).

Prerequisites

No formal prerequisites. Students from diverse academic backgrounds are welcome.

Country and Program Connection

This course is a core academic component of the **Ascle+ Athens Experience**, an interdisciplinary academic program based in Athens, Greece, offered by the **Hellenic Center for Interdisciplinary Studies and Research (HCISR)**. It provides the academic framework through which students analyze the program's applied nutrition and community health activities and operates alongside the program's public health and nutrition modules.

The course supports the structured integration of experiential learning within a formal academic curriculum. Field-based activities conducted across Athens, mainland Greece, and selected island communities are examined through guided academic analysis. Community engagement, agricultural site visits, and nonprofit collaborations are treated as structured field laboratories rather than observational experiences, strengthening applied analysis and evidence-based reflection across the broader program curriculum.

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HCISR | ASCLE+ ATHENS EXPERIENCE — SUMMER 2027

Ready to Study Mediterranean Nutrition & Community Health in Greece?

Join a cohort of American undergraduate students exploring the Mediterranean Diet, ethical food systems, and public health — in one of the world's most compelling academic settings.

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