

Longevity and Lifestyle in Ikaria, Greece: A Blue Zone Experience
FYC 6932/HUN 6936
SUMMER C 2018 – Sections 72EB/72ED/729H/73D3

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Office hours:	By appointment	By appointment

Class meeting time: Thursday 2:00-5:00 PM (refer to class schedule; minimum of 18 hours of pre-departure class meetings, plus activities scheduled outside of class meeting time and 40 hours during the study abroad experience)

Attendance: Required

Location: Dietetics Lab (Bldg 162)

Credits: 3

Prerequisites: Open to all graduate students with a minimum GPA of 3.5 and successful interview.

Course Description: Experience the lifestyle and cuisine of Ikaria, Greece – one of five Blue Zones. As a Blue Zone, the people of Ikaria live decades longer, healthier lives than average Americans. In fact, with such a high density of centenarians, Ikaria is also known as the place where “people forget to die”. Experience this Greek culture situated on an island in the Aegean Sea through hands on cooking lessons, taste tests, and guided tours of the production of Ikarian commodities such as wine, honey, and cheese during a one-week study abroad experience combined with on-campus learning experiences and activities. The on-campus learning experiences are designed to make students aware of how their current lifestyle impacts longevity and to help prepare students for the study abroad experience. Students also will have the opportunity to research the purported health benefits of various ingredients used to prepare Ikarian cuisine and teas, including wild herbs and greens found on a foraging hike.

Objectives:

- Evaluate the strength of the evidence for the Ikarian lifestyle in terms of disease risk reduction and longevity.
- Explore the significance of local/regional production of food in Ikaria and compare it to the US.

- Develop culinary skills and a basic understanding of food preparation techniques used to create Ikarian cuisine.
- Compare and contrast the food habits, methods of food preparation, the types and availability of food products/ingredients, and the attitudes toward food and food production of Ikaria to those typical in the US.
- Use research on an approved ingredient to create a presentation that discusses the purported benefits and what the research suggests.
- Prepare a traditional Ikarian dish using a recipe from an Ikarian cookbook.
- Determine life expectancy based on current lifestyle and write a report on recommended changes to increase longevity based on the Blue Zones True Vitality Test
- Appreciate the differences and similarities between Ikarian and American culture and cuisine.

Class Attendance and Demeanor: Students are required to attend all classes, to arrive on time and to leave when dismissed by the instructor. Students are expected to show courtesy to their classmates and instructor by turning cell phones/smart phones/pagers, etc. off before the class period begins and refraining from engaging in conversations during class unless directed to do so by the instructor.

Study Abroad Experience Attendance and Demeanor: Students are required to attend all cooking sessions, guided tours, meals, and other planned excursions, and to act and dress in an appropriate manner with the goal of representing the University of Florida well. Students are expected to be prompt for all sessions and departure/meeting times. Students are expected to show courtesy to their classmates, instructors, guides, and others. While use of electronic devices will be necessary during the trip to take photos, document information, etc., students should refrain from the use of these during presentations, discussions, cooking sessions (except to take photos), and other times as noted by the course leaders.

Absences and Make-Up Work: Requirements for class attendance and make-up exams, assignments, and other work are consistent with university policies that can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

Student Evaluation:

Performance Indicators	Points
Film Reflection Discussion	35
Older Adult/Centenarian Interview and Presentation	50
Ikarian Wild Herb Presentation	50
Ikarian Recipe Preparation and Tasting	50
Longevity Analysis and Report	50
Electronic Journal Entries (minimum of 5 days of entries during study abroad experience)	50
Participation in Class and Study Abroad Experience Discussions	25

Evaluation of Professional Behavior	25
Total	335

Grades and Grade Points: For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>.

Grading Scale:

A = 313-335 93.43-100%	A ⁻ = 301-312 89.85-93.42%	B ⁺ =291-300 86.86-89.84%	B = 279-290 83.28-86.85%
B ⁻ = 268-278 80-83.27%	C ⁺ = 257-267 76.72-79.9%	C = 244-256 72.83-76.42%	C ⁻ = 234-243 69.85-73.33%
D ⁺ = 224-233 66.87-69.84%	D = 211-223 62.99-66.86%	D ⁻ = 201-210 60-62.89%	E = <200 <60%

Grades are not curved and are not negotiable.

All assignments **must be typed**. All assignments must be submitted on time (as specified) for full credit. Generally, the time of submission will be at the beginning of class on the assigned due date. Beginning with the due date, course work turned in late will be penalized by deducting 10% per day from the total value of the assignment. Regardless of the number of days an assignment is late, it must be submitted.

Textbooks and Other Materials:

There are no textbooks for this course. Additional course information and materials will be posted on Canvas (<https://lss.at.ufl.edu/>) and/or available through the Marston Science Library online reserve system (Ares) or other resources needed to complete assignments.

Student Preparation for Class: Students are expected to complete reading assignments in advance. Class preparation may require use of the Internet, library, and/or other reference materials. Students are expected to bring materials printed from Canvas or other sites to class. Students are expected to refrain from using cell phones/smart phones during class and lectures, presentations and other formal learning experiences during the study abroad experience unless specifically directed to use them.

How to Access Canvas:

- Access requires a Gatorlink account. If you need to establish a Gatorlink account, go to <http://www.gatorlink.ufl.edu/>.
- Once you have created a Gatorlink account, access e-Learning support services home page at <http://lss.at.ufl.edu>. Select “e-Learning in Canvas”. Log in using your Gatorlink ID. HUN 6936/FYC 6932 should be listed under “courses”. If you are unfamiliar with Canvas, information can be found under the “help” tab.

Academic Honesty: As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest

standards of honesty and integrity.” You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment."

It is assumed that you will complete all work independently in each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes, exams). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>.

Software Use: All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Students with Disabilities: The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. Contact information: 0001 Reid Hall, 392-8565, www.dso.ufl.edu/drc/.

Online Course Evaluation Process: Student assessment of instruction is an important part of efforts to improve teaching and learning. At the end of the semester, students are expected to provide feedback on the quality of instruction in this course using a standard set of university and college criteria. These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open for students to complete during the last two or three weeks of the semester; students will be notified of the specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

Student Complaints: The following link describes the University of Florida’s policy related to student complaints.

Residential Course: <http://regulations.ufl.edu/wp-content/uploads/2012/09/4012.pdf>

Campus Helping Resources: Students experiencing crises or personal problems that interfere with their general wellbeing are encouraged to utilize the university’s counseling resources. The

Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

Service	Location	Phone	Web site	Services provided
University Counseling and Wellness Center	3190 Radio Road	352-392-1575	www.counseling.ufl.edu/wc/	<ul style="list-style-type: none"> ▪ Counseling Services - individual and group ▪ Groups and Workshops ▪ Outreach and Consultation ▪ Self-Help Library ▪ Wellness Coaching ▪ Training Programs ▪ Community Provider Database
U Matter We Care		352-294-CARE	www.umatter.ufl.edu	Care-related programs and resources for students and employees
Career Resource Center	First Floor J. Wayne Reitz Union	352-392-1601	www.crc.ufl.edu	Career development assistance and counseling

Other Information: Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may be subject to disciplinary action under the University’s Student Conduct Code. Only students formally registered for the course are permitted to attend lectures and take quizzes/tests.

Email: Students are required to check their email account(s) daily (at least Monday through Friday) and respond to course/program related requests, inquiries, etc. in a timely manner.

Overview of Assignments

Due Prior to Departure

Setting the Scene

Read Chapter 6 of Dan Buettner’s Book The Blue Zones: *The Greek Blue Zone* for a summary of Dan’s experience in Ikaria and stories from this Blue Zone. You’ll also get introduced to Thea Parikos, our host in Ikaria who owns the same inn where Dan stays during his research trips.

Due date: Short discussion on May 24

Get inspired about Greek culture and history by watching one of the following movies. (While you are welcome to watch as many of the films as you like, you will choose the films in class so that two students will be reporting on any one film except for one film on which three students will report.) Be prepared to give a synopsis of the movie you watched and to share, at a minimum, what you learned about Greek history, cuisine, culture, attitudes, etc. and the impact/impression the movie had on you. Look beyond the storyline for aspects of the film that relate to the essence of Greek history, culture, and lifestyle.

Due date: Watch movie prior to departing for Greece. Discussion to be conducted in Greece.

- Zorba the Greek
- Momma Mia
- My Big Fat Greek Wedding
- My Big Fat Greek Wedding 2
- 300
- Clash of the Titans

Ancient Greek History

Narrated by Liam Neeson, gain perspective on the impact of the rise and fall of the Greek civilization on the world by viewing the PBS documentary, *“The Ancient Greeks: Crucible of Civilization”*, episodes 1 and 2. Available on YouTube.

Due date: Watch episodes prior to departing for Greece. Discussion to be conducted in Greece.

Older Adult/Centenarian Interview

Since Ikaria is a Blue Zone, learn to appreciate the input and perspective of older adults in the US. Interview an older adult (85 years or older) using the interview questions provided. Create a PPT presentation summarizing your interview while highlighting your favorite quotes and include a picture of your older adult. (Note: Please be sure to obtain permission to take and use a photo for your presentation. Be sure to check facility policies if you visit someone living in a long-term care type of facility.) Presentations should be 10-15 minutes.

Due date: Submit presentation prior to the beginning of class on May 24. Presentations will be given on May 24 and May 31.

Ikarian Herb Presentation

One of the Ikarian lifestyle factors that has been proposed to contribute to longevity and health is foraging for wild herbs. Ikarians use these herbs in cooking or to brew teas that they drink for medicinal purposes. Research the scientific literature to learn more about the purported health benefits of these wild herbs, present your findings to the class, and facilitate a discussion on the topic you selected. A copy of your PowerPoint presentation needs to be submitted following your presentation. Presentations should be 20 minutes including the discussion (approximately 10-15 minutes for the presentation and 5-10 minutes for the discussion). Include a list of references/resources used to create your presentation. Choose from the following herbs:

sage	rosemary	fennel	sideritis	savory	elderberry
oregano	mint	chammomile	pennyroyal	borage	St. John’s Wort

Due date: June 7

Longevity Analysis and Report

Visit the Blue Zones website and take the Vitality Test (<https://www.bluezones.com>) where you will answer questions about your current lifestyle and get an estimated life expectancy. At the end of the test, you will get personalized recommendations based on the Blue Zone research to increase your life expectancy. Print your report, and write a reflection paper on how you might meet the recommendations. The report should be typed and at least two pages long (double spaced).

Due date: June 21

Due Post-Return from Study Abroad Experience

Electronic Journal

- Create an “electronic journal” that includes a description of activities you performed and observations you made on each day of your study abroad experience. Photos can be used to support your journal entries. The entries should **show evidence of personal reflection upon the impact, significance and/or insight (regardless of whether they are negative or positive) you have gained from each day’s experience.** Also, reflect on the personal and professional attitudes and values you experience or encounter.

Due date: July 20

**Summer C
2018 Tentative Schedule***

Date		Topics
May	17 (Th)	<ul style="list-style-type: none"> ▪ Meet Your Classmates Icebreaker ▪ Review Syllabus ▪ Discuss Study Abroad Experience Expectations ▪ Travel Debriefing and Preparation ▪ My Greek Table – Flavors of Longevity ▪ Introduction to Greek Culture and Language
	24 (Th)	<ul style="list-style-type: none"> ▪ Introduction to Photography – Tyler Jones ▪ Centenarian Interview Presentations
	31 (Th)	<ul style="list-style-type: none"> ▪ My Greek Table – A Bite of Greek Red Wine ▪ Introduction to wine and olive oil production and tasting – Dr. Sims ▪ Centenarian Interview Presentations (cont’d)
June	7 (Th)	<ul style="list-style-type: none"> ▪ Ikarian Wild Herb Presentations
	14 (Th)	<ul style="list-style-type: none"> ▪ Honey Production in the US - Visit to UF Bee Lab - Dr. Ellis
	21 (Th)	<ul style="list-style-type: none"> ▪ Ikarian Dinner at Dr. Shelnuttt’s house. Each student will prepare a recipe from Diane Kochilas’s cookbook or website (https://www.dianekochilas.com/greek-recipes/) highlighting an Ikarian ingredient or cooking method.
Prior to departure (on your own)		<ul style="list-style-type: none"> ▪ View <i>The Ancient Greeks: Crucible of Civilization</i>”, episodes 1 and 2 (details outlined earlier in the syllabus) ▪ View one of the films listed in the syllabus (details outlined earlier in the syllabus)

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<p>June (in Greece; 40+ hours)</p>	<p>24 to 29</p>	<ul style="list-style-type: none"> ▪ Depart for study abroad experience (arrive on June 24 by ~2:00 PM; depart June 30) ▪ Hands on cooking lessons ▪ Field trips to producers of local Ikarian products ▪ Taste tests ▪ Forage for herbs ▪ Visit goat farm, milk goats, cheese tasting ▪ Visit traditional bakery ▪ Dip in Ikarian hot springs ▪ Visit vineyard for discussion of wine production and tasting ▪ Discussions (per syllabus) ▪ Free time in beach town of Armenistis
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