

Feb 26: Mediterranean Diet

Here Is the Process:

First 5 minutes:

- Divide yourselves into groups of 4-5 students. Introduce yourselves to each other (Name, Year in School, Major). Write the names in your group in the space provided. Make sure everyone's name is included to document participation credit.
- Identify a note taker to document your discussion in your group's workspace.

Second 5 minutes:

- Decide which of the question(s) on the PPT you would like to focus on. Or you can decide to discuss any other questions that occurred to you during the lecture. Go around the group to get everyone's suggestions.

The next 10-15 minutes

- Exchange your thoughts on the question(s) you have picked. Make sure everyone has a chance to speak.
- Indicate on the workspace when you feel you have concluded and are ready for the larger discussion.
- Two-minute warning will give you a bit of time to determine as a group your most important points to communicate.
- Identify a rapporteur who will be willing to summarize your discussion to the class

Prompt:

What do you find useful in this idea of "food as information?"

Write down your impressions of the oils we are tasting.

Group	Names	Discussion Notes	Done
1	Luke Swofford, Isa, Lukas Lowry, Opal Cole, Marie, Galaxy, Muriel	• Food does not just preserve "nutritional information" it also preserves the cultural and social information of a society ◦ The Ikarian diet is made healthy in part because of the various other social routines people on the island practice (napping, eating with others, etc.) • This can help take away power from diet companies that push the idea that there is a "silver bullet" to living healthy, that they can sell you • Health is multi-faceted, and community is crucial to upholding good health (Buettner) • Is eating alone harmful? (López) ◦ Some differing ideas about whether eating alone is harmful in our group ◦ Solitude can be beneficial for some	

		- people after a long day - Others felt that eating with others slows down their eating or improves overall mental health - Getting to make the choice for yourself to eat meals with others, and/or eat more slowly, is what is important - r	
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3	Anna Dooley, Katie Whitener, Catie Shurygailo	- Using food as guidance	
4	Alex Swinford, Arturo Virgen, Jett Jurman, Jordan Palmer, Delina Alemayo Ashley Nevarez	The research provided by Ancel Keys had skewed statistics, illustrating a correlation between cholesterol intake and heart disease that may have not accurately reflected additional factors in heart problems. Food as information gives us a broader perspective of different dishes around the world. It allows us to understand the history, culture and experiences through each dish (which makes it unique) Highlights how food reflects social and economic conditions. - Novello (From Trader Joes): Feels like you shouldn't drink it - San Giuliano was hard to drink, but had a distinct taste that was good - Chania Kritis is probably the only one i'd drink from the bottle; not very oily in texture but very herbaceous - Avocado oil wasn't Olive oil, but it tasted good It tastes good together	
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6	Spencer Lybbert, Eric Peterson, Ree Jingco, Joyce Zheng, Jake Yunfeng He Sophie Maier	-Grew up in a culture that doesn't have as much appreciation for taste, it's just more food as food, just something you have to do, a certain amount of protein and fiber etc, like a checklist. -Interesting relating it to the blue zones, it's not just that they're eating the right foods, they're living the right lifestyles, low stress, good communities, etc, not just "oh it's the diet."w -Processed foods that are going to have unknown qualities are also pushed in areas that have chaotic or stressed lifestyles, if you are more stressed you will	

		gravitate towards more convenient foods. -A lot of health issues from the fact there aren't a lot of locally grown foods and having to rely on more processed foods.	
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