Penn State Extension’s “Mediterranean Cuisine” program will:

- Involve the participant in designing and implementing the Mediterranean lifestyle into practice.
- Teach great tasting methods to prepare foods of the region including locally sourced ingredients.
- Highlight prominent Mediterranean food ingredients at each session.
- Engage the participant in preparing simple, delicious recipes.
- Show how to stock a kitchen with staples of the cuisine.
- Illustrate how to fuel one’s life for better health!
- Help the participant design a healthy lifestyle, integrating regionally available local food.

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Lesson Topics

Lessons include recipe preparation, demos, and tasting events.

Session One:
- Introduction to the lifestyle, history, and culture of the Mediterranean Region
- Food Focus: Healthy fats and olive oil tasting

Session Two:
- How the Mediterranean diet pattern affects chronic disease
- Food Focus: Yogurt, cheese, whole grains of the region

Session Three:
- Putting the lifestyle to work!
- Food Focus: Cultivated greens and other vegetables

Session Four:
- Explore healthy proteins, seasonings, and wine basics
- Food Focus: Trio of bean dips, wine tasting

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<td><strong>Mediterranean Cuisine Comes To You! Curriculum</strong></td>
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<td>Includes: four PowerPoint lesson plans with script, an instructor guide, and handouts.</td>
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