

## NTR 353 Field Experience in International Nutrition, Sicily 2015



Dr. Jeanne Freeland-Graves and Teaching Assistant, Tamara Mousa, led 21 students for 6 weeks to Ortigia (Siracusa), Italy, located off the island of Sicily. The purpose was to study the effects of the Mediterranean Diet on nutrition and health. Activities included visiting superstores and traditional markets; working with immigrants from North Africa and the homeless in a soup kitchen and refugee homes; understanding the history, culture, and health effects of wine; and visiting a, resident home for the elderly, hospital-based sports clinic, school hygiene and food service center, diabetes clinic and poor neighborhoods. Students did projects on availability, cost and quality of foods from different types of markets, as well as observing the sanitation and diet patterns of those in extreme poverty. Cultural tours were based on world heritages sites in Siracusa, Catania, Palermo, Ragusa, and Agrigento. This program enriched the lives of students as they learn how interconnected we are with the rest of the world. But most of all, it made us appreciate what a wonderful a life we have in the USA and at UT Austin.