

# Geography and Environmental Studies

## Culinary and Nutritional Arts

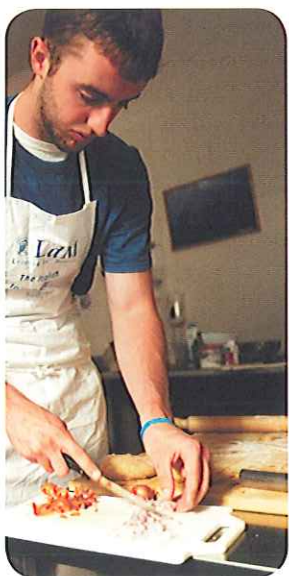
Geography and Environmental Studies  
Culinary and Nutritional Arts

### GEOGRAPHY AND ENVIRONMENTAL STUDIES



How does our environment influence the way we live? How have natural resources been managed over the centuries to date? What are sustainable agricultural practices and why are they so important to the ecosystem? Geography and Environmental Studies is an important discipline because we all play active parts in global social and environmental change; it is our responsibility to create just and sustainable societies and environments. Students in this field learn more about themselves and the environments they live in while gaining the necessary critical thinking and analytical skills needed to excel in their future career path. Geography and Environmental Studies courses at three LdM sites cover a wide range of environmental issues that combine the physical and social sciences. Students explore important themes like climate change and biodiversity, pollution, global migration and urban development, and natural resource management, with an emphasis on ecological, social and cultural sustainability. A special course highlights Tuscany's centuries-old rural heritage and its importance in the social and economic life of the region.

### CULINARY AND NUTRITIONAL ARTS



Language and history are not the only windows into Italian culture. By exploring the food and wines of Italy, students can expand their understanding of the Italian way of life. Contrary to popular belief, there is no single Italian cuisine. Each unique region of Italy - from Piedmont to Sicily - has its own cultural identity and individual culinary characteristics. The Culinary Arts department at LdM aims to explore many of the specialties and varieties which combine to make up one of the world's finest culinary traditions.

At LdM, students will develop essential culinary skills such as: correct execution of classic recipes; cutlery skills; wine tasting and appreciation; selecting and preserving fresh, nutritious and suitable ingredients; preparing Italian pastry, soups and creams, fresh pasta and sauces; meal planning. Among the various courses, students learn life lessons about the role healthy, informed eating plays in wellbeing.





### Culinary and Nutritional Arts Courses at LdM include:

- The Food of Italy
- Current Trends in Italian Cuisine
- Current Trends in Italian Cuisine (Vegetarian)
- Food and Culture
- Mediterranean and Middle Eastern Cuisines
- Topics in Nutrition: Italian Style Cooking
- Celebrating Italian Style: Food and Culture in Contemporary Italy
- Italian Food for Festivals and Festivities
- Jewish-Italian Cooking Traditions
- Herbs and Spices in Mediterranean Cuisine
- Italian Cuisine: History and Practice
- Italian Food and Culture: Pairing Food & Wine
- The Science of Food, Health and Wellbeing
- Sustainable Food
- Wine and Culture I: Wines of Italy
- Wine and Culture II: Wines of Tuscany
- Wine Business and Marketing



### Geography and Environmental Studies Courses at LdM include:

- General Biology
- Life on Earth
- Introduction to Environmental Issues
- Natural Resources Management in Italian Society
- Environmental Issues: The Venice Lagoon
- Tuscany and its Environment
- Environmental Ecology
- Sustainable Food

