



## Mediterranean Diet - from Genes to Health (7.5 ECTS) 23 June - 4 July 2019

### Topics

- Defining the Med diet in 2019
- Olive oil technology and importance in Mediterranean diet
- Innovations in Med food technology
- A taste of the Mediterranean
- Med diet in the nutrigenomics and nutrigenetics era
- Evidence-based health benefits of Med diet
- Med diet and metabolic disorders
- Timing of food in the Mediterranean
- Med diet and bone health

### Cooking

Preparing the Mediterranean cuisine

### Professional tours

Barkan winery & Melo Hatene -organic farm  
 Goat dairy farm  
 Jerusalem - Old City & Mahne Yehuda Market

