

# Semester Certificate Program

Art in Food: Italian Gastronomy  
Balance in Nutrition: The Art of Cooking



# LdM

The Italian  
International  
Institute

Lorenzo de' Medici



**Lorenzo  
de' Medici** since 1973

The Italian  
International

**Institute**

## ART IN FOOD: ITALIAN GASTRONOMY

### PROGRAM GOALS

- Working alongside professionals, students understand the link between gastronomy and culture.
- Students will discover the culture and history of Italy by learning the traditional Italian gastronomy.
- Students will learn menu planning through various ways of pairing Italian food and wine.

### MANDATORY COURSES

**Food and Culture** - Provides student with a strong insight into the relation between food and people, the historical value of cooking, the geography of Italian gastronomy and the significance of individual ingredients.

**Current Trends in Italian Cuisine** - Students gain knowledge in the Italian Culinary philosophy, the Italian “food scene” and reinterpreting traditional recipes in a new way.

**Italian Food and Culture: Pairing Food & Wine** - This course will analyze the various ways of preparing food and wine

### TRACK COURSES

(Students are requested to choose two courses among the following)

**Italian Language** - 3hr Italian language elementary, intermediate or advanced level.

**The Food of Italy** - Students learn about Italian gastronomy from a historical, social and cultural point of view. They will study the geography of Italy through the difference of culinary style and the nutritional attributes of Italian food.

**Italian Cuisine: History and Practice** - Students gain knowledge on the evolution of Italian gastronomy through history: Ancient Rome, Medieval times, and the Renaissance. Understand the relationship between Italian history, culture and the culinary arts.

**Fundamentals of Food Design, Styling and Photography** - a key point in cooking is the presentation; students will develop skills in styling and photographing through technique and personal creativity.

## BALANCE IN NUTRITION: THE ART OF COOKING

### PROGRAM GOALS

- Students will understand the importance of food and nutrition, science and well being and how to develop balanced meals.
- Students will gain appreciation for the role of the environment and its impact on food and agricultural practices.
- Students will learn different aspects and recipes of vegetarian Italian cuisine related to the Mediterranean culture.

### MANDATORY COURSES

**Sustainable Food** - Explains the importance between the environment, product and gastronomy by demonstrating the role the environment has on food and agricultural practices.

**Topics in Nutrition: Italian Style Cooking** - Provides students with the fundamentals of nutrition, through the study and analysis of food and its properties. In developing healthy recipes students can gain perspective on the commonly used phrase “you are what you eat”.

**Vegetarian Cuisine in Italy** - The aim of the course is to practice traditional recipes from all the regions of Italy and the nearby Mediterranean regions, such as Greece, Morocco, Tunisia, and Turkey: the dishes selected will reflect some classics of Italian vegetarian cuisine.

### TRACK COURSES

(Students are requested to choose two courses among the following)

**Italian Language** - 3hr Italian language elementary, intermediate or advanced level.

**Current Trends in Italian Cuisine** - Students gain knowledge in the Italian Culinary philosophy, the Italian “food scene” and reinterpreting traditional recipes in a new way.

**The Science of Food, Health and Wellbeing** - Teaches students to recognize the foundation of nutritional science and understand the different categories of specific dietary foods.

**Italian Food and Culture: Pairing Food & Wine** - This course will analyze the various ways of preparing food and wine.

**LdM Certificates in Culinary Arts are offered at LdM Florence Campus.**

**All LdM courses are taught in English, except Italian language courses.**

**LdM Certificates in Culinary Arts are taught by qualified professionals.**

**Application deadline: Fall Semester – June 15; Spring Semester – November 15**