

*School of*

*Nutrition, Italian Gastronomy and*

*Gastronomy*

*the Nutrition*

*Nutrition*

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*Italian Culture*

*Culture*

*Gastronomy*

*the Nutrition*

*Nutrition, Italian Gastronomy and*

**24/25**



# *School of* NUTRITION, ITALIAN GASTRONOMY AND CULTURE

*The School of Nutrition, Italian Gastronomy and Culture conducts rigorous, scientific investigations into the principles of nutrition and the cultural aspects of Italian culinary heritage. The chemistry and biology of nutrition and the physiological principles that underlie a balanced diet are examined, along with the origins and development of food cultures in relation to environmental conditions and agricultural production.*

Students come to understand the multifaceted richness of food by examining the anthropological data on the eating habits of the ancient peoples of the Mediterranean as well as more contemporary literary sources which show the social, sacred, and economic meanings of food throughout history.

To round out the educational experience, students engage in the practical hands-on preparation of traditional Mediterranean and Italian dishes, as they explore the connections between theory and skill learning to pair food and wine within the context of healthy drinking as part of a historical and cultural tradition.

Special features are the educational-practical cooking classrooms, wine tasting room and fully-equipped modern kitchens, located both on LdM premises and in the historic Central Market of Florence.





*Pairing Food with Wine course*



## Italian Gastronomy and Culture (IGC)

Every Italian region of Italy, from Piemonte to Puglia, has its own culinary identity and gastronomic delicacies. Italian cuisine is the expression of these diverse and time-honored traditions.

Our interdisciplinary curriculum looks at food in the context of regional lifestyles, history, economy, resources, and environmental conditions. We analyze the place of food in ethnic identities and religious beliefs, and its use as a narrative tool for portraying Italian customs in the visual arts. The question of food sustainability is also of central importance, both environmentally and economically.

Students have the opportunity to develop their own culinary skills, learning both traditional and innovative cooking techniques and exploring their creativity through food design and styling classes. Our hands-on didactic approach gives students the opportunity to experience food and wine tastings, and site visits to local food and wine producers to gain a better understanding of the close relationship between gastronomic culture, territory, and the food industry.

Students can also take advantage of our special “cooking labs,” wine-tasting room, and fully-equipped modern kitchens, both at school and at the historic Central Market of Florence. While courses in Florence focus more on practical-technical applications, in Tuscania we highlight the importance of environmental preservation, agricultural best practices, and the conservation of culinary diversity.

### Courses

*An Italian Sensory Experience:  
Pairing Food and Wine*

*Co(ok)quinarius:  
Ancient Sources of Italian Cuisine*

*Cooking in Context: Traditions of  
Tuscania*

*Current Trends in Italian Cuisine*

*Florence Bites: Understanding a City  
through Food*

*Food Marketing & Communication*

*Food Writing*

*From History to the Kitchen:  
Flavors and Traditions*

*Fundamentals of Food Design,  
Styling, and Photography*

*InGrained in our History:  
the Bread Experience*

*Italian Identity Across Food and Culture*

*Not just Italian Food:  
Culinary & Cultural Traditions*

*Sustainable Food and  
the New Global Challenge*

*Wine and Culture I: Wines of Italy*

*Wine Business & Marketing*

### Certificate Programs

*Italian Gastronomy,  
Semester Certificate*

*Wine Business & Culture,  
Summer Certificate*



## **Nutrition (NTR)**

Our objective is to conduct a rigorous scientific investigation of the principles of nutrition in an Italian and Mediterranean context, while encouraging critical thinking to promote a healthy diet and lifestyle.

Courses investigate the chemical and biological foundations of nutrition, the physiological processes affected by a balanced (or unbalanced) diet, regional and local nutritional patterns in the Mediterranean area, vegetarianism and veganism, and nutritional healing and wider questions of psycho-physical well-being. We look at the origins and development of food cultures, the impact of climate and environmental conditions, social issues, and agricultural production.

Students gain an understanding of food's multifaceted richness, examining anthropological findings on the eating habits of ancient Mediterranean peoples, as well as the social, sacred and economic meanings of food in literary sources throughout history. What emerges are the intricate nuances characterizing the close relationship between culinary traditions, the territory, and the modern Mediterranean diet.

To complete their educational experience, students engage in the hands-on preparation of traditional Mediterranean and Italian dishes as a means of exploring the connections between theory and practice firsthand.

### **Courses**

*A Balanced Nutritional Experience:  
Italian-Style Cooking*

*Sports Nutrition*

*The Journey to Well-Being*

*The Science of Food, Health,  
and Well-Being*

*Vegetarianism between  
Culture and Lifestyle*

*Where Food Meets Health:  
The Mediterranean Diet*

### **Certificates**

*Balance in Nutrition,  
Semester Certificate*

*Food is more than what we eat; it's culture, sociology, and history on a plate. From family recipes to global cuisines, it reflects our traditions, connects communities, and shapes our identity.*





**General Application Deadlines**

Fall Semester: June 15

Spring Semester: November 15

January Intersession: November 15

Summer Session I: April 10

Summer Session II: May 15



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