

Nutrition and Food of Mexico—Spanish with a Nutrition Emphasis

Oaxaca, Mexico

July 4—August 1, 2015

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<http://msudenver.edu/nut/>



What is Included:

- 3 Spanish language credits, 3 nutrition credits
- Spanish grammar & conversation classes focused on nutrition specific vocabulary and situations
- Cultural activities such as Latin dancing and cooking classes
- Restaurants with regional foods
- Weekend trip to Puebla to learn about moles and other foods
- Visit to a corn mill to discuss nixtamalization
- Visits to public health nutrition programs
- Visit to the ethnobotanic garden and organic food markets
- Visit historical site Monte Alban