



McGill

School of
Continuing Studies

HAPPY BODY HAPPY PLANET

HEALTHY AND SUSTAINABLE EATING
JULY 16 - 28, 2017 // MONTRÉAL, QC // CANADA





DISCOVER ONE OF THE WORLD'S MOST PRESTIGIOUS UNIVERSITIES



- One of the Top 30 universities world wide
- Number 1 university in Canada
- Located in Montreal – World’s #1 Student City
- 27% of students come from 150 countries
- McGill’s 40,000 students offer a vibrant cultural experience
- Unique blend of French heritage, North American lifestyle and adventurous outdoor activities

ABOUT THE PROGRAM

- Combines science and sensory experience of food, in order to understand its environmental impact
- Hands-on experience in a state-of-the-art food lab with workshops in food preparation and evaluation of results
- Learn from leading experts in the fields of agricultural and environmental sciences, with a focus on nutrition and health
- Have access to established professors: a Registered Dietitian with over 30 years of professional practice and an experienced educator with a PhD in Educational Psychology
- Visit a working farm on Macdonald Campus’s historic agricultural campus, an oasis on the vibrant Island of Montreal

COURSES INCLUDE:

- **The Environmental Impact of Food**
Learn about the environmental impacts of agriculture and how researchers approach and study these issues. Students will gain a better understanding of how agriculture affects the health of humans, soil, and the environment, and will be exposed to a variety of specialities, enabling them to better understand how they fit together with associated career opportunities.
- **The Melting Pot of Food and Nutrition**
Learn about the structure and composition of foods and what causes the physical, chemical, and nutrient content changes during food preparation with the aid of displays, demonstrations, “hands-on” experience, and review of all the experiences. Food tasting will be part of all sessions, as will discussion and debunking of common nutrition myths.



FIELD TRIPS

- Local organic and conventional vegetable farms
- Quebec farmer’s markets
- Local tie-stall and free-stall dairy operations, including Macdonald Campus’ historic dairy barn
- In-depth tour of a typical North American grocery store

REQUIREMENTS

- The program is open to high school students age 16 or older.

FEES

- Course Fee: \$4995 CAD (\$3750 USD)*



PLANT THE SEEDS OF YOUR FUTURE TODAY! LEARN MORE AT:
MCGILL.CA/SCS-FOOD

*CAD to USD exchange rate as of March 3, 2017.

