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| **USIL INTERNATIONAL CENTER FOR STUDY AND RESEARCH** | | |
| **Course:** Andean Nutrition | | |
| **Professor:** Oscar R. Ortega (M.Sc.) | | |
| **Number of contact hours:** 48 | | |
| **Credits:** 3 | | |
| **Recommended level:** Junior or senior | | |
| **COURSE SUMMARY** | | |
| The purpose of this course is to reveal to students the remarkable nutritional qualities of Andean crops, their role in the diet of local populations, and their value within the context of local culture, comparing them with other crops of foreign origin and tracing their influence on the global food supply. Students will learn about the most widely practiced local agricultural methods and techniques, as well about the culinary products derived from native plant species. | | |
|  | **TOPIC / LEARNING ACTIVITY / ASSESSMENT ACTIVITY** | **HOURS** |
|  | Reading of the syllabus. Explanation of the methodology and evaluation system. Classroom norms. | 1 |
|  | Nutrition: Basic concepts | 2 |
|  | Geography of Peru | 2 |
|  | Peru as a center of origin for cultivated plants | 2 |
|  | Food in ancient Peru | 3 |
|  | Nutritional properties of cereals: quinoa, cañihua, kiwicha and maize/corn | 2 |
|  | FIELD TRIP "Markets Day": San Pedro + Ccasccaparo local markets | 2 |
|  | FIELD TRIP "Try Andean Food Day": San Francisco square | 2 |
|  | Nutritional properties of tubers: potato, oca, ulluco and mashua | 2 |
|  | Nutritional properties of roots: achira, virraca, yacon and maca | 2 |
|  | Nutritional properties of legumes: nuña and tarwi | 1 |
|  | Nutritional properties of fruit: lucuma (eggfruit), granadilla, aguaymanto (Peruvian ground cherry), maracuya (passion fruit), tumbo (giant granadilla, sauco (elderberry), tuna (cactus fruit), guanabana (soursop), pepino Serrano (sweet cucumber), etc. | 2 |
|  | Pre-exam review | 1 |
|  | MID-TERM EXAM | 1 |
|  | Exam review | 1 |
|  | Population growth | 2 |
|  | Food availability | 1 |
|  | Andean crops and food security | 1 |
|  | The presence of native potatoes in modern society – a case study | 2 |
|  | Peruvian projects in nutrition and food security | 2 |
|  | OFF-SITE CLASS: Nutritious dishes prepared with Andean crops for the general population - "Cooking Day": El Batán Restaurant | 3 |
|  | Nutritional contributions of Andean crops in infants, children, adolescents, adults and the elderly. Comparison with other crops. | 2 |
|  | Organic and conventional food | 2 |
|  | World positioning | 1 |
|  | Exports | 1 |
|  | FIELD TRIP "Export Day": Feria Tupac Amaru + Real Plaza supermarkets and restaurants | 2 |
|  | Final presentations | 1 |
|  | Pre-exam review | 1 |
|  | Final exam | 1 |
| **BASIC READING** | | |
|  | ANTUNEZ DE MAYOLO, Santiago. 1989. La nutrición en el antiguo Perú. Banco Central de Reserva del Perú: Lima. | |
|  | CALDERÓN QUILLATUPA, Francisco. 1999. Cocina en las naciones confederadas del Tahuantisuyo. Huancayo, Perú. | |
|  | CEDEPAS. 2000. Plantas en la cultura andina. Perú. | |
|  | FAO. 1990. Cultivos andinos subexplotados y su aporte a la alimentación. FAO/RLAC: Santiago, Chile. | |
|  | GODOMAR GALINDO. Rocío. 1990. Multimezclas de alimentos a base de cultivos andinos para niños de 6 a 24 meses de edad, Serie: Materiales de Investigación del Copaca, Doc. No. 5 Convenio Perú-Alemania, Cusco, Perú. | |
|  | RIVERA ROMERO, Ricardo. 2000. Cultivos andinos en el Perú. Edit. Minerva: Lima. | |
|  | UNICEF. Cultivos andinos: utilización. Chile. | |
|  | INEI. 2010. Perú: indicadores económicos, sociales y demográficos 2009-2010 / Perú. Presidencia del Consejo de Ministros; Instituto Nacional de Estadística e Informática - INEI. Lima: PCM. | |
|  | BRACK EGG, Antonio. 1999. Diccionario de plantas útiles del Perú. Lima: PNUD-CBC. | |
|  | BUKASOV, Sergei. 1981. Las plantas cultivadas de México, Guatemala y Colombia. Turrialba: Centro Agronómico Tropical de Investigación y Enseñanza. | |