

PE 200.9 Trip Journaling Task

During the trip, I would like you to write journal entries for each day, **preferably in the evening**. Many times these entries serve as both a reflection on that day's activities, as well as preparation for the next day's activities.

First, below are some general questions to guide your reflections.

Following those are some specific items geared toward particular days. **In these cases, please read the items listed (included in your trip folder) on the dates listed, and then respond to the particular questions.**

Feel free to include additional thoughts as well.

General Questions

What happened today that excited you? Surprised you?

What are you noticing about the food culture in Italy compared to the US? Do you have any specific examples from today that might highlight these differences?

How do you feel that the "Mediterranean Diet" fits into what you're observing (*a basic article reviewing the Med Diet is included in your trip folder*)

Do you notice more "lifestyle" physical activity being performed? How does the social component play into this? How do you feel that it might fit with Morgan's concept of purposeful, meaningful physical activity?

Do you notice many people "exercising?" Why do you think that this is the case, in this location?

What have you noticed about availability of various kinds of food?

What have you noticed about the availability of choosing physical activities vs sedentary options?

What differences have you noticed in attitudes toward physical activity and food?

What resources exist that might foster a *salutogenic* environment (*see Lindstrom and Eriksson article in your trip folder*)

Specific Items

Flight and Saturday evening May 14

Please look over the itinerary and the *Slow Travel Italy* document as well as the document that begins with *What's Where*.

1. What are you excited about / nervous about regarding the trip?
2. What are 2-3 things you hope to gain from this travel portion of the course?

Sunday evening May 15

Please re-visit the presentation (not included) to familiarize yourself with what we will discuss tomorrow, and in addition please look over the *Progetto Health Food* handout that is included in your packet.

1. What are you nervous and/or excited about relative to tomorrow's presentation and activities?
2. Which part of the program seems most interesting to you?

Monday evening May 16

1. What was interesting about the attitudes of the students and teachers toward food and physical activity? Were there differences from what you would have expected, based on these attitudes in the USA?
2. (a) *If you **have** participated in delivering the FITOWU program*, reflect on your thoughts relative to delivering that programming. What were the benefits to you? What were the benefits for the participants? What kinds of activities were done? How was it structured? What other kinds of experiences did you have relative to physical activity in schools. Think back to your elementary, middle, high-schools. How was an active lifestyle promoted? How about on campus at OWU?

(b) *If you **have not** participated in delivering the FITOWU program*, what kinds of experiences did you have relative to physical activity in schools. Think back to your elementary, middle, high-schools. How was an active lifestyle promoted? How about on campus at OWU?
3. What programs have your schools (elementary, middle, high, college) had to promote healthy eating? What approach was taken to teach nutrition, if any?

Tuesday evening May 17

Tomorrow is a big day so this is the longest journaling/reading piece of the trip.

1. How did the cheese-making demonstration fit with your concept of the food culture in Italy? What was interesting/surprising about this activity?
2. How was the fit-walking demonstration?
3. What did you learn from these teachers and professionals about promoting health in this region? What kinds of activities were interesting to you, and could benefit us back in the US?

Please read the following items in your packet

- design methodology reading
- Slow food packet
- University of Gastronomic Sciences packet

1. The design methodology reading is very theoretical and dense. The main point, however, is that if we fail to think about all of the impact points that our consumer-driven process utilizes, we end up with expensive problems. For example, we created food subsidies so that food would be readily available because a large number of people were hungry. We also developed chemicals and genetically modified seeds so that things could grow more easily without effects from bugs, drought, etc. Now we have an expensive obesity problem because of an over-abundance of cheap, non-nutritive foods, we have foodborne illnesses that arise in

part because of the animals on nearby feedlots who are also eating this cheap food that is not natural for them, and we have a large carbon footprint because we can cheaply ship these cheap foods all over the world.

- a. Returning to read the article, come up with 2 questions about this framework and how we might use it to improve our obesity crisis in the US.
2. Come up with 2 questions *each* regarding the Slow Food movement, and the University of Gastronomic Sciences. What do you still want to know? You will ask these questions during our activities tomorrow.

Wednesday evening May 18

1. Reflect on the activities of today. What were the 3-4 most important learning moments for you?
2. What did you learn today that you will take back and incorporate into your view on food and the food system?

Thursday evening May 19

Please re-read the Salutogenesis article (Lidstrom and Eriksson). Recall that this University and these students are very interested in the concept of Salutogenesis as a way to promote health.

1. What is your salutogenic orientation? That is, how *salutogenic* do you feel that you are in the various aspects of this concept?
2. Re-visit the presentation and be sure that you are ready to discuss it in light of Salutogenesis.

Friday evening May 20

1. How did the students' attitudes toward food and physical activity differ from yours?
2. How did this University compare to ours in terms of promoting food and physical activity among the students?
3. What were the 3-4 most important learning moments for you?

Saturday evening May 21

1. What differences by region, school, etc. are you starting to notice relative to the availability and preferences for various kinds of food and physical activity?
2. What were the 3-4 most important learning moments for you?
3. Please choose 2 general questions at the start of this document upon which to reflect.

Sunday evening May 22

1. We have undoubtedly done a lot of walking on this trip so far, rather than driving. How has this felt to you? Have you enjoyed it?
2. Please reflect on 3 of the questions listed at the start of this document.

Monday evening May 23

Please read the documents regarding the Acetaia San Giacomo so that you are prepared for tomorrow's trip to Novellara

1. Are you noticing similarities / differences by region? Comment about this relative to some of the questions at the start of this document.
2. What amazing things did you see in Florence today? What amazed you about them?

Tuesday evening May 24

1. Again, reflect on the 3 of the questions listed at the start of this document.

Wednesday evening May 25

1. How do the foods of this region compare to what you've seen in other regions?
2. Throughout this trip, there have been meals that last much longer than what you may normally experience. How has that felt to you?
3. From what you have observed, comment on differences in how food is obtained here in Italy, when compared to the US. Have you noticed a lot of supermarkets, or are there other kinds of shops where people seem to be obtaining their food?
4. In relation to question 3, does this shopping seem to be a social experience for Italians (lots of interaction with other shoppers, families, etc), or is it more of a solitary experience?
5. Comment on 2 of the other questions at the start of this document.

Thursday evening May 26

1. How well does the traditional Mediterranean Diet compare to the foods you've eaten so far in this region?
2. Comment on how the food system might be different in Italy because of what you're seeing related to food production, certification, values?
3. How has the food and physical activity cultures and systems compared to your expectations so far? Regional differences?

Friday evening May 27

1. Comment on your experience with the passeggiata during this trip. Have you noticed a lot of social activity being done outside, a lot of walking with no "real purpose?" How do you feel about this?
2. Please revisit the questions you were asked at the start of the trip - have you come away with what you hoped? What were the most important parts of the trip for you?
3. What are the most stark contrasts between Italy and the United States in terms of:
 - a. Food system
 - b. Physical Activity
3. What can you use from this trip to be an advocate for improving the food behaviors and physical activity behaviors in the US?
4. What do you hope that our hosts gained from our presentations and discussions?