# **We Are What We Eat**

The effect of the Mediterranean diet on our Health

Dates: *8th, 9th,11th, 12th October*

Speakers:

Prof Christian A. Scerri

Prof Giuseppe Di Giovanni

Dr Paulino Schembri

**08/10/2018**

***Session 1: Will an Apple a Day keep Cancer Away?***

***Session 2: Carcinogens - The Enemy Hidden in Plain Sight***

Both talks delivered by Prof. Scerri and Dr Schembri

**9/10/2018**

**Session 3: *Can a Mediterranean diet help to keep your brain healthy?***

**Session 4: *Choosing the right Vegetables and fish: avoiding pesticides and pollutants to keep the brain benefits***

Both talks delivered by Prof. Di Giovanni and Dr Schembri

**11/10/2018**

***Session 4: A 'MED' dinner pan on the mad:***

Cooking Session with the Master Chef students’ and discussions with the academics followed by dinner.

**12/10/2018**

***Optional Day Tour to Sicily at an Organic Field.***

***Further information will be given soon.***