



BLUE ZONES[®]

— COOKING COURSE —

COURSE OVERVIEW AND HIGHLIGHTS

- ✔ 20 hours | 9 units | 51 tasks | 50+ videos
- ✔ Taught by best-selling author Dan Buettner
- ✔ 100% online and self-paced
- ✔ Certification upon completion

UNIT 1 INTRODUCTION TO THE BLUE ZONES

Introduction to the Blue Zones Cooking Course

- Task 1: Welcome from Dan Buettner
- Task 2: How to Learn With Rouxbe
- Task 3: What are Blue Zones?

- Task 4: Blue Zones - First Principles
- Task 5: Activity: Introduction Survey

UNIT 2 SETTING UP YOUR BLUE ZONES KITCHEN

Introduction to Kitchen Space

- Task 6: Introduction to the Kitchen Space
- Task 7: Setting Up Your Blue Zones Kitchen

- Task 8: The Kitchen Checklist
- Task 9: Activity: Blue Zones in Your Kitchen at Home

UNIT 3 SARDINIA, ITALY

Introduction to Sardinia

- Task 10: Exploring Sardinia
- Task 11: Regional Introduction

Food of Sardinia

- Task 12: Regional Dishes of Sardinia
- Task 13: Activity: Share and Reflect Cooking

UNIT 4 OKINAWA, JAPAN

Introduction to Okinawa

- Task 14: Exploring Okinawa
- Task 15: Regional Introduction

Food of Okinawa

- Task 16: Regional Dishes of Okinawa
- Task 17: Activity: Share and Reflect Cooking

UNIT 5 NICOYA PENINSULA, COSTA RICA

Introduction to Nicoya

- Task 18: Exploring Nicoya
- Task 19: Regional Introduction

Food of Nicoya

- Task 20: Regional Dishes of Nicoya
- Task 21: Activity: Share and Reflect Cooking

UNIT 6 IKARIA, GREECE

Introduction to Ikaria

Task 22: Exploring Ikaria

Task 23: Regional Introduction

Food of Ikaria

Task 24: Regional Dishes of Ikaria

Task 25: Activity: Share and Reflect Cooking

UNIT 7 LOMA LINDA, CALIFORNIA

Introduction to Loma Linda

Task 26: Exploring Loma Linda

Task 27: Regional Introduction

Food of Loma Linda

Task 28: Regional Dishes of Linda

Task 29: Activity: Share and Reflect Cooking

UNIT 8 AMERICAN KITCHEN

Introduction to North America

Task 30: Exploring North America

Task 31: Regional Introduction

Indigenous American

Task 32: Exploring Indigenous American Cooking

Task 33: Indigenous American Recipes

African American

Task 34: Exploring African American Cooking

Task 35: African American Culinary Traditions

Task 36: African American Recipes

Latin American

Task 37: Exploring Latin American Cooking

Task 38: Latin American Culinary Traditions

Task 39: Latin American Recipes

Asian American

Task 40: Asian American Introduction

Task 41: Asian American Culinary Traditions

Task 42: Asian American Recipes

Regional and Contemporary American

Task 43: Meet the Chefs

Task 44: Chef Recipes

Share and Reflect

Task 45: Activity: Cooking Image Upload

UNIT 9 MAKING YOUR OWN BLUE ZONES FAMILY & COMMUNITY

Reflecting on Your Journey and Next Steps

Task 46: Blue Zones Challenge™

Task 47: Developing Your Community

Task 48: Activity: Create a Blue Zones Feast to Share

Task 49: Additional Resources

Task 50: Activity: Final Survey

Task 51: Taking the Next Steps