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