

Assignment for Mediterranean Diet article:

1. Write a Precis for this article using the Rhetorical Precis format guidelines.

2. Be prepared to discuss the following questions, and possibly more, in class:

- Heart disease and Mediterranean Diet article and rhetorical précis.
  
- Based on our discussion of food as a source of calories and nutrients, how healthy is the mediterranean diet?
  
- What makes this diet nutritious, if it is nutritious?
  
- How does this diet supply people with their caloric needs?