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, it if it nutritious?
   - How does this diet supply people with their caloric needs?