



Class lecture at the museum dedicated to Dr. Ansel Keys and the Mediterranean Diet located in Pioppi



Food pyramid of the Mediterranean Diet with Exercise illustrated as foundational in the same museum





Buffalos of the Vanullo Farm outside Paestum, famous for producing *mozzarella di bufala*



**On this biological farm buffalo, buffalo enjoy an automated milking system so the buffalo are milked when they desire to be milked, not when humans schedule it. These automated yellow brushes mimic a tree bark massage.**