

The Culture of Food & Wine in Italy

UNH Course Code: CUL340FLR

Subject Area: Cultural Studies, Sociology

Level: 300

Prerequisites: None

Course fee: \$45

Language of Instruction: English

Contact Hours: 45

Recommended Credits: 3

Description:

This course will introduce you to the textured cultural histories of Italian food and wine. Your approach will be a mixture of first-hand experience (guided visits and tastings) and interpretative analysis (through the examination of selected food texts, your own written assignments, in-class debates and your entries in a personal food journal). Through a multi-disciplinary approach to food and wine you will address a broad variety of key contemporary issues including slow-food, organic foods and the origins (and preservation) of regional variations. You will also develop an awareness of more sophisticated ways of looking at food in the fields of food anthropology, the psychology of food consumption, the symbolic aspects of food and the social construction of its meaning.

In this course you'll see at first-hand the historical evolution of Italian food, and you'll discover how a variety of factors have influenced how food is selected, prepared and eaten. Your close-up experience will begin with visiting local food markets (like San Lorenzo).

One key objective of this multi-disciplinary course is to help you develop a sense of food as a fundamental cultural aspect not just of Italian but also of American society, and you will be empowered to reflect more critically on the varied cultural aspects of your own domestic food-experience.

Learning Objectives:

- to develop a clearer and critical sense of food as a fundamental cultural aspect of both Italian and American society
- to trace and explain the historical and social construction of taste
- to reflect more analytically on the varied cultural aspects of your own domestic experience of food and wine
- to gain a new awareness of the cultural and social importance of food as a key element in revealing unknown aspects of foreign cultures.
- to compare different culinary habits in relation to ethnicity and social areas
- to write magazine articles about food related topics: i.e.: restaurants, food markets, food fairs.
- to report on culinary and wine events
- to analyze critically the pairing of food and wine
- to prepare and deliver presentations on specific topics related to nutrition, food traditions, and so on
- to design a menu taking into consideration local food traditions as well as selecting seasonal produce, budgeting and styling

Instructional Format:

Class meets once a week for 2 hours 45 minutes each time. Teaching is divided between power-point lectures, class discussions, student presentations, both individual and in groups. On-site teaching in and around Florence forms are an integral part of this course.

If you require any special accommodations, please contact your instructor.

Form of Assessment:

Your instructor will use numerous and differentiated forms of assessment to calculate the final grade you receive for this course (see the table below). Course requirements include regular class attendance, class participation, oral presentations and class discussions, a weekly food journal, a mid-term exam and a final exam. The content, criteria and specific requirements for each assessment category will be explained in greater detail in class. However, you must complete all grading assessment categories to receive a grade for this course. In addition, your work and behavior in this course must fully conform to the regulations of the [CEA Academic Integrity Policy](#) to which you are subject.

Appealing a Grade:

Any grade dispute you encounter in this course must immediately be discussed with the instructor and definitively resolved before the last week of class. Only end-of-term assignments graded after the end of your program are subject to CEA's formal grade appeal procedure. For more information, see [CEA Academic Policies](#).

Students wishing to appeal the grade of an end-of-term assignment must do so within the 30 day period following the official release of grades by submitting the "Grade Appeal Form" to the Academic Dean. The appeal procedure and the grade re-evaluation it requires does not guarantee a change in grade, and could result in an increase or decrease in the final grade given. Any change is subject to a ruling by the course instructor, in consultation with the Academic Dean, and must be based on the academic evidence provided to support the appeal. The instructor's ruling on this matter is final.

Upon receiving the results of the review and decision by the instructor, the Academic Dean will inform the student of the result of the appeal. The grade received by the student as a result of the Grade Appeal is final and may not be appealed further.

Class Participation	10%
Oral Presentations and class discussions	10%
Pop quizzes	5%
Magazine article	5%
Weekly Food Journal	20%
Midterm Exam	25%
Final Exam	25%

Class Participation (10%): The grade will be calculated to reflect your participation in class discussions, your capacity to introduce ideas and thoughts dealing with the texts, your ability to interpret different uses of literary language and to express your analysis in intellectual, constructive argumentation. When determining your class participation grade, traditional criteria such as material preparation, completed reading before class, and collaborative group work are also evaluated. But it is the active, meaningful and informed verbal and written contribution that you make that is most important to your overall participation grade. Whereas attendance and punctuality are expected and will not count positively towards the grade, laxity in these areas will have a negative effect on your grade. The instructor will use the following specific criteria when calculating your class participation grade:

Criteria for Assessing Class Participation	Grade
You make major and original contributions that spark discussion, offering both critical and analytical comments clearly based on readings and research and displaying a working knowledge of theoretical issues.	A+ (9.70–10.00)
You make significant contributions that demonstrate insight as well as knowledge of required readings and independent research.	A-/A (9.00–9.69)
You participate voluntarily and make useful contributions that are usually based upon some reflection and familiarity with required readings.	B/B+ (8.40–8.99)
You make voluntary but infrequent comments that generally reiterate the basic points of the required readings.	C+/B- (7.70–8.39)

You make limited comments only when prompted and do not initiate debate or show a clear awareness of the importance of the readings.	C (7.00–7.69)
You very rarely make comments and resist engagement with the subject, attending class having manifestly done little if any preparation.	D (6.00–6.69)
You make irrelevant and tangential comments disruptive to class discussion, a result of frequent absence and complete un-preparedness.	F (0–5.90)

Cellphones:

During class time, all mobile phones must be **switched off**. In case of family emergency, students can keep their phones on (silent mode) after asking for permission before class starts. If you use your cell phone or blackberry to message friends, surf the net or check your private mail/Facebook account, you will receive a zero in class participation and will be marked **absent** for that day.

Laptops:

Laptops are not needed and not allowed in this class. Please come to class equipped with paper and pen to take notes.

Oral Presentations (10%): There will be three group presentations during the semester. You are asked to form groups of 2 with people you feel comfortable working with. Presentations are aimed at reporting in class findings on cultural aspects of Italian society as well as presenting a demo on food and wine pairing or a critique on a special food item or specific wine. Each student will spend between 8 and 10 euro each on the pairing demo portion, so plan accordingly. For the food and wine pairing demonstration, you should spend a minimum of 8 euro for the wine. Any bottles in a lower price range should not be used for educational purposes. Further details about the oral presentations will be provided in class at the beginning of the term. Students are encouraged to save their power point presentation on a memory stick rather than relying on the internet to save their documents.

Pop quizzes (5%): There will be unannounced quizzes on the reading material: students are required to read before classes. Please check your assignments in the syllabus. Students who miss a quiz due to an absence or a late arrival will receive a zero. Quizzes cannot be made up.

Magazine review (5%): Students will be asked to write a review on a restaurant in Italy for an American magazine. The article should be 500 words. An outline should be consigned on **March 13th** and the final version on **March 27th**.

Weekly Food Journal (20%): The food journal is a record of your impressions on your eating habits and its metamorphosis, if there will be any, during the semester. You are encouraged to be adventurous and explore new forms of eating to learn about a new culture. Each food journal will be 25–27 lines long, and students will write four entries before and four entries after mid-term. The food journal will be consigned **on February 14th and April 3rd in print. The grade for your journal will be lowered by one full letter grade for each day it is late.** No journals will be accepted after three days past the due date. If you miss class **on February 14th or April 3rd, you are still responsible for delivering your journal to the instructor on the due date (by 2:30pm).** Journals should be printed and stapled before class. When printing, please remember not to waste paper: there is no need for a cover page, and if an entry exceeds the length of a page, you do not need to start each new entry on new blank page. Further details about the food journal will be handed out in class.

Midterm & Final Exam (25% each): The midterm and final exams consist of short answer questions, multiple choice and a short essay based on topics discussed in class and on the required course readings.

CEA Grading Scale				
Letter Grade	Numerical Grade Low Range	Numerical Grade High Range	Percentage Range	Quality Points
A+	9.70	10.00	97.0 - 100%	4.00
A	9.40	9.69	94.0 - 96.9%	4.00
A-	9.00	9.39	90.0 – 93.9%	3.70
B+	8.70	8.99	87.0 – 89.9%	3.30
B	8.40	8.69	84.0 – 86.9%	3.00

B-	8.00	8.39	80.0 – 83.9%	2.70
C+	7.70	7.99	77.0 – 79.9%	2.30
C	7.00	7.69	70.0 – 76.9%	2.00
D	6.00	6.99	60.0 – 69.9%	1.00
F	0.00	5.99	0 - 59.9%	0.00
W	Withdrawal			0.00
INC	Incomplete			0.00

CEA Attendance Policy:

Every student is expected to attend all scheduled class sessions on time and be thoroughly prepared for the day's class activities. In compliance with NEASC and UNH accreditation requirements, CEA instructors compile regular attendance records for every course and take these records into account when evaluating student participation and performance.

- In this course, a maximum of one (1) day of absence due to sickness, personal emergency, inevitable transport delay and other related impediments will be tolerated.
- Your final course grade will drop one full letter grade (e.g. A+ to B+) for missing two days of class, regardless of the reason for the absence.
- If your absences exceed two (2) days of class, you will automatically fail this course (e.g., B+ to F; miss three (3) or more days to receive an "F").

Furthermore, to comply with immigration and financial regulations, you must maintain full-time student status and attend at least 12 hours of class every week. Consequently, the Dean and Program Director will dismiss from all CEA courses, programs, activities and housing any student who fails to maintain full-time status.

Arriving Late for Class:

A student consistently arriving late for class displays an unacceptably deficient degree of participation, and an unacceptable lack of respect for his instructor and his fellow students. Instructors will reflect students' persistent lateness by deducting percentage points from the total 10% earmarked for Participation as indicated on the syllabus. Please note that missing a significant portion of one of your classes can be considered a full absence at the discretion of the professor. Always communicate to your teacher if you need to leave early due to illness, or if you are late due to serious, unforeseen circumstances.

Missing Examinations:

Students who miss mid-term or final examination at the assigned hours will not be permitted to sit a make-up examination without written permission from the Academic Dean. Permission will rarely be granted. It might be granted in the case of instances of serious, documented illness (see the attendance policy for more details), but never for travel. *Examinations will not be rescheduled under any circumstances, except in cases of genuine emergencies. Such cases should be taken to the Academic Dean in writing. Missing an examination for whatever reason is effectively an absence from class.*

Required materials:

In the second part of the semester, students will receive a complete set of wine glasses to be used in class when a wine tasting is scheduled (please, check the class calendar). Each student will pay 12 euro upon receiving the glass set: 3 euro to hire them and 9 euro as a deposit. The 9 euro deposit will be returned at the end of the semester upon returning all the six glasses, properly washed and undamaged.

Required Readings:

The required course textbook must be acquired at Paperback Exchange bookstore, located on Via delle Oche. Please note that it is mandatory to buy this book, and that it is mandatory that each student have their own personal copy. It costs approximately 15 euro.

Delizial!, John Dickie, Holder and Stoughton 2007.

Required readings will also come from a Reader in the course folder found on the *CEA Course Information for Students* share drive, which can be accessed from any PC in the student computer room:

Contents of Reader:

Part 1

M. Montanari, 'Romans, Barbarians, Christians: The Dawn Of European Food Culture', in Flandrin/Montanari (eds.), *Food - A Culinary History*, pp.165-167.

Tannahill, R., Food in History, 'Imperial Rome', pp. 71-91.

Schivelbusch, W., Tastes of Paradise, Preface and pp.3-14.

A. Angela, A day in the life of ancient Rome, pp. 63-64, 262-272, 323-355.

Part 2

Italian Regional Food, Instructors notes;

Helstosky, Carol, *Garlic and Oil, Food and Politics in Italy*, Berg, pp.1 – 5, 14-15, 22 – 24, 27 - 33.

Part 3

Italian Cheese, pp.2-5, Instructors notes

Prosciutto, pp.6-10, Instructors notes

History of Pasta, Instructors notes

Part 4

Hazan, Marcella, *Essentials of Italian Cooking*, Barnes & Noble 1992: Introduction, pp.3-5; Fundamentals, pp.7-39.

Davidson, 'Olives And Olive Oil', in Davidson, A. (ed), *The Oxford Companion To Food*, Oxford University Press 1999, pp.553-555.

Severgnini, Beppe, *An Italian in America*, BUR, pp.149–165.

Part 5

Nestle, 'The Mediterranean (Diets And Disease Prevention)', in Kiple/Ornelas (eds.), *The Cambridge World History Of Food*, vol II, pp.1193-1203.

The Mediterranean Diet Pyramid at: www.Oldwayspt.Org

Part 6

Italian wine laws and labels, Instructor's notes, pp.2-4.

Field, Carol, Celebrating Italy, pp. 177 – 180, 186 – 188, 195 – 197.

Part 7

W. Belasco, 'Food Matters: Perspectives On An Emerging Field', in Belasco/Scranton, *Food Nations*, pp.2-23.

K. M. Guy, 'Rituals of pleasure in the land of treasures: wine consumption in the late 19th century', in Belasco/Scranton, *Food Nations*, pp.34-47.

Part 8

Counihan, Carole M., *Around the Tuscan Table*, Routledge 2004: pp.1-5; 17-34.

Slow Food, Instructors notes, pp.2-9.

Helstosky, Carol, *Garlic and Oil, Food and Politics in Italy*, Berg, pp. 155-165.

Part 9

Counihan, Carole M., *Around the Tuscan Table*, Routledge: pp.57-77.

H. R. Diner, 'Black bread, hard bread: food, class and hunger in Italy', in *Hungering for America*, pp.21-47.

H. R. Diner, 'The bread is soft': Italian foodways, American abundance', in *Hungering for America*, pp.48-83.

Part 10

J.L. Flandrin, 'The Early Modern Period', in Flandrin/Montanari (eds.), *Food - A Culinary History*, pp.349-373.

M. Montanari, *The Culture Of Food*, pp.152-171 (Chapter 6: 'The Revolution')

Recommended:

J.L. Flandrin, 'From Dietetics To Gastronomy. The Liberation Of The Gourmet', in Flandrin/Montanari (eds.), *Food - A Culinary History*, pp.418-432.

J.L. Flandrin, 'From Industrial Revolution To Industrial Food', in Flandrin/Montanari (eds.), *Food - A Culinary History*, pp.435-441.

Recommended Readings:

These books are available for consultation at the CEA Resource Center.

- Belasco, W., "Food Matters: Perspectives On An Emerging Field," in Belasco/Scranton, *Food Nations: Selling Taste in Consumer Societies* (Hagley Perspectives on Business and Culture), TF-ROUTL 2001, pp.2-23
- Bourdieu P., *Distinction. A Social Critique of the Judgement of Taste*, Cambridge (MA) 2000.
- Capatti, A. and Montanari, M., *Italian Cuisine. A Cultural History*, New York: Columbia University Press, 2003
- Counihan, C. and Van Esterik, P. (eds.), *Food and Culture – A Reader*, New York and London 1997.
- Counihan, C.M., "The Social And Cultural Uses Of Food," in *The Cambridge World History Of Food Vol II*, Kiple and Ornelas, eds., pp. 1513-152
- Dalby, A. and Grainger, S., *The Classical Cookbook*, London 1996.
- Davidson, A., "Spices," in *The Oxford Companion To Food*, A Davidson, Ed., Oxford: Oxford University Press 1999, pp. 744-746
- Diner, H.R., *Hungering for America. Italian, Irish, and Jewish Foodways in the Age of Migration*, Cambridge (MA) 2001.
- Elias, N., *The Civilizing Process*, Oxford 1978.
- Fernandez-Armesto, F., *Food: A History*, London: Macmillan, 2001
- Flandrin, J.F. and Montanari, M. (eds.), *Food - A Culinary History*, (English edition by Albert Sonnenfeld) New York: Columbia University Press, 1999.
- Helstosky, Carol, *Garlic and Oil, Food and Politics in Italy*, Berg
- Kiple, K.F. and Ornelas, K.C. (eds.), *The Cambridge World History of Food*, Cambridge: Cambridge University Press, 2000
- Montanari, M., *The Culture of Food (The Making of Europe)*, Blackwell 1996.
- Schivelbusch, W., *Tastes of Paradise: A Social History of Spices, Stimulants, and Intoxicants*, New York 1993.

Required Supplies/Fees:

A digital camera is a bonus to this class: if you own one, please take it with you on field trips and site visits.

Online and Reference Tools:

The Mediterranean Diet Pyramid

www.oldwayspt.org

The Food Timeline

<http://www.foodtimeline.org/food1.html>

Italian Regional Food

<http://italianfood.about.com/library/weekly/blregional.htm>

La Cucina Italiana & Italian Regional Food

<http://www.lacucinaitaliana.it/default.aspx?idPage=1101>

Essential Ingredients

<http://www.italiancookingandliving.com/food/essentials/index.html>

Wine and Food of Italy

<http://made-in-italy.com/winefood/>

Barilla/Regional Food

http://www.barillaus.com/Home/Pages/Regional_Italian_Cuisine.aspx

Parmigiano Reggiano

<http://www.parmigiano-reggiano.it/default.aspx?newlang=7>

Pasta Museum

<http://www.museodellapasta.it/index.php>

Pasta Shapes

<http://www.foodsubs.com/PastaShapes.html>

<http://www.food-info.net/uk/products/pasta/shapes.htm>

The Culture of Food & Wine in Italian Society
Course Content

Session	Topic	Activity	Student Assignment(s)
1	Introduction Overview of syllabus with focus on course objectives An overview of Italian history from the Roman empire to modern times History of ingredients in Italian food tradition: Etruscan and Roman Cuisine	Lecture & Discussion	Preview of Reader
2	History of ingredients in Italian food tradition: Food habits during the Middle Age & Renaissance.	Students comment on introduction of new ingredients from the new world	Reading: <u>Reader, Part 1:</u> M. Montanari, pp.165-167. R. Tannahill, <i>Food in History</i> , Imperial Rome, pp. 71-91. W. Schivelbusch, <i>Tastes of Paradise</i> , Preface and pp.3-14. A. Angela, A day in the life of ancient Rome, pp. 63-64, 262-272, 323-355.
3	Introduction to Italian regional culture. Italian Geography & its influence on Food habits. Introduction to Italian Gastronomy and presentation of Northern Italian cheeses	Lecture, Discussion & Demonstration	Reading: Dickie, pp. 1–16, 20 – 24, 31–35, 48-61, 178–193; <u>Reader, part 2:</u> Helstosky, pp.11-38.
4	Italian Gastronomy: 400 cheese types and cold cuts/meats: presentation of Central and Southern Italian cheeses Pasta: a staple of Italian cuisine	Lecture & Demonstration	Reading: Dickie, pp.156–164, pp.172–176; <u>Reader, part 3:</u> Hazan, Introduction, (pp.3-5), Fundamentals, (pp.7-39)
5	Comparison between American and Italian food shopping habits	Italian Shopping Pilgrimage: San Lorenzo Area On site lecture Meet in Class	Reading: <u>Reader, part 4: Italian Regional Food</u> , Instructors notes, Italian Cheese, pp.2-5, Prosciutto, pp.6-10; Davidson, pp.553-555. Consign Food Journal
6	Students' Presentations on Italian Gastronomy Open class discussion on ingredients, display of food and first comparisons with American food tradition.	Italian Shopping Pilgrimage: Sant'Ambrogio Meet in Class Presentations & class discussion	Reading: Dickie, pp.193-203; <u>Reader, part 5:</u> Severgnini, pp.149–165; Nestle, pp.1193-1203; The Mediterranean Diet Pyramid at: www.Oldwayspt.Org
7	Midterm exam		Reading: Dickie, pp.265–273; pp.277-283; <u>Reader: part 7:</u> Helstosky, pp.1-5, 155-165.
8	A brief history of wine and vinification in Italy. <i>First wine appreciation: Tuscan wines</i>	Lecture & Discussion Introduction to Wine analysis: visual, olfactory and gustative.	Glasses needed Reading: Dickie, pp.233–250; <u>Reader, part 6:</u> Italian wine laws and labels, Instructor's notes,

			pp.2-4. Field, pp. 177–180, 186–188, 195–197 Outline Restaurant review due
9	Film Screening: <i>Mondovino</i>	Class discussion of the movie	Reading: Dickie, pp.293–300, 302–305 and 309-315; <u>Reader, Part 8:</u> Belasco, pp.2-23; Guy, pp.34-47. Movie synopsis
10	Slow food and organic food: Italian laws and regulations. Wine appreciation: northern and southern wines.	Lecture, wine analysis & class discussion	Glasses needed Reading: Dickie, pp.316-330, 340-350; <u>Reader, part 9:</u> Counihan, pp.1-5 and 17-34; Slow Food, Instructor's notes, pp.2-9 Final version Restaurant review due
11	Italian meals and their evolution Food and wine pairing: menu design and demonstration	Lecture & Demonstrations Class discussion on original Italian cuisine	Glasses needed Reading: Dickie, pp.331–338. Reading: <u>Reader, part 10:</u> Counihan, pp.57-77. Diner, pp.21-47 and pp.48-83. Prepare your group presentation on menu design. Consign Food Journal
12	Food and wine pairing: Students' Presentations Italian cuisine in Italy vs Italian cuisine in America Last weeks students' personal views on their new approach to food and wine	Group presentation on food and wine pairing Class discussion	Glasses needed Reading: <u>Reader, part 11:</u> Flandrin, pp.349-373; Montanari, pp.152-171. Recommended: Flandrin, pp.418-432; Flandrin, pp.435-441; Consign your group presentation on an Italian region food traditions.
13	Regionalism: comparison of menus from different regions Review	Students' group presentation on an Italian region: food and wine traditions	Glasses needed Prepare questions and issues to raise during review
14	Review & Final exam		