



Food and Culture in Italy

SECTION I: Course Overview

Course Code: CUL340FCO

Subject Areas: Sociology, Cultural Studies

Prerequisites: None

Language of Instruction: English

Contact Hours: 45

Recommended Credits: 3

COURSE DESCRIPTION

This course introduces Italian gastronomy while focusing on the complex value codes and beliefs related to Italian local products and their consumption. The course is divided into four parts. In the first part, students will be encouraged to define the concepts of food and culture, explore the role of cuisine in collective and individual identities, and examine how cultural food habits are created and change. This part covers the broader context that includes and sustains the way food is produced, prepared and consumed in Italy: The Mediterranean diet. The second part of the course explains the theoretical and ideological aspects of cuisine in Italy and identifies the particular characteristics of traditional Italian cuisine. The third part of the course presents historical events that have shaped the cultural food model in Italy by exploring the many influences of the modern Italian diet. The final part focuses on some of the foods that comprise the core of the Italian diet. The course includes a number of experiential learning activities that may vary from term to term. These range from visits to local markets and wineries to a variety of workshops, including olive oil tasting, a bread workshop, and a cooking workshop.

LEARNING OBJECTIVES

- Describe the main characteristics of Italian gastronomy and the origins of the main ingredients of the Italian cuisine.
- Explain the importance of cuisine in shaping Italian culture.
- Describe culinary traditions in different civilizations and their influence in Italian gastronomy.
- Discuss reactions to the local gastronomy after engaging with markets, wineries, and restaurants.

SECTION II: Instructor & Course Details

INSTRUCTOR DETAILS

Name:	TBD
Contact Information:	TBD
Class Schedule:	TBD
Term:	TBD

ATTENDANCE POLICY

This class will meet once weekly for 180 minutes each time for a total of 14 class sessions. All students are expected to arrive on time and be prepared for the day's class session.

CEA enforces a mandatory attendance policy. You are therefore expected to attend all regularly scheduled class sessions, including any field trips, site visits, guest lectures, etc. that are assigned by the instructor. The table below shows the number of class sessions you may miss before receiving a grade penalty.

ALLOWED ABSENCES – SEMESTERS		
Courses Meeting X day(s) Per Week	Allowed Absence(s)	Automatic Failing Grade at X th Absence
Courses meeting 1 day(s) per week	1 Absences	4 th Absence

For every additional absence beyond the allowed number, your final course grade will drop down to the subsequent letter grade (ex: A+ to A). As a student, you should understand that the grade penalties will apply if you are marked absent due to tardiness or leaving class early. In the table below, you will find the grade penalty associated with each excessive absence up to and including automatic course failure.

ATTENDANCE DOCKING PENALTIES				
Absence	1 st	2 nd	3 rd	4 th
Penalty	No Penalty	0.5 Grade Docked	1 Grade Docked	Automatic Failure
HIGHEST POSSIBLE GRADE AFTER ATTENDANCE PENALTIES				
Grade	A+	A	A-	F

CEA does not distinguish between excused and unexcused absences. As such, no documentation is required for missing class. Similarly, excessive absences, and the grade penalty associated with each, will not be excused even if you are able to provide documentation that shows the absence was beyond your control. You should therefore only miss class when truly needed as illness or other unavoidable factors may force you to miss a class session later on in the term.

GRADING & ASSESSMENT

The instructor will assess your progress towards the above-listed learning objectives by using the forms of assessment below. Each of these assessments is weighted and will count towards your final grade. The following section (Assessment Overview) will provide further details for each.

Class Participation	10%
Oral Presentations	20%
Food Journal	20%
Midterm Exam	25%
Final Exam	30%

The instructor will calculate your course grades using the CEA Grading Scale shown below. As a CEA student, you should understand that credit transfer decisions—including earned grades for courses taken abroad—are ultimately made by your home institution.

CEA GRADING SCALE			
Letter Grade	Numerical Grade	Percentage Range	Quality Points
A+	9.70 – 10.0	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	7.40 – 7.69	74.0 – 76.9%	2.00
C-	7.00 – 7.39	70.0 – 73.9%	1.70
D	6.00 – 6.99	60.0 – 69.9%	1.00
F	0.00 – 5.99	0.00 – 59.9%	0.00
W	Withdrawal	N/A	0.00
INC	Incomplete	N/A	0.00

Class Participation (10%): Student participation is mandatory for all courses taken at a CEA Study Center. The instructor will use the rubric below when determining a participation grade.

CLASS PARTICIPATION GRADING RUBRIC	
Student Participation Level	Grade
You make major & original contributions that spark discussion, offering critical comments clearly based on readings, research, & theoretical course topics.	A+ (10.0 – 9.70)

You make significant contributions that demonstrate insight as well as knowledge of required readings & independent research.	A/A- (9.69 – 9.00)
You participate voluntarily and make useful contributions that are usually based upon some reflection and familiarity with required readings.	B+/B (8.99 – 8.40)
You make voluntary but infrequent comments that generally reiterate the basic points of the required readings.	B-/C+ (8.39 – 7.70)
You make limited comments only when prompted and do not initiate debate or show a clear awareness of the importance of the readings.	C/C- (7.69 – 7.00)
You very rarely make comments and resist engagement with the subject. You are not prepared for class and/or discussion of course readings.	D (6.99 – 6.00)
You make irrelevant and tangential comments disruptive to class discussion. You are consistently unprepared for class and/or discussion of the course readings.	F (5.99 – 0.00)

Oral Presentation (20%): The oral presentations are divided in two parts. (1) As a group assignment students will be required to produce at their own homes a meal in one of the Italian regional traditions. Documentation of this will be presented in class, along with the comments of the guests invited to partake in the meal. Sample menus for the meal will be discussed by the midterm. (2) A discussion of a retail location. Groups will be assigned a local market or other retail outlet. They must document the layout of the sales area, the types of products on sale, the types of sales facilities and personnel.

Food journal (20%): This is a compilation of structured experiences achieved over the duration of the semester. Activities outside the classroom may also be documented according to criteria discussed in class.

Midterm exam (20%): The midterm format is as follows. One section contains an essay prompt for which study questions will be provided prior to the test. Essays are graded based on argument, factual content and effective reference to the reading. Another section concerns the practical details of the f&b experience, where students are expected to identify, compare and contrast, the exact details of the material presented. A third section contains identification questions drawn from the readings.

Final exam (30%): The in-class part of the Final Exam has the same format as the mid-term. The take home component is instead a 1500-word essay referring to either the white wines, or the reds, or the DOCGs experienced in class. The essay will discuss viticultural and wine making standards, making reference to Nicholas Jolyon biodynamic wines, showing its relevance as an alternative to the wine process discussed in the essay.

Further details about food journal and oral presentations will be provided in class. An important aspect of this course is active class discussion and debate.

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

REQUIRED READINGS

Reading assignments for this course will come from the required text(s) and/or the selected reading(s) listed below. All required readings—whether assigned from the text or assigned as a selected reading—must be completed according to the due date assigned by the course instructor.

The food and wine journal should be acquired by the first class.

Required Textbook:

John Dickie (2008) Delizia! The epic history of Italians and their food (416 pages)
Nichola Joly (2007) What is Biodynamic wine? The quality, the taste, the terroir (144 pages)
Brian Sommers (2008) The geography of wine (289 pages)

Recommended Readings: The following works are available for consultation at the CEA Resource Center:

Capatti, A. and Montanari, M., Italian Cuisine. A Cultural History, New York: Columbia University Press, 2003 (400 pages)

Cole, John W. and Eric R. Wolf, The Hidden Frontier: Ecology and Ethnicity in an Alpine Valley, New York: Academic Press, 1999 (372 pages)

Counihan Carole M., Around the Tuscan Table: Food, Family, and Gender in Twentieth Century Florence, Routledge, 2003 (362 pages)

Faas, Patrick, Around the Roman Table. Food and Feasting in Ancient Rome. Chicago: U.C. Press, 2005 (383 pages)

Fernandez-Armesto, F., Food: A History, London: Pan, 2002 (287 pages)

Flandrin, J.F. and Montanari, M. (eds.), Food - A Culinary History, (English edition by Albert Sonnenfeld) New York: Columbia University Press, 1999 (640 pages)

Helstosky, Carol, Garlic and Oil, Food and Politics in Italy, Berg (288 pages)

Kiple, K.F. and Ornelas, K.C. (eds.), The Cambridge World History of Food, Cambridge: Cambridge University Press, 2000 (1958 pages)

Montanari, Massimo, The Culture of Food, Oxford: Blackwell, 1996 (232 pages)

Pitre', Giuseppe, Sicilian Folk Medicine, transl. by Phyllis H. Williams Coronado Press, 1971 (436 pages)

Tak, Herman, South Italian festivals: A Local History of Ritual and Change, Amsterdam: Amsterdam University Press, 2000 (256 pages)

Watson, James, Golden Arches East, Stanford UP, 1997 (280 pages)

ADDITIONAL RESOURCES

In order to ensure your success abroad, CEA has provided the academic resources listed below. In addition to these resources, each CEA Study Center provides students with a physical library and study areas for group work. The Academic Affairs Office at each CEA Study Center also compiles a bank of detailed information regarding libraries, documentation centers, research institutes, and archival materials located in the host city.

- **UNH Online Library:** As a CEA student, you will be given access to the online library of CEA's School of Record, the University of New Haven (UNH). You can use this online library to access databases and additional resources while performing research abroad. You may access the UNH online library [here](#) or through your MyCEA Account. You must comply with UNH Policies regarding library usage.
- **CEAClassroom – Moodle:** CEA instructors use Moodle, an interactive virtual learning environment. This web-based platform provides you with constant and direct access to the course syllabus, daily schedule of class lectures and assignments, non-textbook required readings, and additional resources. Moodle includes the normal array of forums, up loadable and downloadable databases, wikis, and related academic support designed for helping you achieve the learning objectives listed in this syllabus.

During the first week of class, CEA academic staff and/or faculty will help you navigate through the many functions and resources Moodle provides. While you may print a hard copy version of the syllabus, you should always check Moodle for the most up-to-date information regarding this course. The instructor will use Moodle to make announcements and updates to the course and/or syllabus. It is your responsibility to ensure that you have access to all Moodle materials and that you monitor Moodle on a daily basis in case there are any changes made to course assignments or scheduling.

To access Moodle: Please log-in to your MyCEA account using your normal username and password. Click on the "While You're Abroad Tab" and make sure you are under the "Academics" sub-menu. There you will see a link above your schedule that says "View Online Courses" select this link to be taken to your Moodle environment.

The Culture of Food and Wine in Italy
Course Contents

Session	Topic	Activity	Student Assignments
1	Overview of the course. Survey of food and history from antiquity to today.	Lecture & Discussion	Dickie, <i>Delizia</i> , Chs 1 Reader: Faas, <i>Around the Roman Table</i> , Ch 2 (pp.38-87)
2	Food ingredients - visit to open air market	Students document the activities in a Roman open market	Porta Palazzo Market, R.E. Black (Anth of Food, 2005)
3	Introduction to Italian regional culture	Pasta Workshop	Dickie, <i>Delizia</i> , Chs 2,4
4	Food in the Media	Screening of <i>Babette</i>	Dickie, <i>Delizia</i> , Ch 5
5	Food in the Middle Ages and Renaissance	Illustration of Renaissance cuisine.	Dickie, <i>Delizia</i> , Chs 6,7
6	Food production	On site	
7	Northern food and wine	Illustration of Piedmontese cuisine	Dickie, <i>Delizia</i> , Chs 9,10

8	Midterm Examination	Exam - Students submit part one of Food Journal.	Review all course readings
9	Central food and wine	Illustration of Tuscan cuisine	Dickie, Delizia Chs 11,12 Sommers Chs 2,3,4
10	Southern food and wine	Illustration of Sicilian cuisine	Dickie, Delizia Ch 13
11	Urban Horticulture	On site tour of Garbatella	The power of place. Roberta Sonnino (Anth of Food 2007)
12	Modern food practice	Illustration of Modern cuisine	Dickie, Delizia, Ch 17-20
13	Final Discussion and Student Presentations	Oral presentation on regional cuisine and sales venues.	
14	Final Examination review		
15	Final Examination	Take home and Part II of the F&W Journal are due	Review all course readings.

SECTION III: CEA Academic Policies

The policies listed in this section outline general expectations for CEA students. You should carefully review these policies to ensure success in your courses and during your time abroad. Furthermore, as a participant in the CEA program, you are expected to review and understand all CEA Student Policies, including the academic policies outlined on our website. CEA reserves the right to change, update, revise, or amend existing policies and/or procedures at any time. For the most up to date policies, please review the policies on our website.

Class & Instructor Policies can be found [here](#)

General Academic Policies can be found [here](#)