



COURSE TITLE AND NUMBER:

IS 305 - HIST 350 History and Culture of Italian Food.

3 credits

COURSE DESCRIPTION

The course examines the history of the history of food from a variety of point of views. Food is not just nourishment, food is part of mankind and its evolution, without food no history could be possible. Food is like a book: it tells us who we are, from where we are from and describes our habits, religion and traditions. The course aims to explain how food influenced history: religious prescriptions, class identity, borders and drawing the line between the rich and the poor. History of food will attempt to explain how nourishment changed throughout the ages, how we moved from the “symposium” to McDonald and how, still today, food is a strong element of identity.

STUDENT LEARNING OUTCOME

At the of the course the student will be able to:

1. discuss the geographical origin of a variety of foods.
2. describe the impact of culture, religion, and politics on nourishment.
3. discuss past and present of food.
4. detect the turning points of human history.
5. critically examine the difference between diets
6. describe the evolution of dishes and traditions and how borders and migrations influenced these aspects
7. employ basic research techniques to locate, evaluate and synthesize information from a variety of sources

DIVISION OF SUBJECT MATTER

Unit 1

- ✓ Feeding Strategies during Prehistoric Time
- ✓ The First Civilizations
- ✓ Assignment 1 is due.

Unit 2

- ✓ Greece: The Symposium
- ✓ The Romans and the Empire
- ✓ Assignment 2 is due.

Unit 3

- ✓ The Middle Age at the Table
- ✓ Christians, Muslims, and Hebrews
- ✓ Assignment 3 is due.
- ✓ Mid-term exam

Unit 4

- ✓ The Discovery of America
- ✓ The Birth of Etiquette and Gastronomy
- ✓ Assignment 4 s due

Unit 5

- ✓ From Industrial Revolution to Industrial Food
- ✓ Food and Crime: The Long Hand of Mafia
- ✓ Final Paper is due.

TEXTS

Online material will be provided. It will include selected chapters from:

- ✓ Flandrin Jean-Louis/Montanari Masimo, *Food: a Culinary History*, CUP, 2013
- ✓ Pilcher Jeffrey, *Food in world history*, 2006

Also, English translations of selected chapters from the following texts will be provided:

- ✓ Elisabetta Moro, *La dieta mediterranea. Mito e storia di uno stile di vita*, Bologna, Il Mulino, 2014
- ✓ Grew Raymond, *Food in Global History*, 1999
- ✓ Malanima Paolo, *Uomini, risorse, tecniche nell'economia europea dal X al XIX secolo*, 2003
- ✓ Montanari Massimo, *La cucina italiana. Storia di una cultura*, 1999
- ✓ Massimo Montanari, *L'identità italiana in cucina*, Roma, 2013

ASSESSMENT

25%: Mid-term exam

25%: Four Written Assignments (3 pages each)

30%: Final Evaluation

20%: Participation

The mid-term exam will include: 15 multiple choices, 2 open questions (small essays, 1 page each).

Assignments to be submitted by email: one paper for each movie/documentary including:

- ✓ Comparison between movie/documentary and the course
- ✓ Compared analysis of personal diet/tradition/habit

Final Evaluation to be submitted by email: long essay (12 pages, Times New Roman 12, 1.5 space, Chicago note style) concerning one of the turning points in food history (politics, violence, economics).

Participation: students will be invited to post regular posts (at least one per week) concerning the movies/documentaries we will watch on the Forum on the Blackboard (according to the indications).

Grading scale

95-100 =	A
90-94 =	A-
87-89 =	B+
83-86 =	B
80 -82 =	B-
77-79 =	C+
73-76 =	C
70-72 =	C-
67-69 =	D+
63-66 =	D
60-62 =	D-
59 or less =	F