



**PALAZZI FLORENCE ASSOCIATION FOR INTERNATIONAL EDUCATION  
FLORENCE UNIVERSITY OF THE ARTS  
APICIUS - INTERNATIONAL SCHOOL OF HOSPITALITY**

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SCHOOL OF FOOD AND WINE  
DEPARTMENT OF WINE AND CULTURE  
DEPARTMENT OF CULINARY ARTS  
**COURSE TITLE: FOOD, CULTURE AND COMMUNITY**  
**COURSE CODE: FWFCCC350 FWCACC350**

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3 Semester Credits

### **1. DESCRIPTION**

Though food diversifies throughout the world according to local cultural backgrounds, there is a common ground in the universal approach to food: it is a part of everyday life and sharing food is still one of the greatest examples of humans acting as “social creatures”. Italy represents a unique case for now food is both celebrated and involved in cultural celebrations that are fundamental to Italian society. This course will provide students with a full immersion in the relationship between food and the local community in Italy, focusing on the many moments that represent conviviality in Italian culture and society. Coursework includes a wide variety of field learning activities through which students will be introduced to local and traditional crafts, food markets, typical street food vendors, local purchasing groups, community-supported agriculture, and countryside food festivals as fundamental milestones in the Italian gastro-social tradition.

Through hands-on experiences and on-site activities students will learn the fundamentals of community-gearred food production and will acquire a deeper understanding of food as an essential element of society.

### **2. OBJECTIVE**

The course objective is to provide students with a solid knowledge of Italian food traditions and to foster the engagement with the local community that has been strongly connected with local foods since ancient times. With the successful completion of the course students will learn how social interaction is carried out through food at different levels. The hands-on experiences and field learning activities will provide students with a deeper understanding of the Italian concept of food as a social fact of life.

### **3. REQUIREMENTS**

There are no prerequisites for this course.

### **4. TEACHING METHOD**

This course consists of lectures, class discussions, and site visits within the local community. Mediums for instruction used will include, but are not limited to, interactive and hands-on activities which challenge thought processes, academic texts and studies, videos, slides, guided problem solving, and experiential and/or field learning activities where applicable.

Classes will be held both at Ganzo School Restaurant Food Lab and Apicius International School of Hospitality Labs. Course results will be shared with both the students and the local community who will enjoy the class creations.

This course requires participation during class discussions. This means that students contribute to class discussions by relating personal experiences, asking questions, and making comments appropriate to the topics being discussed. Students will be assigned readings from the textbook or other related texts which will be discussed during class. In order for the discussions to be meaningful, each student must come to class fully prepared to talk about the assigned reading and to make meaningful comments. Since participation plays a role in the final grade, it is essential that students have not only read the assignment, but have drawn conclusions of their own from the reading. Conclusions will be presented during class discussions.

While in Italy students will examine food, wine, nutrition and tradition from historical, political, economic, cultural and mostly, culinary perspectives. Specific food products, both artisanal and mass-produced, will be tasted and discussed. Italy will serve as a case study, allowing students to experience a distinct nutrition culture and gain understanding into their own nutrition culture.

### **FIELD LEARNING**

This class includes field learning activities. Field learning is a method of educating through first-hand experience. Skills, knowledge, and experience are acquired outside of the traditional academic classroom setting and may include field activities, field research, and service learning projects.

The field learning experience is intended to be wide-reaching and is not limited to the course subject but seeks to supplement and enrich academic topics. Students will have the opportunity to integrate theory and practice while experiencing Italian culture within the Italian territory through guided projects and field experiences as planned for the course. Field learning will be developed through classroom preparation, follow up projects, and guided learning outcomes.

Field learning will provide students with the opportunity to develop skills and appreciate the multifold components of Italian Culture through direct experience. Field education will advance student learning as a relationship-centered process.

## **5. TEXT BOOK AND ACADEMIC RESOURCES**

### **COURSE TEXTBOOK**

*Let the Meatballs Rest, and Other Stories About Food and Culture* - Massimo Montanari - Columbia University Press

Each student must have the textbook for the successful completion of the course.

Recommended bookstores: Paperback Exchange, Via delle Oche, 4R (Second-hand copies might also be available) or Feltrinelli International, Via Cavour 12

The text book is mandatory for the successful completion of the course. One copy is available in the FUA library. All classes are to be completed by mandatory reading assignments from the textbook and other books available at the school library. Where applicable, additional material, handouts and/or notes will be provided by the instructor: they are to be considered as part of the mandatory reading assignments.

### **HIGHLY SUGGESTED READINGS**

Available at FUA library

*Food is Culture* - M. Montanari - Columbia University Press

*Around the Tuscan Table* - Carole M. Counihan - Routledge

*On food and Cooking - The Science and Lore of the Kitchen* - Harold McGee - Scribner

### **FURTHER SUGGESTED READINGS**

Available at FUA library

David E., Child J., Italian Food, Paperback, 1998  
 Parasecoli F., Food Culture in Italy, Greenwood Press, CT 2004  
 Field C., Celebrating Italy. Harper Perennial, N.Y. 1997  
 Pray Bober P., Art, Culture and Cuisine: Ancient and Medieval Gastronomy  
 Roden C., The food of Italy, Vintage, London 1989  
 Strong R., Feast-A History of Grand Eating  
 Flandrin J. L., Montanari M., Food-A Culinary History from Antiquity to the Present  
 Capatti A., Montanari M., Italian Cuisine, Columbia University Press, N.Y. 1999  
 Anderson B., Wines of Italy  
 Piras C., Culinaria Italy, Ullmann 2007  
 Plotkin F., Italy for the Gourmet Traveler, Kyle Cathie 2006  
 Ganugi G., Cheese, Mc Rae Books 2001  
 Romanelli L., Ganugi G. Olive Oil, Mc Rae Books 2001  
 Barzini L., The Italians, A Full-Lenght Portrait Featuring Their Manners and Morals, NY, 2005  
 Mignone M., Italy Today: Facing The Challenges of the New Millennium, 2008  
 Artusi Pellegrino, Science in the Kitchen and the Art of Eating Well, NY, 1997 (1891).  
 Locatelli G., Made in Italy Food and Stories, Fourth Estate London, 2008  
 Whittaker A., Speak the Culture – Italy, Thorogood, 2010

## **ADDITIONAL INFORMATION AND SOURCES**

Monthly magazine:

- Firenze Spettacolo: the guide for all events in and around Florence. It shows, events, restaurants, bars, cinemas, theaters and a lot more...

Regional touristic Web-sites:

- Ristorante tipico: [www.ristorantetipico.net](http://www.ristorantetipico.net)
- Regione Toscana: <http://www.regione.toscana.it/>
- Provincia di Firenze: official website <http://www.provincia.firenze.it/>
- Comune di Firenze: official website <http://en.comune.fi.it/>
- Piramide alimentare toscana: <http://www.regione.toscana.it/piramidealimentare>
- Museum Firenze com'era <http://www.museiciviciorentini.it/en/firenzecomera/>
- Diladdarno (sito ufficiale): <http://www.diladdarno.it/index-eng.asp>

Historical stores in Florence:

- Historical stores: <http://www.esercizistorici.it/>

Historical Bar and Restaurants in Florence:

- Gilli: <http://www.gilli.it/>
- Paszowski: <http://www.paszowski.it/>
- Pegna: <http://www.pegna.it/>
- Vivoli: <http://vivoli.it/>
- Carabe: <http://www.gelatocarabe.com/>
- <http://www.turismo.intoscana.it/>
- Process: [http://www.antinori.it/eng/attorno\\_al\\_vino/procacci.htm](http://www.antinori.it/eng/attorno_al_vino/procacci.htm)
- Il Latini: [www.iltatini.com](http://www.iltatini.com)
- Giubbe Rosse: <http://www.giubberosse.it/>

Slow Food: the international organization involved in food awareness, reviving and sustaining local and artisanal food production, food education:

- Slow Food Toscana <http://www.slowfoodtoscana.it/>
- Slow Food Firenze <http://www.slowfoodfirenze.it/>

Wineries:

- Antinori(English):<http://www.antinori.it/eng/>

## **LIBRARIES IN FLORENCE**

The FUA library is located in Corso Tintori 21. Please consult the posted schedules for official opening times. Please note that the library is consultation only and thus it is not possible to remove texts. Students are encouraged to take advantage of Florence's libraries and research centers:

Biblioteca Palagio di Parte Guelfa - Located in Piazzetta di Parte Guelfa between Pza della Repubblica and Ponte Vecchio. Telephone: 055.261.6029. The library is open Monday thru Saturday. This library is open until 10:00pm during weekdays.

Biblioteca delle Oblate - Located in via dell'Oriuolo 26. Telephone: 055 261 6512. Please consult the website [www.bibliotecadelleoblate.it](http://www.bibliotecadelleoblate.it) for current opening times under "orario".

The Harold Acton Library at the British Institute of Florence - Located in Lungarno Guicciardini 9. For opening times and student membership information: [www.britishinstitute.it/en](http://www.britishinstitute.it/en). This is a fee-based membership library.

## 6. FIELD LEARNING

This course may include one or more field learning activities. Please refer to the course website on myfua for additional details.

## 7. COURSE MATERIALS

Students will be provided with a course kit for materials and activities covered by the lessons.

Please refer to the course booklet for details on classroom and food lab rules.

Should students wish to store materials or equipment, lockers are available at Apicius Via Guelfa, 85n with a 10 Euro deposit (given back after returning the key).

## 8. ADDITIONAL FEES

Course fees cover course-related field learning activities, visits, and support the instructor's teaching methodologies. Book costs are not included in the course fee. The exact amount will be communicated by the instructor on the first day of class. Course fees are not refundable.

## 9. EVALUATION – GRADING SYSTEM

### Final Grade Breakdown

10% Attendance	15% Assignments (paper, research, projects)
20% Class Participation	30% Final Exam (Written)
25% Practical performances	

Please note that a detailed explanation of the above is found in Section 11 (Assignments, Term Papers and Exams).

### Grading Scale

A = 100 – 93%	A - = 92 – 90%	B+ = 89 – 87%	B = 86 – 83%
B- = 82 – 80%	C+ = 79 – 77%	C = 76 – 73%	C- = 72 – 70%
D = 69 – 60%	F = 59 – 0%	W = official withdrawal	W/F = failure to withdraw by the designated date

## 10. ATTENDANCE – PARTICIPATION

### Institutional Attendance Policy

Academic integrity and mutual respect between instructor and student are central to the FUA academic policy and reflected in the attendance regulations. Student presence is mandatory and counts toward the final grade.

On the second absence the attendance and participation grade will be impacted. Please note that missing certain field learning activities may count for more than one absence.

On the third absence the instructor may lower the final grade by one letter grade. (Example: Final grade average of 93% or A will become a B).

The fourth absence constitutes automatic failure of the course. Students with excessive absences will be asked to withdraw with a W (if before the deadline) or leave the course with a WF.

It is student's responsibility to know how many absences he or she has in a course. In case of doubt, speak with your instructor!

### **Late Arrival and Early Departure**

Arriving late or departing early from class is not acceptable.

Two late arrivals or early departures or a combination will result in an unexcused absence.

Travel is not an exceptional circumstance and never an excuse for absence from class.

### **Participation**

Satisfactory participation will be the result of contributing to class discussions by putting forth insightful and constructive questions, comments and observations. Overall effort, cooperation during group work and in-class activities, responsible behavior, and completion of assignments will be assessed. All of the above criteria also applies to Field Learning and site visits.

## **11. EXAMS, PAPERS, PROJECTS**

### **Final Paper/Project**

The topic of the final project/paper will be discussed in class with the professor. Some topics may be proposed by the professor and will be available on the course website. Length requirement for paper: 4 pages long including bibliography and sources. Font: Arial, 12 pts. **The paper is due by lesson 12.**

Material for research will be available at FUA library.

Make sure you have enough time to sort out any problems in good time before your presentation/paper is due.

**IMPORTANT** - As FUA is a paperless university, students' paper/projects are to be submitted electronically and printing is not required. For instructions please refer to the course website on myfua. Every delay or missing file will negatively impact the final evaluation.

### **Final exam**

The date of the final exam will be available on the course calendar.

The final exam consists of a written test with multiple-choice, short answer and essay questions.

**Hand writing should be clear, neat and legible. Blue or black pen are the only acceptable. The date and time of the exams cannot be changed for any reason.**

## 12. LESSON PLAN

Lesson 1	
Topic	<p><b>Introduction and course overview</b> Introduction to the syllabus and used materials. Information on assignments and exams</p> <p><b>Food culture in Italy</b> - Eating is an experience that goes beyond the mere instinct of survival - Live to eat or eat to live: when a necessity can become pleasure, and a source of health</p>
Objectives	Understand the role of food for human society - Understand the meaning of <i>food</i> for Italians - Become confident with the use of food as a social instrument - Understand the cultural background of Italian society to better understand why food has such a fundamental role - Be able to make a difference between food as a necessity and food as a pleasure
Assignments	Let the meatballs rest - Being and eating pp.1-2
Additional readings	Around the Tuscan Table Ch.1 pp.1-15 / Ch.2 pp. 17-34 Food is Culture - Nature and Culture pp. 3-7 / Fire.Cooking.Kitchen.Cuisine.Civilization pp.29-33

Lesson 2	
Topic	<p><b>Social appointments - The Italian Aperitivo</b> The pre-dinner drink becomes a specific moment on its own - Social (and commercial) relevance of a new concept of dining experience: where <i>exchange</i> is a culinary rule</p>
Objectives	Become familiar with Italian aperitivo - Understand the evolution of aperitivo from just a pre-dinner drink to a dining experience - Understand the differences between traditional local menu and aperitivo menu – Become familiar with Italian aperitivo food style and the suitable “combinations”
Additional readings	Food is culture - Identity, exchange, tradition and “origins” pp.133-137

Lesson 3	
Topic	<p><b>Bread in Italian Culture - Diet and culture in Florence</b> The “invention” of bread - Daily bread and bread for festivities - Sharing bread as a ritual with an incredible symbolical meaning - The concept of sharing bread as the base of religious symbology - Bread as the representation of food and convivium</p>
Objectives	Become familiar with the history of bread in Mediterranean areas - Understand why grains have always been (and still are) a staple around the world - Understand the symbolical meaning of bread for Mediterranean culture – Become familiar with the importance of bread in Italian culture - Learn the bread production process – Become familiar with tuscan stale bread and understand why it perfectly matches with the local food - Understand the concept of bread as symbol of life and conviviality
Assignments	Let the meatballs rest - The invention of bread / Our daily bread / Festive bread / Bread unites or divides? pp. 2-8 / Bread of earth pp.72-74
Additional readings	Around the Tuscan table Ch. 4 pp. 57-77

Lesson 4	
Topic	<b>Local food places</b> Visit to old Florentine shops & crafts - Old crafts that are almost disappearing - Tradition and culture passed down from one generation to another - The social role of local shops
Objectives	Become familiar with the traditional shops of the Florentine city area - Understand the social relevance of local shops for the local community
Field learning activity	Visit to local traditional shops: civaiolo, norcineria, pastificio, farm shops in the city center
Additional readings	Around the Tuscan table Ch. 7 pp.117-138

Lesson 5	
Topic	<b>Family, friends and the neighborhood - City areas as micro-communities</b> The role of family, friends and neighbors in Italian social life - Social relationships within the city area - The division of the city in smaller communities: the psychological and sociological human need of being together - Old games still strongly rooted in cities traditions: focus on The Calcio Storico Fiorentino and Palio di Siena as two symbols of small communities social identity
Objectives	Become familiar with the human need to be part of a community - Understand the division of cities into areas (quartieri) that represent a sort of micro-communities - Understand the role of the city “quartieri” and their surprising rivalry
Additional readings	Around the Tuscan table Ch. 7 pp.117-138

Lesson 6	
Topic	<b>Cafeteria and bar</b> The role of the bar from its origins to today: from the <i>aggregation centers</i> of ancient Greece to French Revolution <i>Cafes</i> to the Italian <i>bar</i> of the post-world war - Social aggregation spaces for a cross variety of people - The local bar as the meeting point
Objectives	Learn the history and development of bars and cafeterias - Understand the role of bars for Italian communities in the post-world war society - Become familiar with the versatile environment of Italian provincia bars as social aggregation spaces
Field learning activity	Visit to local traditional and contemporary bars and cafeterias
Assignments	On food and cooking - Coffee pp.441-448 <b>Paper on “Cafeteria and bars in Italy - History, evolution and social relevance” DUE</b>



Lesson 7	
	Mid-Term Exam

Lesson 8	
	Mid-Term Break

Lesson 9	
Topic	<b>Local purchasing groups &amp; farmer's markets</b> The <i>new trend</i> means <i>back to the roots</i> - Societies reaction to globalization - The need for a local identity and the consciousness behind eating - Why do many Italians still like to look for food? - The rebirth of the local food market
Objectives	Understand the social effects of globalization on society – Become familiar with the effects globalization had on gastronomy - Understand the social reactions to globalization and the development of a new nutritional awareness - Understand the pleasure of food <i>hunting</i> - Understand the “new” trend of farmers markets and local purchasing groups
Additional readings	Food is Culture - From the Geography of Taste to the Taste of Geography & The Paradox of Globalization pp. 75-89

Lesson 10	
Topic	<b>Wine places</b> Wine culture in Italy - The cultural meaning behind a glass of wine - Wine and food as the quintessence of <i>being together</i> - Wine = not just a “drink”: pairing food and wine as an art, at least for someone...
Objectives	Understand the role of wine in Mediterranean culture and its symbolical meaning – Become familiar with the Italian wine culture - Understand how wine consumption is a cultural act and not just “drinking” – Become familiar with traditional wine places and how they were and still are an aggregation space for Italians
Field learning activity	Visit to local mescite, fiaschetterie, enoteche in the city center
Assignments	Let the meatballs rest - To pour, to mix / The ancient art of pairing wine with food / How to taste wine pp. 150-154



Lesson 11	
Topic	<b>Countryside food festivals - “save the dates!”</b> Celebrating food & celebrating with food - Celebrating seasons and ingredients - The importance of the calendar and seasons in Italian traditions - Italian “sagre” to celebrate life
Objectives	Understand the dual role of food as a means for celebrations and as the object of the celebration itself - Know the symbolical role of some ingredients for the Italian culture and the consequent celebrations dedicated to them - Understand that ingredients, in particular vegetables, are strictly connected with the calendar – Become familiar with the social role of the Italian “sagre”
Additional readings	Food is Culture - The how, the why, and the where & Food and the Calendar: a lost dimension? pp. 123-131

Lesson 12	
Topic	<b>Italian dining VS Italian Street Food</b> Different styles and places of aggregation - From the “table manners” to “eating with hands” - Street food origins and development during centuries - Fingerfood: <i>eating with hands</i> , made fancy
Objectives	Learn the differences between different foodservice establishments in Italy - Understand the differences among ristorante, trattoria, osteria - Learn the ancient history of street food and its development in Italian society - Be able to make a comparison between dining and street food and understand how both can be examples of sharing in Italy - Understand the symbolism behind eating with one’s hands and its variations: from street food to gourmet buffets
Field learning activity	Visit to traditional Florentine street food places
Assignments	Let the meatballs rest - Table practices and manners pp. 143-150

Lesson 13	
Topic	<b>Local markets VS Supermarkets</b> Shopping for food in the city center - The habit of eating fresh daily products VS storing in the freezer - The cult of genuine seasonal food
Objectives	Understand how local food can be a matter of identity - Understand the need of people to buy and eat local as a psychological response to the standardization of flavors - Understand the differences between the supply chains of local markets and supermarkets - Understand the healthy habit of daily food shopping in the city center
Assignments	Let the meatballs rest - The status of food pp. 12-37

Lesson 14	
Topic	<b>Conviviality and commensality in Italian traditions</b> - The cult and pleasure of sharing food - Humans as social creatures - Why do we love to cook for people? - Why do we love to eat with people? - Different ways of sharing food in history: overview on the role of food from past civilizations to today - Mediterranean Diet as a lifestyle that includes conviviality as a major component
Objectives	Understand the concept of eating as a moment to share with others - Be familiar with the evolution of the <i>act of eating</i> through the centuries - Become confident with conviviality as a main factor in Mediterranean area civilizations - Understand why many people like to cook for others - Understand how food can be a “gift”
Assignments	Let the meatballs rest - Divide meat, share soup pp. 8-9 / Convivial rituals pp. 123-142
Additional readings	Around the Tuscan Table Ch.3 pp. 35-56 / Food is Culture - Eating together pp. 93-98

Lesson 15	
	FINAL EXAM