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Syllabus revised in 2017

Florence University of the Arts (FUA) is an academic institution for study abroad in Florence, Italy. FUA collaborates with The American University of Florence (AUF), an international university offering US-style undergraduate and graduate degrees, in a cooperation to offer study abroad programs with a diverse breadth and depth of academic curriculum.

FUA study abroad programs may include AUF offerings, which are US-aligned in terms of higher education standards as per the university's institutional structure. Common courses offered by FUA and AUF have been jointly selected by both institutions as eligible for mutual recognition and delivery. As such, equal academic standards, credibility, and outcomes are vetted by the Academic Offices of the institutions for all courses and syllabi offered in the study abroad program.

SCHOOL OF FOOD AND WINE

DEPARTMENT OF WINE AND CULTURE / CULINARY ARTS

COURSE TITLE: FOOD, CULTURE, AND COMMUNITY

COURSE CODE: FWFCCC350 / FWCACC350

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-gear food production and will acquire a deeper understanding of food as an essential element of society.

2. OBJECTIVES

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. METHOD

This course consists of lectures, class discussions, and projects. 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.

5. TEXTBOOK – FURTHER READINGS – RESOURCES

TEXTBOOK (Copy available at the university library):

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

The textbook is mandatory for successful completion of the course.

Where applicable, additional materials, handouts and/or notes will be provided by the instructor.

FURTHER READINGS

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

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
- 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/>
- Paszkowski: <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
- Il Latini: 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

Please consult the posted schedules for official opening times of the university library. Also note that the library is for consultation only and it is not possible to borrow materials. The library is equipped with a scanner and internet access so that you may save or email a digital copy of the pages needed.

Students may also utilize additional libraries and research centers within the local community:

BIBLIOTECA PALAGIO DI PARTE GUELFA

Located in Piazzetta di Parte Guelfa between Piazza della Repubblica and Ponte Vecchio. Please consult the library website for hours of operation:

http://www.biblioteche.comune.fi.it/biblioteca_palagio_di_parte_guelfa/

BIBLIOTECA DELLE OBLATE

Located in via dell'Oriuolo 26. Please consult the library website for hours of operation:

www.bibliotecadelleoblate.it

THE HAROLD ACTON LIBRARY AT THE BRITISH INSTITUTE OF FLORENCE

Located in Lungarno Guicciardini 9. Please consult the library website for hours of operation. This library requires a fee-based student membership. For information: www.britishinstitute.it/en

6. FIELD LEARNING

Please consult your Official Registration for any mandatory field learning dates. Field Learning Activities cited in Official Registrations are an integral part of the course and also include an assignment that counts towards your final grade, details will be provided on the first day of class.

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 with a deposit (given back after returning the key).

Students are expected to wear the apron provided by the institution.

8. COURSE 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.

9. EVALUATION – GRADING SYSTEM

10% Attendance

20% Class Participation and Assignments

20% Midterm Exam, Field Learning project (if applicable), Special/Research Project (if applicable), Practical Performance (if applicable)

25% Final Exam

25% Paper/Project

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

10. ATTENDANCE – PARTICIPATION

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

Absences are based on academic hours: 1 absence equals 3 lecture hours.

Two absences: 6 lecture hours, attendance and participation grade will be impacted.

Three absences: 9 lecture hours, the final grade may be lowered by one letter grade.

Four absences: 12 lecture hours, constitutes automatic failure of the course regardless of when absences are incurred.

Please note:

- The above hours refer to lecture hours. Please note that the contact / credit hour policy in the academic catalog includes additional distribution ratios according to delivery category. Ex: 1 absence equals 6 FL/SL/Lab hours or 9 EL hours.

- Hours may be distributed in different formats according to the academic course schedules.

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.

TRAVEL (OR DELAYS DUE TO TRAVEL) IS NEVER AN EXCUSE FOR ABSENCE FROM CLASS.

It is the student's responsibility to know how many absences are incurred. If in doubt, speak with your instructor!

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, proper care of work space and tools, responsible behavior, and completion of assignments will be assessed. All of the above criteria also apply to Field Learning and site visits.

11. EXAMS – PAPERS – PROJECTS

The final Paper/Project accounts for 25% of the course grade.

- **Format: topic, length, guidelines will be provided in the course website.**
- **Material for research will be available in the FUA Library in Corso Tintori 21.**

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.

The paper is DUE by lesson 12.

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. Every delay or missing file will negatively impact the final evaluation.

The Final exam accounts for 25% of the final course grade.

For exam time and date consult the course website. The time and date of the exam cannot be changed for any reason.

The Final Exam composition will be available on the course website.

12. LESSONS

Lesson 1	
Topic	<p>Introduction and course overview</p> <p>Introduction to the syllabus and used materials. Information on assignments and exams</p> <p>Food culture in Italy - 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	<p>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</p>
Assignments	Let the meatballs rest - Being and eating pp.1-2
Additional readings	<p>Around the Tuscan Table Ch.1 pp.1-15 / Ch.2 pp. 17-34</p> <p>Food is Culture - Nature and Culture pp. 3-7 / Fire.Cooking.Kitchen.Cuisine.Civilization pp.29-33</p>

Lesson 2	
Topic	<p>Social appointments - The Italian Aperitivo</p> <p>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	<p>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”</p>
Additional readings	Food is culture - Identity, exchange, tradition and “origins” pp.133-137

Lesson 3	
Topic	<p>Local food places</p> <p>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</p>
Objectives	<p>Become familiar with the traditional shops of the Florentine city area - Understand the social relevance of local shops for the local community</p>

Field learning activity	Visit to local traditional shops: civaio, norcineria, pastificio, farm shops in the city center
Additional readings	Around the Tuscan table Ch. 7 pp.117-138

Lesson 4	
Topic	Bread in Italian Culture - Diet and culture in Florence 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
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 5	
Topic	Cafeteria and bar The role of the bar from its origins to today: from the <i>aggregation centers</i> of ancient Greece to French Revolution <i>Cafés</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 Paper on “Cafeteria and bars in Italy - History, evolution and social relevance” DUE

Lesson 6	
Topic	Family, friends and the neighborhood - City areas as micro-communities 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 7	
	Mid-Term Exam

Lesson 8	
	Mid-Term Break

Lesson 9	
Topic	Wine places 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 10	
Topic	Local purchasing groups & farmer’s markets 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 11	
Topic	Italian dining VS Italian Street Food 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 12	
Topic	Countryside food festivals - “save the dates!” 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 13	
Topic	Local markets VS Supermarkets 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	Conviviality and commensality in Italian traditions - 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