

## **FOOD & CULTURE IN THE MEDITERRANEAN BASIN**

LANGUAGE: English

TOTAL HOURS: 45 hours

CREDITS: 3 credits

SIS Course Code: IS 305

JU Course Code (will appear on transcript as): IS 305 Special Topics: Food and Culture in the Mediterranean Basin

### **DESCRIPTION:**

This course will examine various aspects of the relationship between food, culture and society in the Mediterranean basin, where eating is not a simple act of survival but rather a cultural and social activity. Looking at the local culture through the lens of food allows us to discover and understand social constructs, values and even the history of Europe, from ancient Greece to the great chefs of the 21st century such as Ferran Adrià. Through this we will discover the similarities and differences between how the Spanish, Italian and Greece societies work.

In this course we offer a cross-cultural perspective that will focus on history, anthropology, sociology, literature, gastronomy and the business that works behind the food industry.

### **COURSE OBJECTIVES**

#### Cognitive / Knowledge skills

- Understanding the role of gastronomy as a structural element of Mediterranean culture.
- Acquire general knowledge on Mediterranean regional areas past, present and culture through the gastronomic culture of Spain, Italy and Greece.
- Understand specific processes and concepts from an interdisciplinary approach to learn about the Mediterranean's cultural and social diversity.

#### Analytical / Critical Thinking Skills (Oral & Written)

- Develop critical thinking by reading and hearing different perspectives and views on a wide variety of topics.
- Analyze the cities we'll be visiting as a reflection of the contents that are worked on in class

#### Affective & Behavioral / Attitudinal Skills

- Engage with the local people as a way of merging with their culture
- Learn to interact with heritage and art in a much more conscious and interactive way

## **METHODOLOGY:**

The course will use a combination of guided lectures, classroom interaction, field visits, research, case studies, student presentations and individual assignments.

## **EVALUATION:**

Attendance to classes and field trips is mandatory; poor attendance will affect the final grade of the student as well as the everyday participation grade.

The final grade consists of four different parts: class participation, a midterm written exam, a final written exam, and a final project. The breakdown of grades is made up as follows:

Class participation	20%
Midterm written exam	20%
Quiz	10%
Final project	20%
Field studies	30%

**Class participation:** This grade will reflect your active participation in class debates and discussions, your ability to use effectively the specific vocabulary and introduce meaningful ideas. Active class participation includes coming to class prepared, having read the material for that session, answering questions from the professor, asking questions and engaging in group activities and making insightful reflections. You will be encouraged to express your opinions and will be expected to have a good attitude towards your instructor and classmates, give full attention to the lectures and class activities and be punctual. Class and field studies attendance is mandatory; poor attendance will affect the final grade of the student as well as the everyday participation grade.

**Final project:** The final project consists of a written essay (10%) and an oral presentation (10%). This will be a group assignment. You will be assigned a topic of research linked to the content of the syllabus. Then, you will be asked to write a 3,000-word essay if you are a pair, or a 4,500-word essay if you are three people, with the results of your research using in-text citations and adding a bibliographical list of scholarly sources used to support your findings at the end of each paper. Finally, you will present your findings to the rest of the class.

**Quiz:** The quiz will consist of 25 multiple choice questions studied in class.

**Exam:** The exam may contain a mix of short answer and essay questions aimed to test the students' full comprehension of facts and the ability to argue his/her opinions based on class material.

The guidelines for exams are as follows:

- Any student found cheating will automatically fail this examination. Additional sanctions may be imposed.
- Talking or communicating with other students during the examination is forbidden.
- Desks must be cleared of all books, notes and papers. All unauthorized materials must be put away and remain out of sight throughout the examination.
- All telephones and electronic devices must be turned completely off during the exam.
- Students arriving later than 15 minutes will not be allowed into the classroom to take the examination, subject to the decision of the instructor.
- At the end of the examination students will remain seated until their papers are collected. No one may leave the room until excused.
- Should assistance be required, students will attract the attention of the instructor.
- Failure to follow these rules will automatically lead to failure of this examination.

### **FIELD STUDIES:**

Field studies will be directly related to the course work, and may include visits to monuments, companies, government buildings, or museums.

### **ACADEMIC INTEGRITY**

SIS programs foster critical thinking and intellectual development of its students. In doing so, SIS requires that students introduce their original thoughts, opinions, and ideas in all of their assignments with the support of cited sources. Any violations of academic integrity- such as cheating, plagiarism, self-plagiarism, academic misconduct, fabrication, misuse or misrepresentation of research, and noncompliance- may result in an automatic F or immediate dismissal from the program if the student falls below the minimum number of credits required for the term; 12 credits during the semester, or 3 hours during the summer.

**Cheating** - Any action that violates the rules and guidelines given by the instructor for submitting assignments or exams.

**Plagiarism** - Any action that presents the ideas, opinions, research, etc. of another as your own.

Directly copying another's work without citing sources

Submitting another person's work into your own without properly citing the source(s) used.

Paraphrasing another person's work without providing appropriate citations

**Self-plagiarism** - Submitting a piece of one's own work to receive credit for multiple assignments in one or more class.

**Academic Misconduct** - Any act that impedes or threatens the open exchange, expression, or flow of information or fair evaluation of students. This includes intimidation and complicity in any acts or attempts to interfere with the ethical and fair submission and evaluation of student work.

**Fabrication** - Providing inaccurate or false information, including research findings, quotes, and cited sources, etc.

**Non-compliance** - Failure to comply with the values, objectives, and procedures contained in this policy.

As SIS is accredited by Jacksonville University, students are held accountable to JU's [Academic Integrity and Code of Conduct](#). You are expected to read and understand the JU terms and regulations of Academic Misconduct.

### **ATTENDANCE POLICY**

Students are allowed TWO absences throughout the summer without penalty. Starting with the third absence, the student's FINAL GRADE will be lowered by a fraction of a letter (1/3 of a letter grade). For example, if a student has 4 absences and a final grade of B+, the grade will be lowered to a B, if 5 absences the grade is lowered to B-.

There are NO excused absences. If a student misses class because s/he is sick, that counts as one of the allowed absences. No excused absences and no excuses.

Quizzes, exams and participation points that are missed because of an absence cannot be recuperated.

Students that arrive late 5 minutes or more will receive a 0 for participation for the day.

### **COURSE CONTENT:**

<b>Session</b>	<b>Content</b>	<b>Activities and Readings</b>
1	Course description, Introduction and Orientation.	N/A

2	Mediterranean gastronomy: a sea of oli, bread and wine	DeSoucey, M. "Gastronationalism Food Traditions and Authenticity Politics in the European Union" in <i>American Sociological Review</i> , n. 3 (June 2010): pp. 432-455.
3	Ham: a humble luxury. Strategies to preserve meat.	Short essay: "Compare relationship "food and the city" in Barcelona and USA"
4	The sweet religion. Each Catholic celebration has its cake	Grivetti & Shapiro (ed). <i>Chocolate: history, culture, and heritage</i>
5	Olive oil Traditional Production & Fisherman Village	N/A
6	Last trends in gastronomy. The man who changed everything: Ferran Adrià	Pascual N. <i>Translational Cookery: Ferran Adrià's Regional Cosmopolitanism.</i>
7	More than spaghetti. Regional identity and pasta.	Serventi, S. & F. Sabban. <i>Pasta. The story of a universal food</i>
8	Eat as a Pope: power through gastronomy.	Parasecoli & Scholliers. <i>A Cultural History of Food</i>
9	Coffee, the beverage of the European revolutionaries.	Pendergrast, M. <i>Uncommon Grounds: The History of Coffee and how it transformed our world.</i> Basic Books, 2010.
10	Pizza. The cultural meaning of a global dish.	Short essay: "Italian culinary culture and USA. Your point of view"

11	Made in Italy. How marketing influences our perception of food.	Mariani, J. <i>How Italian Food Conquered the World</i>
12	Oil, the liquid gold.	Galanopoulos, K. et al. "Market and Trade Policies for Mediterranean Agriculture: The Case of fruit/vegetable and Olive Oil"
13	Food and gods: gastronomy in classical Greece.	Alston, R. & O. Van Nijf. <i>Feeding the ancient Greek city.</i>
14	Herbs and spices in Greece. A bridge between western cuisine and middle east flavors.	Bakken, C. <i>Honey, olives, octopus: Adventures at the Greek table</i>
15	Gastronationalism. The case of Feta Cheese	DeSoucey, M. "Gastronationalism Food Traditions and Authenticity Politics in the European Union"
16	Final Presentations	N/A

## BIBLIOGRAPHY

### General:

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- Counihan, C. and P. Van Esterik. *Food and Culture: A Reader*. Routledge, 2012.
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- Flandrin, J.L. & M. Montanari. *A Culinary History of Food*. Columbia University Press, 1999.
- Goldstein & Merkle. *Culinary cultures of Europe: identity, diversity and dialogue*. Council of Europe, 2005.
- Grivetti & Shapiro (ed). *Chocolate: history, culture, and heritage*. Wiley, 2009.

- Hyman P. *Bistros! What they were and what they are*. Petits propos culinaires. Prospect Books, 2014, n° 100, P. 132-142.
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- Norton, M. *Sacred Gifts, Profane Pleasures: A History of Tobacco and Chocolate in the Atlantic World*. Cornell University press, 2010.
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- Reborá, G. (translated by Albert Sonnenfeld). *Culture of the Fork: A Brief History of Food in Europe*. Columbia University Press, 2001.

#### **Specific bibliography about Barcelona:**

- Anderson L. *Cooking up the nation: Spanish culinary texts and culinary nationalization in the late nineteenth and early twentieth century*. Tamesis, 2013.
- Dunmire, W. *Gardens of New Spain: How Mediterranean Plants and Foods Changed America*. University of Texas Press, 2004.
- Guillem-Llobat X. *Losing the global view in the establishment of new limits to food quality. The regulation of the food market in Spain (1880-1936)*. Food & History. Turnhout: Brepols, 2008. , vol. 6. , n° 1, P. 215-246.
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- Turnhout, B. *Cacao: From an exotic curiosity to a Spanish commodity. The diffusion of new patterns of consumption in eighteenth-century Spain*. Food & History, 2009, vol. 7, n° 1, P. 53-78.
- Valverde Villena D. Spain : agape and conviviality at the table. In *Culinary cultures of Europe: identity, diversity and dialogue*. Strasbourg: Council of Europe, 2005. P. 411-421.

#### **Specific bibliography about Rome:**

- Capatti, A. & Montanari, M. *Italian Cuisine: A Cultural History*. Columbia University Press, 2003.
- Field, C. *Celebrating Italy: the tastes and traditions of Italy revealed through its feasts, festivals and sumptuous foods*. William Morrow & Co, 1990.
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### Specific bibliography about Athens:

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- Yiakoumaki, V. "'Local', 'Ethnic', and 'Rural' Food: On the Emergence of 'Cultural Diversity' in Greece since Its Integration in the European Union" in *Journal of Modern Greek Studies 24, n. 2 (2006): pp 415-445*.
- Yiakoumaki, V. *The Nations as "Acquired Taste": On Greekness, Consumption of Food Heritage, and the Making of the New Europe*. New School for Social Research, 2002.