



## SYLLABUS

# 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 STUDIES

DEPARTMENT OF FOOD AND CULTURE

**COURSE TITLE: FOOD, WINE AND THE CITY: NEIGHBORHOOD WALKS**

**COURSE CODE: FWFCNW250**

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3 Semester Credits

### **1. DESCRIPTION**

The best way to get to know a city is to explore it by foot, wander its streets, gain confidence with its social life and surroundings, breathe in every corner of it, and be captured by the unique views, perfumes, and, especially in Italy, the food. Jean Brunhes wrote "To eat is to incorporate a territory" mainly because food, its ingredients, and the rituals connected to it, have represented the mirror of society since ancient times. This course offers a unique opportunity to immerse oneself into Florentine gastronomy and cultural background through neighborhood walks and tastings, using the city as one of most beautiful classrooms. Walking will give students the opportunity to see things that they otherwise would never see and to taste what's hidden in between the tourist food attractions. Going by foot means to stumble across areas of the city that are not always intended for tourists, maybe less fancy or famous, perhaps calmer and more beautiful, possibly with the best food ever tasted, along with neighborhood stories and curiosities to be discovered in tiny galleries or in hidden food and wine shops. Florence and its treasures are ready to be unveiled. Classes include tastings in gelaterie, gastronomie, enoteche, visits to food-related city spots, and suggestive walks in the secret Florence. The course is intended to provide academic knowledge through guided field learning activities that include research, on-site involvement, and topic assessment for each food and wine themed walk in Florence.

The classroom approach of this course is based on experiencing the city of Florence as the academic space for learning and engagement. Classes are not held in a traditional, frontal-style setting; each lesson is carefully mapped for curricular content and featured locations: lectures, observations, exercises, analysis, and reflections on presented topics are held in relevant sites that are accounted for in the academic planning, syllabus, and related course material.

Coursework and submissions will be regularly assessed on the MyFUA platform through daily assignments in addition to exams, papers, and projects. Learning through the on-site classroom approach fosters a deeper understanding of the cultural environment of Florence and how it is related to the subject of study represented by the course, and allows the overall experience to contribute to the students' academic and personal enrichment.

## **2. OBJECTIVES**

The aim of this course is to offer students the unique opportunity to examine Italian culture through walks in historic Florentine neighborhoods, and the direct experience of food culture that is a reflection of the local identity. The walks will guide students through parts of the city that are usually off the beaten track, to see Florence from a different perspective, as well as become familiar with the history, folklore and traditions that extend beyond the city center.

Upon successful completion of this course, students will be able to:

- Recognize elements of the Italian tradition of hospitality in a variety of locations
- Describe a variety of food establishments, from traditional cuisine to contemporary street food
- Demonstrate the territorial connections between food, wine and the city of Florence
- Categorize food traditions as a part of local identity in Florentine neighborhoods
- Compare and contrast establishments inside and outside the historic center and investigate the influence of tourism on food traditions
- Distinguish the historic elements that contribute to the diverse neighborhoods of the city
- Appraise the role of the local markets and vendors in traditional cuisine
- Assess the social and cultural aspects of food and wine in the traditional and contemporary Italian lifestyle

## **3. REQUIREMENTS**

There are no prerequisites for this course.

## **4. METHOD**

This course consists of lectures, 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, and experiential and/or field learning activities where applicable. As described in point 1, lessons are not held in traditional classroom settings but are based on the city of Florence as the academic space for learning and engagement. Please review the course description for the structural approach and method of coursework.

## **5. TEXT BOOK – FURTHER READINGS – RESOURCES**

### **TEXT BOOK**

Eugene N. Anderson. *Everyone Eats: Understanding Food and Culture* (2005)

The Textbooks are pre-ordered and available at: Paperback Exchange in Via delle Oche 4r or laFeltrinelli Via dei Cerretani 40R. Textbooks may also be available for purchase online or in e-book format.

The text book is mandatory for successful completion of the course.

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

### **FURTHER READINGS**

*(Books listed below are available in the FUA library)*

Anne Massey - *Interior Design of the 20th century* - Thames & Hudson, N.Y. N.Y., 2001

M.F.K. Fisher, *The Art of Eating*, Collier Books, New York, 1990.

Ruth Reichl, *Comfort Me With Apples*, Random House Trade Paperbacks, April 2002.

### **LIBRARIES IN FLORENCE**

The FUA library is located in Corso Tintori 21. Please consult the posted schedules for official opening times. 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/](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](http://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](http://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**

No additional course materials are necessary.

## **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

30% Participation and assignments (including Reading Quizzes and Reflective Journal)

20% Midterm exam / Field Learning Project (if applicable) / Special/Research Project (if applicable) / Practical evaluation (if applicable)

20% Final Paper/Project/Portfolio

20% Final Exam

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 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.**

**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 always the student's responsibility to know how many absences he or she has in a course. 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 and in-class activities, responsible behavior, and completion of assignments will be assessed. All of the above criteria also apply to Field Learning and site visits if applicable.

**11. EXAMS – PAPERS – PROJECTS**

Refer to the Study Guide at the bottom of this document for specific information.

**12. LESSONS**

<b>Lesson 1 - Historic neighborhoods: “Oltrarno” and Santo Spirito</b>	
Meet	Hospitality Palace, Via Ricasoli 21, Front Desk
Lecture	The Oltrarno area and the Santo Spirito neighborhood: The “local” side of the city center that is shared with tourists. Food as a cultural expression and the traditional artisans, nightlife and micro-community of the Santo Spirito neighborhood.
Objectives	By the end of this walk students will be able to: <ul style="list-style-type: none"> <li>• Recognize some of the most important buildings and towers of historical Florence</li> <li>• Describe a variety of restaurants and trattorie in the Santo Spirito neighborhood</li> <li>• Explain the meaning of “Oltrarno”</li> <li>• Appreciate the neighborhood routine, habits and meeting places of the neighborhood</li> <li>• Express the importance of a daily fresh market on people’s habits</li> <li>• Identify the local must-go places of Florentine nightlife</li> <li>• Experiment the atmosphere of Santo Spirito, the narrow streets and the suggestive buildings</li> </ul>
Visit	This walk will take students to the following locations: <ul style="list-style-type: none"> <li>- Lungarno Anna Maria dei Medici - Società Canottieri Firenze</li> <li>- Ponte Vecchio</li> <li>- Borgo San Jacopo – Food service establishment classifications</li> <li>- Via Santo Spirito</li> <li>- Via Maffia</li> <li>- Borgo Tegelaoia - Secret Bar</li> </ul>

	- Piazza S.Spirito - Markets and nightlife
Assignments	Topic of reflection journal 1 assigned
Readings	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 1 Additional resources: <a href="http://ilsantobevitore.com/">http://ilsantobevitore.com/</a> <a href="https://www.lungarnocollection.com/borgo-san-jacopo">https://www.lungarnocollection.com/borgo-san-jacopo</a>

<b>Lesson 2 - Santa Maria Novella: elegance, atmosphere and the art of hospitality</b>	
Meet	Hospitality Palace, Via Ricasoli 21, Front Desk
Lecture	Santa Maria Novella and classic Florentine elegance: The transformation of tradition into stylish locations. The Italian manifesto of quality and service in hospitality and the importance of customer satisfaction to fill a biological need.
Objectives	By the end of this walk students will be able to: <ul style="list-style-type: none"> <li>• Explain the importance of details for customer satisfaction</li> <li>• Describe of the most important restaurants in the Florentine food scenario</li> <li>• Identify the main features of quality hospitality</li> <li>• Examine the evergreen quality of Tuscan elegance</li> <li>• Distinguish the features of the area around Santa Maria Novella</li> </ul>
Visit	This walk will take students to the following locations: <ul style="list-style-type: none"> <li>- Via de Ginori - New restaurant concepts</li> <li>- Basilica di San Lorenzo - The legend of the Fiorentina steak</li> <li>- Via del Giglio</li> <li>- Via Tornabuoni - Palazzo Antinori &amp; Cantinetta Antinori</li> <li>- Lungarno Vespucci - Harry's Bar, The Westin Excelsior</li> <li>- Via del Moro - Trattoria Gargani</li> <li>- Piazza Santa Maria Novella - Buca Mario, JK Place</li> <li>- Giardino degli Orti Oricellari</li> </ul>
Readings	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 2  Additional resources: <a href="http://www.cantinetta-antinori.com/en">http://www.cantinetta-antinori.com/en</a> <a href="http://www.harrysbarfirenze.com/?lang=it">http://www.harrysbarfirenze.com/?lang=it</a> <a href="http://www.bucamario.com/eng-index.php">http://www.bucamario.com/eng-index.php</a>

<b>Lesson 3 - "World's coolest neighborhood": San Frediano</b>	
Meet	Hospitality Palace, Via Ricasoli 21, Front Desk

Lecture	San Frediano, the “coolest neighborhood in the world”, the contemporary face that retains its essence: The traditions of the neighborhood food shops and restaurants, and the role in local identity. The culture of the osteria and fiaschetteria and the role of the <i>Oste</i> .
Objects	By the end of this walk students will be able to: <ul style="list-style-type: none"> <li>• Identify the role of the <i>Oste</i> in Italian tradition</li> <li>• Explain the difference between osteria and fiaschetteria</li> <li>• Recognize locations known for their “Bistecca alla fiorentina” and describe the characteristics of a quality steak</li> <li>• Analyze the importance of the Macellerie around the city</li> <li>• Identify the “Historical Florentine Establishments”</li> <li>• Distinguish the elements the traditional neighborhood “gastronomia”</li> </ul>
Visit	This walk will take students to the following locations: <ul style="list-style-type: none"> <li>- Piazza dell’Olio - The Traditional Fiaschetteria</li> <li>- Via del Trebbio - Buca Lapi</li> <li>- Via delle Belle Donne</li> <li>- Via della Spada - Buca del vino</li> <li>- Via dei Federighi - Il Latini</li> <li>- Borgo San Frediano – Migrana salumi, La buticche di’ lampredotto</li> <li>- Via del Leone – Typical butcher’s shops and trattorie</li> <li>- Via Santa Monica – Classic-contemporary bakery</li> </ul>
Tastings	<ul style="list-style-type: none"> <li>- La buticche di’ lampredotto</li> <li>- Classic-contemporary bakery</li> </ul>
Assignments	Submit reflection journal part 1 to MyFua
Readings	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 3  Additional resources: <a href="https://www.lonelyplanet.com/travel-tips-and-articles/10-of-the-worlds-coolest-neighbourhoods-to-visit-right-now/40625c8c-8a11-5710-a052-1479d2769fd4">https://www.lonelyplanet.com/travel-tips-and-articles/10-of-the-worlds-coolest-neighbourhoods-to-visit-right-now/40625c8c-8a11-5710-a052-1479d2769fd4</a> <a href="http://www.bucalapi.com/en/index.php">http://www.bucalapi.com/en/index.php</a>

<b>Lesson 4 - Via Gioberti (part 1): wine-shopping like a local</b>	
Meet	Hospitality Palace, Via Ricasoli 21, Front Desk
Lecture	The family business in an area less impacted by tourism: family-run wine shops in via Gioberti. The cultural meaning of wine in Italy, and the traditions and significance of the enoteca in Italian food culture.
Objectives	By the end of this walk students will be able to: <ul style="list-style-type: none"> <li>• Recognize the area around Piazza Beccaria and via Gioberti</li> <li>• Identify a variety of local bars and street food places</li> <li>• Describe the development of the Italian wine shop during last decades</li> <li>• Express the concept of family run business</li> <li>• Distinguish different marketing approach between enoteca and bottiglieria</li> <li>• Identify the wine varieties commonly chosen by local customers</li> </ul>

Visit	This walk will take students to the following locations: <ul style="list-style-type: none"> <li>- Via degli Alfani – Pizzicagnolo</li> <li>- Via dei Pepi – Contemporary mixology @ Bitter Bar</li> <li>- Via Gioberti – Enoteca Bonatti</li> <li>- Via Cimabue – Bottiglieria Vignoli</li> </ul>
Tasting	Wine tasting
Assignments	Topic of reflection journal 2 assigned
Readings	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 5  Additional resources: <a href="http://www.enotecabonatti.it/home_page_eng.htm">http://www.enotecabonatti.it/home_page_eng.htm</a>

<b>Lesson 5 - Pearls and shadows: the dark side of Florence</b>	
Meet	Hospitality Palace, Via Ricasoli 21, Front Desk
Lecture	Notorious squares: Piazza della Passera and Piazza Tasso, the folklore, mystery and beauty of two unique areas of the Oltrarno. The origins of traditional dishes and the customs of Italian pheasant cuisine as a reflection of the environment.
Objectives	By the end of this walk students will be able to: <ul style="list-style-type: none"> <li>• Describe the folklore behind names of many Florentine locations</li> <li>• Identify typical restaurants and food shops outside the tourist routes</li> <li>• Construct a history of “trippai” and the use of offal in Tuscan cuisine</li> <li>• Examine the importance of spices in medieval and renaissance cuisine</li> <li>• Recognize how stories and legends contribute to the historic identity of areas of Florence</li> </ul>
Visit	This walk will take students to the following locations: <ul style="list-style-type: none"> <li>- Via degli Speciali - Arts and Guilds in medieval Florence</li> <li>- Vicolo dell’Onestà – Orsanmichele (focus on the ancient destination as a granary)</li> <li>- Loggia del Porcellino - The old city market</li> <li>- Piazza della Passera - Restaurants, Trattorie and nightlife</li> <li>- Via Romana - Via Della Chiesa</li> <li>- Piazza Tasso - The Italian take away: “rosticceria”</li> </ul>
Tasting	“Romana” style pizza
Readings	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 4  Additional resources: <a href="http://www.serretorrigianiinpiazzetta.it/">http://www.serretorrigianiinpiazzetta.it/</a> <a href="http://www.theflorentine.net/lifestyle/2015/10/streetsmart-piazza-tasso/">http://www.theflorentine.net/lifestyle/2015/10/streetsmart-piazza-tasso/</a> <a href="https://circoloaurorafirenze.it/">https://circoloaurorafirenze.it/</a>

<b>Lesson 6 - Time machine: Florence recent past - Le Cure</b>	
Meet	Hospitality Palace, Via Ricasoli 21, Front Desk
Lecture	Le Cure: From the traditions of the Cure washer women to the early modern architecture and Fiorentina soccer stadium, a neighborhood with a unique small village atmosphere. The connections between food and pleasure and the role of food establishments in the Italian lifestyle.
Objectives	By the end of this walk students will be able to: <ul style="list-style-type: none"> <li>• Analyze the different shops in an urban area outside the city center</li> <li>• Examine the elements of neighborhood identity and customer loyalty with food satisfaction</li> <li>• Compare and contrast the differences among the daily markets inside and outside the city center.</li> <li>• Recognize the quality characteristics of freshly roasted coffee beans</li> <li>• Discuss the food rituals before and after Sunday games</li> </ul>
Visit	This walk will take students to the following locations: <ul style="list-style-type: none"> <li>- Via Dei Servi - Pasticceria Robiglio</li> <li>- Piazza Della Santissima Annunziata</li> <li>- Piazza San Marco - Giardino dei Semplici</li> <li>- Piazza delle Cure – Gelateria Cavini, Antica Bottega del Pane, Torrefazione Casa del Moka</li> <li>- Florence Stadium - Street food and team spirit</li> </ul>
Tastings	<ul style="list-style-type: none"> <li>- Gelateria Cavini,</li> <li>- Antica Bottega del Pane</li> </ul>
Assignments	Submit reflection journal part 2 to MyFua  Paper 1 topic is assigned on Lesson 6. For detailed instruction please refer to Paper 1 at the end of this document.
Readings	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 6  Additional resources: <a href="http://www.cavinifirenze.it/">http://www.cavinifirenze.it/</a> <a href="http://www.stadiumguide.com/artemiofranchi/">http://www.stadiumguide.com/artemiofranchi/</a>

<b>Lesson 7</b>	
Meet	
Lecture	MIDTERM EXAM

<b>Lesson 8</b>	
Break	



<b>Lesson 9 - Street food: Via dei Neri and Santa Croce</b>	
Meet	Hospitality Palace, Via Ricasoli 21, Front Desk
Lecture	Street food and artisans in the heart of the historic center. Traditional approaches to contemporary trends in Italian cuisine and the communication of Italian food culture. The significance of the vinaio in Florence.
Objectives	By the end of this walk students will be able to: <ul style="list-style-type: none"> <li>• Describe the Santa Croce neighborhood</li> <li>• Analyze the differences between rustic Florentine food and contemporary interpretations of street food</li> <li>• Experiment the diffusion of trends in contemporary, relaxed establishments</li> <li>• Identify the role of the Vinaio in Tuscan tradition</li> <li>• Distinguish the most popular Florentine cured meats and the art of Norcino</li> </ul>
Visit	This walk will take students to the following locations: <ul style="list-style-type: none"> <li>- Via del Proconsolo - Fishing Lab Alle Murate (Dante Alighieri's portrait)</li> <li>- Via dei Neri - All' Antico Vinaio, La prosciutteria, Club del Gusto, Ditta Artigianale</li> <li>- Via delle Brache/ Via del Canto Rivolto - Secret Bakery</li> <li>- Piazza Santa Croce</li> <li>- Borgo dei Greci – Anfiteatro romano</li> </ul>
Tasting	Typical Italian salumi "panino"
Assignments	Topic of reflection journal 3 assigned
Readings	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 7  Additional resources: <a href="http://www.allanticovinaio.com/en/">http://www.allanticovinaio.com/en/</a> <a href="http://www.fishinglab.it/en/firenze/">http://www.fishinglab.it/en/firenze/</a> <a href="http://www.dittaartigianale.it/en/catalogo.aspx">http://www.dittaartigianale.it/en/catalogo.aspx</a>

<b>Lesson 10 - La via delle Cento Botteghe (The boulevard of 100 storefronts) : Via Gioberti (part 2)</b>	
Meet	Hospitality Palace, Via Ricasoli 21, Front Desk
Lecture	Neighborhood identity and cultural traditions: Trends in gourmet artisan food in via Gioberti and Campo di Marte and the local influence of food as a social marker.

Objectives	By the end of this walk students will be able to: <ul style="list-style-type: none"> <li>• Locate hidden wine bars</li> <li>• Identify the new trends in artisan pizza production</li> <li>• Describe features of a genuine artisan gourmet gelato</li> <li>• Illustrate the features of gourmet coffee</li> <li>• Examine food as an element of identity</li> <li>• Discuss the differences between vino sfuso and enoteca</li> </ul>
Visit	This walk will take students to the following locations: <ul style="list-style-type: none"> <li>- Via dell’Oriuolo - Biblioteca delle Oblate, Buca del vino</li> <li>- Piazza Salvemini, Arco di San Pierino - Street food, osterie and butchers’ shops</li> <li>- Via Gioberti – Pasticceria Serafini, Torrefazione Piansa</li> <li>- Piazza Oberdan – Gelateria Carapina</li> </ul>
Tasting	Artisan and sustainable coffee
Assignments	Submit paper 1 on MyFua
Readings	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 8  Additional resources: <a href="https://www.caffepiansa.com/">https://www.caffepiansa.com/</a>

<b>Lesson 11 - Funky town: San Niccolò</b>	
Meet	Hospitality Palace, Via Ricasoli 21, Front Desk
Lecture	San Niccolo, the neighborhood where artist and artisans come together under the medieval tower. Food and wine as social components of the Italian culture and the cultural significance of the aperitivo.
Objectives	By the end of this walk students will be able to: <ul style="list-style-type: none"> <li>• Explore the small hidden food shops and wine bars of San Niccolo</li> <li>• Evaluate the relaxed atmosphere and lifestyle of the Oltrarno area</li> <li>• Explain the origin of the name “Coste” in reference to the small climbing roads in the San Niccolò area</li> <li>• Illustrate where the world-famous Negroni cocktail was invented</li> <li>• Describe the history of Italian aperitivo</li> <li>• Investigate the aspects of the panoramic renaissance garden as a part of food culture</li> </ul>
Visit	This walk will take students to the following locations: <ul style="list-style-type: none"> <li>- Via delle Seggiole - Palazzo Concini o delle Seggiole</li> <li>- Via dell’Ulivo - Spazio Alfieri Cinema &amp; Bistrot</li> <li>- Via Ser Ventura Monachi – Surf Ventura</li> <li>- Porta San Niccolò - Florentine starred restaurant</li> <li>- Via San Niccolò – Local “gastronomia” shop</li> <li>- Piazza Demidoff</li> <li>- Villa e Giardino Bardini - Florentine starred restaurant</li> </ul>

Assignments	Assignment: Reflection Journal Part 3. You have three weeks to complete the third part of your reflective journal. For detailed instruction please refer to the assignment section at the end of this document.
Readings	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 9  Additional resources: <a href="https://www.visitflorence.com/what-to-see-in-florence/gardens-in-florence.html">https://www.visitflorence.com/what-to-see-in-florence/gardens-in-florence.html</a> <a href="http://www.localefirenze.it/home-2/?lang=en">http://www.localefirenze.it/home-2/?lang=en</a>

<b>Lesson 12 - Stairway to Heaven: Florence secret gardens and organic shops</b>	
Meet	Hospitality Palace, Via Ricasoli 21, Front Desk
Lecture	Organic food and outdoor lifestyles in the Italian culture, from religious orders to food traditions of the family. The social and cultural traditions of the Italian garden and the Italian-style picnic.
Objectives	By the end of this walk students will be able to: <ul style="list-style-type: none"> <li>• Identify the old city walls from a vantage view</li> <li>• Define the original layout and organization of the city</li> <li>• Describe the atmosphere of the secret gardens around Florence center</li> <li>• Analyze the social role of the picnic in the '700 society</li> <li>• Evaluate the concept of farm to table in contemporary Italian society</li> <li>• Identify the main characteristics of Italian organic shops</li> <li>• Establish a history of handcrafted products made by monks in their workshops</li> </ul>
Visit	This walk will take students to the following locations: <ul style="list-style-type: none"> <li>- Via dei Vagellai - Alternative &amp; cozy: Brac</li> <li>- Via dei Benci</li> <li>- Via dei Bardi - Decadent florence: Montecarla Club</li> <li>- Costa San Giorgio/Costa Scarpuccia</li> <li>- Forte Belvedere</li> <li>- Via dell'erta canina - organic shop, Enoteca</li> <li>- Giardino delle Rose</li> <li>- Piazzale Michelangelo - Giardino dell'Iris</li> <li>- San Miniato al Monte - Monastic Pharmacy</li> </ul>
Tasting	Seasonal fruit Natural pine shoots syrup
Readings	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 10  Additional resources: <a href="https://www.visitflorence.com/what-to-see-in-florence/gardens-in-florence.html">https://www.visitflorence.com/what-to-see-in-florence/gardens-in-florence.html</a> <a href="https://www.visittuscany.com/en/food/florence-saffron/">https://www.visittuscany.com/en/food/florence-saffron/</a>

<b>Lesson 13 – “Young-hood” : Sant’Ambrogio</b>	
Meet	Hospitality Palace, Via Ricasoli 21, Front Desk
Lecture	Open markets, Florentine nightlife, and the Jewish ghetto in Sant’Ambrogio, cultural influences within food traditions and new perspectives on food culture.
Objectives	By the end of this walk students will be able to: <ul style="list-style-type: none"> <li>• Analyze the impact of the Jewish community on local product availability</li> <li>• Identify the social and aggregation role of a literary café</li> <li>• Recognize the “authentic” atmosphere of a popular neighborhood</li> <li>• Describe the historical connections between Florence and the Jewish community</li> <li>• Formulate reasons for the diffusion of handcrafted beer in Italian culture</li> </ul>
Visit	This walk will take students to the following locations: <ul style="list-style-type: none"> <li>- Via Matteo Palmieri - Friggitoria</li> <li>- Via Ghibellina - Enoteca Pinchiorri</li> <li>- Borgo Allegri - La Divina Pizza</li> <li>- Piazza dei Ciompi - Loggia del Pesce</li> <li>- Sinagogue - Ruth’s Jewish Restaurant</li> <li>- Mercato di Sant’Ambrogio</li> <li>- Via dell’Ortone Borgo la Croce - Handcrafted Beer shop</li> <li>- Le Murate</li> </ul>
Readings	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 11  Additional resources: <a href="https://enotecapinchiorri.it/?lang=en">https://enotecapinchiorri.it/?lang=en</a> <a href="http://www.lemuratepac.it/en/">http://www.lemuratepac.it/en/</a>

<b>Lesson 14 – Cultural influences on Florentine gastronomy: Borgo Ognissanti</b>	
Meet	Hospitality Palace, Via Ricasoli 21, Front Desk
Lecture	The Antico Borgo and the “new” Florence. Immigration, tourism and the effect of cultural integration on food traditions in Florence. Final exam review
Objectives	By the end of this walk students will be able to: <ul style="list-style-type: none"> <li>• Describe the influence of cultural diversity on Italian food traditions</li> <li>• Define the meaning of a “borgo” from the Italian perspective</li> <li>• Compare and contrast aspects of neighborhoods in a variety of Florentine locations</li> <li>• Express a personal perspective on cultural influences of Florentine gastronomy</li> </ul>

Visit	This walk will take students to the following locations: <ul style="list-style-type: none"> <li>- Via delle Terme</li> <li>- Via del Parione - Palazzo Corsini</li> <li>- Borgo Ognissanti – Cenacolo di Ognissanti</li> <li>- Via del Porcellana - Florentine icons: 13 Gobbi, Sostanza</li> <li>- Via Curtatone - 7/11: Caffè Curtatone</li> <li>- Rotonda dei Barbetti - Dome</li> </ul>
Assignments	Submit reflection journal on MyFua
Readings	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 12  Additional resources: <a href="http://www.museumsinflorence.com/musei/ognissanti_last_supper.html">http://www.museumsinflorence.com/musei/ognissanti_last_supper.html</a>

<b>Lesson 15</b>	
Meet	In class
Lecture	FINAL EXAM

**STUDY GUIDE  
FWFCNW250 FOOD, WINE AND THE CITY: NEIGHBORHOOD WALKS**

**WHAT TO EXPECT FROM THIS COURSE**

**What is Field Learning**

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 cultural because it is intended to be wide-reaching, field-related content 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, art, and community within the Italian territory. Faculty will lead students in experiencing Italian culture 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.

**What is Myfua**

Myfua is the FUA Virtual Learning Environment. Here you will find important documents such as the Syllabus and additional reading resources. The Syllabus contains information about the grading system and assessments (sections 9, 10, 11), as well as the lesson plans (section 12). In addition, you will use Myfua to upload your assignments. Please make sure you are familiar

with Myfua platform before the start of the FL week. For any doubts or questions, you may contact the course instructor by email.

## **FL experience**

The FL experience will consist of 12 outdoor lessons which will allow you to discover Florentine gastronomic culture by means of walking. You will learn about Italy's past and will be able to better understand and appreciate Italy's modern multifaceted society and culture. You will be exposed to many different learning environments from different perspectives – often within the same day – which all left a mark that is still visible on local food and the social conventions and traditions that are part of food culture. The extremely rich, varied and complex Florentine gastronomy is based on many “historical layers” that still coexist in the city. Visits and lectures will focus on different cultural factors, local folklore and typical ingredients, to better support understanding of the complexity of Italy's gastronomic heritage.

During the FL experience, you will:

- Visit a variety of relevant food and wine establishments to gain first-hand experience of Italian society and habits.
- Participate in walks that may take up to 2h30m, so be prepared for extensive walking.
- Be encouraged to connect the information acquired during each FL moment with your background knowledge and your personal impressions and opinions.

Each walk will take you to different parts of the city (please see Course Syllabus for the detailed itinerary) but, for each walk, you will:

- Meet on-campus with your instructor
- Complete the daily assignments (reflective journal and reading)

## **Academic tips**

To be successful, the FL method requires active participation in visits and lectures. During visits and FL activities you should take notes as well as pictures (please bring a notepad and a pen). This will help you assimilate and memorize the information given. Effective note-taking will reduce the time it takes you to complete the assignments and will help you prepare for the final paper and exam.

All the FL activities (and assigned readings) are tied to one another so you should always connect what you have learned in each FL activity to the previous and following activity. You must read the assigned chapters/resources before the FL activity and refer to the information acquired through the reading in your Journal Entries. You are also encouraged to carry out independent research on the internet (from reliable sources) and further investigate the topics discussed during the walks.

## **Practical tips**

### **What to wear (according to seasons)**

- A light rain jacket
- A waterproof jacket
- An umbrella
- Mosquito spray or stick
- Sunblock and hat
- Comfortable covered walking shoes

Note: In order to keep a respectful atmosphere in the major Roman churches, a dress code is enforced, and those not dressed in a conservative fashion might not be admitted within. Shoulder-

less tops are not permitted. Men may not wear shorts; women's skirts must reach to below the knees.

## WHAT IS EXPECTED FROM YOU IN THIS COURSE

### Grade breakdown

The grade breakdown for the course is the following:

10% Attendance

30% Participation and assignments (including Reading Quizzes and Reflective Journal)

20% Midterm exam / Field Learning Project (if applicable) / Special/Research Project (if applicable)

20% Final Paper/Project/Portfolio

20% Final Exam

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.

### Class participation

Active **participation** accounts for 10% of the final course grade. 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.

An important aspect of participation is your ability to ask questions and make relevant comments during the visits. Your impressions, opinions and doubts constitute an essential part of your learning process, and you should take advantage of all FL moments to clarify your ideas. Don't be afraid to express your opinion, and try to think outside the box. Analysis of events, places, habits and traditions is critical in demonstrating a deeper understanding of the cultural environment in which you will be immersed. Positive and negative impressions should always be backed up by personal observations developed during the FL activities and/or references to the topics covered in the reading and lectures. Above all, be curious. Independent field research during the exploratory free time is always encouraged and specifically required for certain assignments (namely, the final paper).

### Assignments: Reflective Journal and Continuous Reading Assessment

The **reflective journal** accounts for 10% of the final course grade and is your opportunity to think back at what you have seen during your walks and maximize the learning experience. Your journal entries will be assessed every three lessons (refer to the syllabus for specific deadlines). There are three phases for successful journal writing: 1) Active observation 2) Research 3) Writing.

1) Active observation: while observing, develop your critical thinking skills by asking yourself some of the questions below (not all questions might be relevant to what you are observing):

- Analyze Italian street food. What are the main characteristics? Which are the most common products that Italians consume as street food?
- Explore the relationships between food and Italian cultural heritage. What is the role of food in the Italian lifestyle?
- What is the meaning of conviviality in relationship to food, for Italians? Is eating considered a mode of gathering or is it just a way to satisfy a biological need?
- What is the relationship to the eating environment, the individual, and the actual food? What is the Italian approach to this aspect of eating?

- Florence is somewhat divided into neighborhoods. How does this distinction affect the way people eat in the different areas of the city? How can this be described as a local phenomenon and/or as part of the traditional folklore?
- Service and hospitality are of the utmost importance when dealing with customers. From your visits and the guidance of your instructor, how would you describe the differences between a *maitre* and the Italian “*oste*”?
- Italian food can have peculiar names. What are the motives behind creative names for various food/dishes?
- What are the differences between Italian foodservice establishments, such as the osteria, trattoria, fiaschetta, ristorante. How would you classify each of various establishments visited on this walk?
- Explain the Italian approach to seasonality? How important is seasonality and what is the effect on eating habits?
- Describe the Italian approach to sustainable and organic food. Is there a connection between this and any other factors discussed in this course?

Note: You are not limited to these questions and are welcome to include in your journal any other thoughts. Take pictures of what you see so that you can refer back to these at a later stage when writing your journal. You may want to include these pictures in your journal but please be aware that they will not be evaluated in the assessment.

2) Research: Each walk must be accompanied by appropriate reading (compulsory texts must be read before the walk and are indicated in the syllabus). Additional reading and research on the internet (from reliable sources) will help you answer some of the above questions more thoroughly. You may also want to ask locals for any additional information.

Note: To demonstrate you have read the daily assigned chapters, include references from the book in your journal entries.

3) Writing: Look back at your notes and pictures, think about what you have read and for each walk, write a short text of 300-350 words.

Before submitting, ensure the final product of your journal is well-presented (work must be typed and in a readable font, quotations and citations (if any) must be referenced appropriately). Your journal will be assessed on the basis of completion, originality of content and demonstrated critical thinking skills.

## Reading

Along with participation, **reading** accounts for 10% of the final course grade. Reading of the text book is mandatory for successful completion of the course, further reading is highly recommended. Regular **quizzes** have been designed to ensure that you are completing the reading and engaging in active learning and critical thinking about course concepts outside of class. They are also designed to help you prepare for the final exam in manageable increments. Quizzes will be open-note, which means you may use your notes to assist you in taking the quiz. Notes must be originals (not photocopied) and in your own handwriting. Quizzes will NOT be open book.

## Final Paper

The Final Paper accounts for 20% of the final course grade. Choose ONE of the essay questions below and write a paper between 2500 and 3000 words. Make sure your paper conforms to academic standards in terms of style and register. Your paper must include at least four relevant sources from scholarly books, journals, or articles. Ensure your paper is properly referenced and includes a bibliography. Include a word count at the end of the paper (you may go 10% above or below the word limit).



1. Discuss Italian traditions in street food from a historical and gastronomic perspective. What is the cultural significance of street food and what are the main characteristics of street food in Italy? Identify some of the most popular ingredients for Italians and their cultural significance, with a focus on the Florentine classics and their history.
2. Can cooking be defined an art? If so, is this art limited to the high-end gourmet restaurants or can it be found also in simple, traditional food? Compare and contrast the artistic elements of Italian cooking in both traditional and elaborate cuisine, and the Italian perspective on each of them.
3. Jean Brunhes wrote "To eat is to incorporate a territory". After your experience in this course, what are your thoughts about this statement? Construct an argument for or against this statement and include references to support your perspective.

\* *The instructor may provide alternative essay topics.*

## **Midterm and Final Exam**

The **Midterm** exam accounts for 20% of the final course grade and the **Final** exam accounts for 30% of the final course grade. Both exams will be uploaded on the course website MyFua and are to be completed by the student at home under exam conditions. This means that:

- The exam must be taken completely alone. Showing it or discussing it with anybody is forbidden, including (but not limited to) the other students in the course in current or previous years.
- You may use any publicly available material you want, including books, the internet, etc. However, you are NOT allowed to submit questions to internet discussion groups.
- Use your own words. If you find a solution of a question in a book or online, cite it in your submission and do not copy it as-is. Make changes which demonstrate you understand what you are writing. Plagiarism will be severely penalized.
- You may take as much time as you need to complete the exam. You may start the exam and return to it at a later stage. Note, you will no longer have access to the exam once the deadline has passed.

The completed exam must be uploaded to MyFua before the deadline. Late submission will be penalized; technical problems will not be accepted as an excuse for late submissions. It is your responsibility to make sure that your computer and internet connection work properly and that the solved exam is uploaded on time.

Exam content: the content of the exam will be based on the textbook and on the websites enlisted in the bibliography below. Please make sure you have read these resources thoroughly before taking the exam.

Exam format (for both exams): the exam is divided into three sections:

Part I: 10 Multiple choice questions. Each correct answer is worth 2 points, for a total of 20 points.

Part II: 10 short-answer questions. Each correct and complete answer (concise explanations, main ideas, key words, names, etc.) is worth 5 points, for a total 50 points.

Part III: two essay questions; each correct and complete answer is worth 15 points (based on content, vocabulary, detail, etc.) for a total of 30 points.