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**APICIUS – INTERNATIONAL SCHOOL OF HOSPITALITY**


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**SCHOOL OF SCHOOL OF FOOD AND WINE STUDIES**
**DEPARTMENT OF FOOD AND CULTURE**
**COURSE TITLE: FOOD, WINE AND THE CITY: RIVIERA NEIGHBORHOOD WALKS**
**COURSE CODE: FWFCRN220**
**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 the Ligurian Riviera 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. The Riviera 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 Riviera. 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 the Ligurian Riviera.

The classroom approach of this course is based on experiencing the Riviera city 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 Course website 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 the Riviera 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 Riviera 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 the Riviera 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 Riviera
- Categorize food traditions as a part of local identity in the Riviera 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. TEXTBOOK – FURTHER READINGS – RESOURCES

TEXTBOOK (Copy available at the university library):

- Anderson, Eugene N. *Everyone Eats: Understanding Food and Culture*, New York University Press, 2014.

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

- Cooper J., Leifert C., Niggli U. (2007), *Handbook of Organic Food Safety and Quality*, Woodhead Publishing Limited, Cambridge, chapter 2, pp. 9-21.
- M.F.K. Fisher, *The Art of Eating*, Collier Books, New York, 1990.
- M. Montanari - *Food is Culture* - Columbia University Press
- Parasecoli F., *Food Culture in Italy*, Greenwood Press, CT 2004
- Capatti A., Montanari M., *Italian Cuisine*, Columbia University Press, N.Y. 1999
- Anderson B., *Wines of Italy*
- Piras C., *Culinaria Italy*, Ullmann 2007
- Barzini L., *The Italians, A Full-Length Portrait Featuring Their Manners and Morals*, NY, 2005
- 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
- Harper D. - Faccioli P., *The Italian Way*, The University of Chicago Press, 2009

### LIBRARIES IN LA SPEZIA

CIVIC LIBRARY PIETRO MARIO BEGHI

Located in Via del Canaletto 100. Please consult the library website for hours of operation.

#### BIBLIOTECA CIVICA UBALDO MAZZINI

Located in Corso Cavour 25. Please consult the library website for hours of operation.

#### SISTEMA BIBLIOTECARIO DI LIGURIA (LIGURIAN LIBRARY SYSTEM)

It offers a collection of books, magazines, newspapers, and other materials, including a large collection of audiovisual materials. The library also has a variety of public programs and events, including film screenings, concerts, and exhibitions.

### 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 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 **Midterm Exam** accounts for 20% of the final course grade. The time and date of the exam cannot be changed for any reason.

Format: the exam is divided into two sections:

- Part I: Short answer questions, for a total of 70 points.
- Part II: Essay question for a total of 30 points.

The **Final Paper/Project/Portfolio** accounts for 20% of the final course grade. Students will prepare a 2000-word paper in which it is developed a thorough analysis about the elements of the Italian tradition of hospitality, demonstrating the territorial connections between food, wine and the Riviera area with a particular focus on assessing the social and cultural aspects of food and wine in the traditional and contemporary Italian lifestyle. Students will conform their project to academic standards in terms of style and register, including a bibliography, quotations and/or citations from scholarly books, journals, or articles. Evaluation will be based on the following criteria: Pertinence & Coverage; Analysis & Understanding; Organization & Structure; Language & Accuracy; References & Bibliography.

The **Final Exam** accounts for 20% of the final course grade. For exam time and date consult the course addendum. The time and date of the exam cannot be changed for any reason. Format: the exam is divided into two sections:

- Part I: Short answer questions, for a total of 70 points.
- Part II: Essay question for a total of 30 points.

The Final Exam is cumulative.

## 12. LESSONS

Lesson 1	
Meet	Via Domenico Chiodo 36, La Spezia
Lecture	The Historical City Center of the Riviera

<b>Objectives</b>	<p>By the end of this walk students will be able to:</p> <ul style="list-style-type: none"> <li>• Recognize some of the most important buildings of historical Riviera</li> <li>• Describe a variety of restaurants and <i>trattorie</i> in the historical city center neighborhood</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 the Riviera nightlife</li> <li>• Experiment the atmosphere of the Riviera city center, the narrow streets and the suggestive buildings</li> </ul>
<b>Visit</b>	<p>This walk will take students to the following locations:</p> <ul style="list-style-type: none"> <li>• Viale Mazzini</li> <li>• Piazza Mentana</li> <li>• Piazza Cesare Battisti</li> <li>• Piazza Camillo Benso conte di Cavour</li> <li>• Corso Cavour</li> <li>• Via Antonio Gramsci</li> <li>• Via Napoli</li> <li>• Via del Prione</li> <li>• Largo S. Josemaría Escrivá</li> </ul>
<b>Readings/Assignments</b>	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> - Chapter 1

Lesson 2	
<b>Meet</b>	Via Domenico Chiodo 36, La Spezia
<b>Lecture</b>	A Taste of the Riviera: Seafood Traditions
<b>Objectives</b>	<p>By the end of this walk students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the geographic location and significance of The Riviera as a coastal city</li> <li>• Identify the primary types of seafood caught or farmed in the Ligurian Sea</li> <li>• Explore the history of seafood consumption in the Riviera and its cultural significance</li> <li>• Understand the principles of sustainable seafood consumption</li> </ul>
<b>Visit</b>	<p>This walk will take students to the following locations:</p> <ul style="list-style-type: none"> <li>• Piazza Bayeruth</li> <li>• Piazza Europa</li> <li>• Costantino Morin Promenade</li> </ul>
<b>Readings/Assignments</b>	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 2

Lesson 3	
Meet	Via Domenico Chiodo 36, La Spezia
Lecture	The Culture of the <i>Osteria</i> and the role of the <i>Oste</i> .
Objectives	<p>By the end of this walk students will be able to:</p> <ul style="list-style-type: none"> <li>• Identify the role of the <i>oste</i> in Italian tradition</li> <li>• Define the term <i>osteria</i> and its historical origins</li> <li>• Explain the difference between <i>osteria</i> and <i>fiaschetteria</i></li> <li>• Understand the types of food and beverages typically served in an <i>osteria</i></li> <li>• Distinguish the elements the traditional neighborhood “gastronomia”</li> </ul>
Visit	<p>This walk will take students to the following locations:</p> <ul style="list-style-type: none"> <li>• Via Bartolomeo Fazio</li> <li>• Piazza Giuseppe Verdi</li> <li>• Piazzetta del Bastione</li> <li>• Piazza Saint Bon</li> <li>• Via Nino Bixio</li> <li>• Viale Giuseppe Garibaldi</li> </ul>
Readings/ Assignments	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 3

Lesson 4	
Meet	Via Domenico Chiodo 36, La Spezia
Lecture	Beyond the Bottle: The Cultural Significance of Wine in the Riviera
Objectives	<p>By the end of this walk students will be able to:</p> <ul style="list-style-type: none"> <li>• Investigate the historical development of wine production in the Riviera, tracing its origins and evolution of time</li> <li>• Evaluate the cultural significance of win in the Riviera’s history, including its role in local economies and social interactions</li> <li>• Identify and describe the primary grape varieties cultivated in the Riviera area, considering their adaptations to the local climate and soil conditions</li> <li>• Discuss the significance of regional appellations, such as Cinque Terre DOC, in defining the identity of the Riviera area wines</li> </ul>
Visit	<p>This walk will take students to the following locations:</p> <ul style="list-style-type: none"> <li>• Via Daniele Manin</li> <li>• Piazza Bastione</li> <li>• Via Calatafimi</li> <li>• Via San Martino della Battaglia</li> <li>• Via Carpenino</li> <li>• Via Vittorio Veneto</li> </ul>
Tasting	Wine Tasting
Readings/ Assignments	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 5

Lesson 5	
Meet	Via Domenico Chiodo 36, La Spezia
Lecture	The Art of <i>Focaccia</i> and Bread in the Ligurian Riviera
Objectives	<p>By the end of this walk students will be able to:</p> <ul style="list-style-type: none"> <li>• Define the primary types of focaccia and breads produced in the Riviera, considering their distinctive characteristics and ingredients</li> <li>• Compare different varieties of flours used for Ligurian breads, such as <i>focaccia</i>, chickpea flour <i>farinata</i>, <i>panissa</i>, and <i>panigacci</i></li> <li>• Analyze the impact of modern baking technologies on the production of bread in the region</li> <li>• Investigate the unique culinary traditions associated with bread and focaccia in the Riviera area</li> </ul>
Visit	<p>This walk will take students to the following locations:</p> <ul style="list-style-type: none"> <li>• Via Felice Cavallotti</li> <li>• Via Unione</li> <li>• Via del Carmine</li> <li>• Piazza Cavour</li> <li>• Via Antonio Gramsci</li> <li>• Via dei Mille</li> <li>• Corso Cavour</li> <li>• Piazza Benedetto Brin</li> <li>• Viale Aldo Ferrari</li> <li>• Via Fiume</li> <li>• Via Claudio Monteverdi</li> <li>• Piazzale Emanuele Ferro</li> </ul>
Tasting	Focaccia & Bread
Readings/ Assignments	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 4

Lesson 6	
Meet	Via Domenico Chiodo 36, La Spezia
Lecture	Riviera's Finest: The Art and Heritage of EVOO Production
Objectives	<p>By the end of this walk students will be able to:</p> <ul style="list-style-type: none"> <li>• Examine the unique characteristics of the Riviera olive varieties, including their flavor profile, acidity levels, and sensory attributes</li> <li>• Analyze the factors that contribute to the distinctive qualities of Ligurian olive oil, such as the region's microclimate, terroir, and traditional cultivation practices</li> <li>• Explore the cultural significance of olive oil in Ligurian cuisine and its use as a staple ingredient in traditional dishes</li> </ul>
Visit	<p>This walk will take students to the following locations:</p> <ul style="list-style-type: none"> <li>• Piazza Domenico Chiodo</li> </ul>

	<ul style="list-style-type: none"> <li>• Viale Giovanni Amendola</li> <li>• Piazza Sant'Agostino</li> <li>• Via Bertella</li> </ul>
<b>Readings/ Assignments</b>	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 4

<b>Lesson 7</b>	
<b>Meet</b>	On course website
<b>Lecture</b>	MIDTERM EXAM

<b>Lesson 8</b>	
<b>NA</b>	ACADEMIC BREAK

<b>Lesson 9</b>	
<b>Meet</b>	Via Domenico Chiodo 36, La Spezia
<b>Lecture</b>	Riviera Traditional Bars and Cafes
<b>Objectives</b>	<p>By the end of this walk students will be able to:</p> <ul style="list-style-type: none"> <li>• Discuss the cultural significance of historical bars and cafes and their role in social gatherings, entertainment, and local custom</li> <li>• Identify and analyze the most prominent historical bars and cafes in the Ligurian Riviera city center, considering their architectural features, historical significance and contribution to the urban landscape</li> <li>• Recognize and underline the regional differences in breakfast habits across Italy, including variations in food, beverages, and social customs</li> <li>• Evaluate the impact of the “breakfast culture” on the Italian economy, considering factors such as employment, tourism, and local business</li> </ul>
<b>Visit</b>	<p>This walk will take students to the following locations:</p> <ul style="list-style-type: none"> <li>• Piazza Beverini</li> <li>• Via Sant'Antonio</li> <li>• Via di Monale</li> <li>• Via Napoli</li> <li>• Piazza Ramiro Ginocchio</li> <li>• Via del Vecchio Ospedale</li> <li>• Via XXVII Marzo</li> <li>• Via Alessandro Manzoni</li> <li>• Piazza San Domenico di Guzman</li> </ul>
<b>Tasting</b>	Artisan and sustainable coffee
<b>Readings/ Assignments</b>	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 7

Lesson 10	
Meet	Via Domenico Chiodo 36, La Spezia
Lecture	Gourmet Artisan Food and the Local Influence of Food as a Social Marker.
Objectives	<p>By the end of this walk students will be able to:</p> <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>• Recognize the quality characteristics of freshly roasted coffee beans</li> <li>• Examine food as an element of identity</li> <li>• Discuss the differences between <i>vino sfuso</i> and <i>enoteca</i></li> </ul>
Visit	<p>This walk will take students to the following locations:</p> <ul style="list-style-type: none"> <li>• Via Sapri</li> <li>• Via dei Mille</li> <li>• Via Giovanni Sforza</li> <li>• Viale Italia</li> </ul>
Tasting	Northern Italian pastry specialties
Readings/ Assignments	Anderson, E. N. (2005). Everyone Eats: Understanding Food and Culture Chapter 8

Lesson 11	
Meet	Via Domenico Chiodo 36, La Spezia
Lecture	<i>Aperitivo</i> : A Ritual of Socializing
Objectives	<p>By the end of this walk students will be able to:</p> <ul style="list-style-type: none"> <li>• Evaluate the sociocultural significance of the <i>aperitivo</i> ritual in Italian society and its contribution to the development of a sense of community and belonging</li> <li>• Assess the impact of <i>aperitivo</i> within the Italian economic landscape, examining its contributions to key sectors such as tourism, hospitality, and local business</li> <li>• Explore the <i>aperitivo</i>'s potential to promote local food products</li> <li>• Discuss the effects of social media on the <i>aperitivo</i> ritual and its influence on trends and consumer behaviors</li> </ul>
Visit	<p>This walk will take students to the following locations:</p> <ul style="list-style-type: none"> <li>• Via Manfredo da Passano</li> <li>• Via Vincenzo Gioberti</li> <li>• Via Felice Cavallotti</li> <li>• Via Francesco Spezzino</li> <li>• Via Cristoforo Colombo</li> <li>• Piazza della Quartiere</li> <li>• Via di Monale</li> </ul>

	<ul style="list-style-type: none"> <li>• Via Roma</li> </ul>
<b>Readings/ Assignments</b>	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 9

Lesson 12	
<b>Meet</b>	Via Domenico Chiodo 36, La Spezia
<b>Lecture</b>	Organic Food and Outdoor Lifestyles in the Italian Culture
<b>Objectives</b>	<p>By the end of this walk students will be able to:</p> <ul style="list-style-type: none"> <li>• Identify and define the social and cultural traditions of the Italian garden and the Italian-style picnic</li> <li>• Analyze the social role of the picnic in contemporary 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> </ul>
<b>Visit</b>	<p>This walk will take students to the following locations:</p> <ul style="list-style-type: none"> <li>• Public Gardens (“Boschetto”)</li> <li>• Parco della Rimembranza</li> <li>• Parco dei Conigli</li> <li>• Parco delle Mura</li> </ul>
<b>Readings/ Assignments</b>	Cooper J., Leifert C., Niggli U. (2007), <i>Handbook of Organic Food Safety and Quality</i> , Woodhead Publishing Limited, Cambridge, chapter 2, pp. 9-21.

Lesson 13	
<b>Meet</b>	Via Domenico Chiodo 36, La Spezia
<b>Lecture</b>	Riviera Street Food
<b>Objectives</b>	<p>By the end of this walk students will be able to:</p> <ul style="list-style-type: none"> <li>• Evaluate the street food contribution to the economic vitality of communities by attracting tourists, stimulating local business, and generating revenue</li> <li>• Examine the interplay between Ligurian culinary traditions and food traditions from other Countries</li> <li>• Assess the impact of social media trends in shaping the perception of street food as a fashionable culinary choice</li> </ul>
<b>Visit</b>	<p>This walk will take students to the following locations:</p> <ul style="list-style-type: none"> <li>• Via del Prione</li> <li>• Via Giovanni Sforza</li> <li>• Via del Torretto</li> <li>• Via Don Giovanni Minzoni</li> <li>• Via Giacomo Doria</li> <li>• Piazza XXV Aprile</li> </ul>

<b>Readings/ Assignments</b>	Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 12
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<b>Lesson 14</b>	
<b>Meet</b>	Via Domenico Chiodo 36, La Spezia
<b>Lecture</b>	Immigration, Tourism and the Effect of Cultural Integration on Food Traditions in the Riviera. Final Exam Review
<b>Objectives</b>	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>• Express a personal perspective on cultural influences of Riviera gastronomy</li> <li>• Discuss the role of food as a medium of cultural identity and an inter-cultural catalyst of contact and exchange</li> <li>• Evaluate the contribution of ethnic food traditions on the Riviera food heritage and conventions</li> <li>• Identify and analyze the concept of “global cuisine”</li> </ul>
<b>Visit</b>	This walk will take students to the following locations: <ul style="list-style-type: none"> <li>• Umberto I neighbourhood</li> <li>• Piazza Benedetto Brin</li> </ul>
<b>Readings/ Assignments</b>	Submit Final Paper/Project/Portfolio on Course website  Anderson, E. N. (2005). <i>Everyone Eats: Understanding Food and Culture</i> Chapter 12

<b>Lesson 15</b>	
<b>Meet</b>	Course website
<b>Lecture</b>	FINAL EXAM