



CIEE Global Institute, Rome

Course name:	Food, Nutrition and Culture
Course number:	FSCI 3001 ROIT
Programs offering course:	Rome Open Campus (Health Sciences Track)
Language of instruction:	English
U.S. Semester Credits:	3
Contact Hours:	45
Term:	January 2020

Course Description

This course analyzes the relationship between food, nutrition and health. A key idea analyzed in the course is that food is culturally defined: what is considered a food in Culture A is not necessarily a food in culture B. Key topics explained in the course include human nutrition, main classes of nutrients, causes and consequences of malnutrition, and what can be done to prevent it. The basics and benefits of nutritious diets are analyzed, and the Mediterranean and Italian diets are used as case studies. Concepts such as RDA (recommended dietary allowances), recommended DRI (dietary reference intake), and food pyramids are presented. Specific RDAs by country and DRI for various age and gender groups are discussed. Food pyramids of specific countries such as Italy, the US and Sweden, which published the first food pyramid, are also presented. The course also analyzes the guidelines published by the WHO and the FAO (Food and Agriculture Organization), relating to objectives to prevent obesity, and promote healthy diets.

Learning Objectives

By the end of the course, students will be able to:

- Recognize the strong relationship between food, nutrition and culture
- Develop a deepened understanding of the Mediterranean diet and its patrimonialization process
- Demonstrate an appropriate use of specific vocabulary in the field of nutrition and food studies
- Develop the ability to write critically about European and Italian food cultures
- Demonstrate a clear knowledge of the main theoretical approaches to food and nutrition studies
- Understand the interdisciplinary nature of food studies
- Develop informed knowledge around the notions of Mediterranean diet, balanced diet, RDA, DRI, food pyramid, sustainable food.

Course Prerequisites

No specific pre-requisites are needed for this course.

Methods of Instruction

This course will combine lectures, class debates, experimental activities, film screenings, articles reviews and onsite classes.

Assessment and Final Grade

Written Assignments: 5%



Research Paper:	20%
Menu Design:	5%
Group Presentation:	20%
Final Exam:	25%
Class Quizzes	5%
Class participation:	20%

Course Requirements

Written Assignments

Students will be asked to write short essays on the topics covered in class. Rubrics will be used to assess each assignment.

Research paper

Students will be asked to write a research paper focused on one of the main Italian food products by invoking main issues addressed during the course, including historical, nutritional, productive, cultural, social and environmental values. Professor will provide extensive and precise guidelines.

Menu Design

Students will be asked to create a weekly menu for young adults (18-21 years old) by applying principles of the Mediterranean diet. Concepts, theoretical approaches and social aspects discussed in class should be also evoked. Professor will provide guidelines and menu samples.

Group Presentation

Integrating a role-play approach with reflexive thinking of the site visits, lectures and texts from the course, students will discuss in small groups main issues and contemporary challenges related to food, and present their conclusion to the class. Topics and format will be discussed and agreed with the professor during the second week of classes.

Final Exam

Students will take a final exam at the end of the course. The exam (multiple choice test and short essays) will include all topics analyzed in class.

Rubrics will be used to assess each assignment.

Participation

Participation is valued as meaningful contribution in the digital and tangible classroom, utilizing the resources and materials presented to students as part of the course. Meaningful contribution requires students to be prepared in advance of each class session and to have regular attendance. Students must clearly demonstrate they have engaged with the materials as directed, for example, through classroom discussions, online discussion boards, peer-to-peer feedback (after presentations), interaction with guest speakers, and attentiveness on co-curricular and outside-of-classroom activities.

Attendance Policy

Regular class attendance is required throughout the program, and all unexcused absences will result in a lower participation grade for any affected CIEE course. Due to the intensive schedules for Open Campus



and Short Term programs, unexcused absences that constitute more than 10% of the total course will result in a written warning and a 3% grade deduction.

Students who transfer from one CIEE class to another during the add/drop period will not be considered absent from the first session(s) of their new class, provided they were marked present for the first session(s) of their original class. Otherwise, the absence(s) from the original class carry over to the new class and count against the grade in that class.

For CIEE classes, excessively tardy (over 15 minutes late) students must be marked absent. Attendance policies also apply to any required co-curricular class excursion or event, as well as to Internship, Service Learning, or required field placement. Students who miss class for personal travel, including unforeseen delays that arise as a result of personal travel, will be marked as absent and unexcused. No make-up or re-sit opportunity will be provided.

An absence in a CIEE course will only be considered excused if:

- a doctor's note is provided
- satisfactory evidence is provided of an emergency

Attendance policies also apply to any required class excursion, with the exception that some class excursions cannot accommodate any tardiness, and students risk being marked as absent if they fail to be present at the appointed time.

Unexcused absences will lead to the following penalties:

<i>Percentage of Total Course Hours Missed</i>	<i>Equivalent Number of Open Campus Semester classes</i>	<i>Minimum Penalty</i>
Up to 10%	1 content class or up to 2 language classes	No warning or grade penalty, participation may be impacted
10 – 20%	2 content classes, or 3 language classes	Written warning and 3% grade deduction from the student gradebook ; participation may have an additional grade impact
More than 20%	3 content classes, or 4 language classes	Automatic course failure , and possible expulsion

Weekly Schedule

Week 1

Introduction

Class 1.1

This class will present the syllabus, with emphasis on assessment methods and course requirements. It will then introduce the concepts of food, nutrition and culture with a particular emphasis on the socio-cultural aspects related to human eating. We will unveil some unwritten food rules and etiquette in order to prove that change in traditions and identity has always occurred.



Reading: Gabaccia (1998); Pollan (2006); Severgnini (2000); Scebo (2008)

Week 2

We are what we eat: Past and present of Italian foodways.

Class 2.1

Italian/European food history and geography

This class will present a concise journey through the history of Italian and European foodways from antiquity to the present day. The specificity of local cuisine and habits; the growth of national culinary traditions; the dialogue between higher and lower classes' diet, between genders and between northern and southern cuisine will be discussed, with a particular emphasis on the Italian case.

Reading: Bynum (1999); Goodman, Dufour and Pelto (2000); Capatti&Montanari (2003);

Class 2.2

Mediterranean diet: principles, benefits and components

The history and UNESCO patrimonialization of the Mediterranean diet will be outlined through Ancel Keys researches and the American influence on the process of appropriation of the Mediterranean Diet as an Italian identity marker. Also, the *Slow Food* history, principles and practices will be presented and linked to the modern Mediterranean diet.

Reading: Goodman, Dufour and Pelto (2000); Leitch (1999); Moyer-Nocchi (2005); Phull (2015); Teti (1995)

Due date for submission of Short essay 1

Class 2.3

The food we need: a healthy diet

Nutrients per category will be analyzed in order to discuss and establish the basis of a healthy diet and the evolution of the humankind. Digestion and assimilation of nutrients will also be addressed in relation to the role of fire and agriculture in the human development. The RDA (recommended dietary allowances) and the recommended DRI (dietary reference intake) will be discussed and compared. Different dietary regimes and food pyramids will be analyzed and compared.

Reading: Goodman, Dufour and Pelto (2000); Capatti&Montanari (2003)

Class 2.4

Food production and labeling

Origins and productive processes of the main contemporary Italian products and quality certification (DOP, IGP, DOC, etc.) will be illustrated and discussed, with a particular emphasis on wine and oil.



Reading: Cottino (1995); Prina&Beccaria (2010); Rolando&Beccaria (2012); Standage (2005); Venturini (2008)

Class 2.5 **Onsite class at Eataly**, food market and restaurant for the promotion of the Mediterranean diet and the associated social rituals: students will be introduced to Italian food, Mediterranean diet, and the associated social rituals.

Week 3 Nutrition and dietary regimes

Class 3.1 **Health, societal and environmental challenges**
Dietary transitions and globalization of foodways, food security, sovereignty and sustainability will be analyzed and discussed in the light of global challenges: the increase of Fast Foods and the local responses to the homogenization of taste, the use of GMOs and organic agriculture, land and food access.

Reading: Anderson (2005); Clap (1999); Goodman, Dufour and Pelto (2000); Rozin - Fischler (2008); Wittman (2016); Counihan (1999)

Due date for submission of Short essay 2

Class 3.2 **Cooking class at Punto di cottura**(www.puntodicottura.it, Via Fabio Massimo 107): students will learn how to prepare homemade pasta, a basic of the Mediterranean diet in Italy, and have lunch together.

Class 3.3 **Castel Gandolfo day trip**

Class 3.4 **Onsite class: Mercato Esquilino and Cold Palace Fassi.** A visit to two cornerstones of international food business in Rome will highlight the influences of history and globalization on foodways.

Due date for submission of Research Paper

Week 4 Group presentations, review and final exam

Class 4.1 Group Presentations, debate, review and conclusions

Due date for submission of Menu Design.

Class 4.2 Final Exam



NOTE: this schedule is subject to change at the discretion of the instructor to take advantage of current experiential learning opportunities.

Course Materials

Readings

Capatti, Alberto and Montanari, Massimo. *Italian cuisine: a cultural history*. Columbia University Press, 2003. Print.

Goodman, Alan H., Dufour, Darna L. and Pelto Gretel H. (Eds.) *Nutritional Anthropology: biocultural perspectives on food and nutrition*. Mountain View, CA: Mayfield, 2000. Print.

Pollan, Michael. *The Omnivore's Dilemma: A Natural History of Four Meals*. New York: Penguin, 2006. Print.

Additional readings (handouts)

E. D. Anderson, *Everyone eats*, introduction (p. 1-9) (From: E.N. Anderson, *Everyone eats, understanding food and culture*, NY UP, 2005)

Tom Standage, *A History of the world in 6 glasses*, chapter part 2, "Wine"

K. Moyer-Nocchi, *Chewing the Fat*, "La cosidetta 'Dieta Mediterranea' – The So-called 'Mediterranean Diet'", pp 287-294

Walker Bynum, *Fast, Feast and Flesh: the religious significance of Food to Medieval women* in C. Counihan and P. Van Esterik (eds.), *Food and Culture*, Routledge 2008, pp. 121-140

J. Clap, *The political economy of food aid in an Era of Agricultural Biotechnology*, in C. Counihan *The anthropology of food and body*, Routledge, 1999, pp. 539-553

C. Counihan, What does it mean to be fat, thin and female, in C. Counihan *The anthropology of food and body*, Routledge, 1999, pp.76-91

C. Counihan, Food rules in the United States, in C. Counihan *The anthropology of food and body*, Routledge, 1999, pp. 113-128

"Slow food" Movement; selected articles

A. Cottino, Wine is the Blood of the earth: popular drinking culture through proverbs, in *Addiction Research*, 1995, 2 (3): 251-257

D. Gabaccia, We are what we eat: ethnic food and the making of americans, Harvard University Press (a selection)

A. Leitch, *Slow Food and the Politics of Pork Fat: Italian Food and European Identity*, in C. Counihan *The anthropology of food and body*, Routledge, 1999, pp. 381-399

S. Phull, *The mediterranean diet: socio-cultural relevance for contemporary health promotion*, in *The Open Public Health Journal*, 2015, 8: 35-41

M. Pollan, *The Omnivore's Dilemma: A Natural History of Four Meals*. New York: Penguin, 2006

F. Prina, F. Beccaria et al. "Young people and alcohol in Italy: an evolving relationship", in *Drugs: education, prevention and policy*, 2010, 17(2):99-122

L. Rimoldi, *How to show a National cuisine: food and national identities in the Masterchef Kitchen*, in *Academic Journal of Interdisciplinary studies*, 4:2, pp. 257-262, 2015

S. Rolando, F. Beccaria et al. "First drink: what does it mean? The alcohol socialization process in different drinking cultures", in *Drugs: education, prevention and policy*, 2012, 19(3):201-212

P. Rozin, C. Fischler et al., *Attitudes to food and the role of food in life in the U.S.A., Japan, Flemish Belgium and France: possible implications for the diet-health debate*, in *Appetite*, p.163-180, 1999



B. Severgnini. *La Bella Figura. A Field Guide to the Italian Mind*, “The restaurant: one way of sitting in judgment” (pp. 21-31)

T. Standage, *A History of the world in 6 glasses*, chapter 2 “Wine”, 2006

V. Teti, Food and Fatness in Calabria, in I. De Garine and N. Pollock (eds.) *Social aspects of obesity*, Taylor and Francis, 1995, pp. 3-30

T. Venturini, *Our daily bread. Eatery and the reinvention of the Supermarket*, in Conference of economic de-growth for economical sustainability and social equity publication, pp.1-6, 2008

Y. Yan, *Of hamburger and Social Space: Consuming McDonald's in Beijing*, in *Food and Culture: a reader* (eds. C. Counihan, P. Van Esterik), p. 500-522, 2008, Routledge

Further reading materials will be assigned on a week-by-week basis.

Online Resources

Canvas

Media Resources

Tucci, Stanley and Scott, Campbell (Directors). *Big Night* [Motion picture]. Columbia Tristar Home Entertainment, 1996.