



## **CIEE Seville, Spain**

<b>Course name:</b>	Spanish Culture and Cuisine
<b>Course number:</b>	ANTH 3001/SOCI 3006 SESU
<b>Programs offering course:</b>	Summer Language and Culture Program
<b>Language of instruction:</b>	Spanish
<b>U.S. Semester Credits:</b>	3 semester/4.5 quarter hours
<b>Contact hours:</b>	45 hours
<b>Term:</b>	Summer 2019

### **Course Description**

The course syllabus is structured around the history of the culture of gastronomy in Spain from the cuisine of the first settlers to today, studying the influence of different Mediterranean and American cultures, the Mediterranean triad (olive oil, wine, and bread) and the importance of the Mediterranean diet as a way to lead a healthy lifestyle, as well as an influence of religion in our gastronomy.

### **Learning Objectives**

The objective of this course is that the students get to know the history of an ancient cuisine and culture, and that this knowledge will be beneficial to their health. This course aims to give the student a way to understand Spanish culture and history through its cuisine.

### **Course Prerequisites**

While not necessary, it would be helpful for the student to have some idea of Spanish history or culture, or of its gastronomy. As a humanities course, this is especially directed towards foreign students who wish to deepen their understanding of this country's culture, its many traditions, and way of life. This class will be taught in Spanish, and for this reason the student should have an adequate level in comprehension, reading, and writing of this language.

### **Methods of Instruction**

The classes consist of two parts: theoretical and practical. Classes will begin with a theoretical explanation of the different topics through presentations and audiovisuals based on the required reading to be able to continue with different practical activities, both inside and outside the classroom, related to Spanish cuisine.

Some of these practical activities include:

- Chocolate tasting
- Olive oil tasting
- Wine tasting
- "Cerdo Ibérico" tasting
- Visit the markets of Triana, Feria, and Encarnación.
- Visit to convents where sweets and jellies are made

### **Assessment and Final Grade**

The evaluation will be ongoing, and particular interest will be placed on student participation.



Apart from class participation, the teacher may conduct brief quizzes at the beginning of class on the various assigned readings from the previous day, without prior notice.

There will be two exams, one midterm exam and another at the end of the course.

Each student must complete a research project, 5-6 pages in length, in which he or she will choose an Spanish autonomous region and study its history and gastronomy. Students will have to upload the essay to the canvas page on the last day of the course.

CIEE classes are not graded on a curve nor is there extra credit work. The final grade will be based upon the following criteria:

1. First exam:	25%
2. Final exam:	25%
3. Essay:	25%
4. Participation:	25%

### **Student Assignments**

**Final Essay:** During the first week of class the student will choose an autonomous community in Spain to investigate. Students will research the history, cuisine and a specific traditional dish from the region. The length of this essay will be between 5 and 6 pages, double-spaced, 12pt font, and must be submitted via Canvas on the last day of class. Both the language and content of the essay will be evaluated.

### **Exam Description**

The midterm and the final exam will have the same structure. They will be divided into two parts (with a total of 50 points each, with a maximum score of 100 points).

The first part of the exam will consist of five short response questions (each approximately two paragraphs), worth 10 points each. The second part will give the student the option to choose between two topics to write an extended response (minimum one page) related to the content studied so far, and will make up the other 50 points of his or her final grade.

Only the second part of the final exam will be cumulative, in which the teacher may ask about any anything covered in the course, in order for the student to demonstrate a global understanding of all the content studied.

### **Evaluation Criteria:**

**PARTICIPATION:** Attendance, punctuality, interest in the subject and involvement in the class exercises will be taken into account, along with attitude and interest during both inside and outside of class activities. (Tasks, visits to markets ...)

**FINAL ESSAY:** Special interest will be placed on the expressive maturity of the student and their global vision of a region in our country, as well as its traditions and gastronomy. Written expression and grammar will also be evaluated in this essay and may positively or negatively affect the final grade.



**EXAMS:** In both the midterm and final, not only the student's knowledge will be evaluated, but also their ability to synthesize and identify the connections between the various concepts studied. Students will also be graded on their use of the specific vocabulary learned. Given the nature of open ended questions, students will have to exercise their expressive skills in Spanish, although minor grammatical errors will not be penalized.

### **Attendance policy**

Students are not allowed to miss class for unjustified reasons. For each unexcused absence, the participation portion of the grade will be lowered. Hence, it will be very difficult to receive a 100 in the class. Please keep this in mind. If a student misses class once without a valid excuse (a note from a physician in the event of an illness), then the professor will automatically lower the final grade by 10 points (on a 100-point scale) for each class missed thereafter. Students with 3 or more absences will fail the course.

Students should arrive to class on-time. Arriving more than 15 minutes late for a class will count as an unexcused absence. Please note that an excused absence is one that is accompanied by a doctor's note: signed stamped and dated. Travelling and/or travel delays are not considered valid reasons for missing class.

\* Notes from a physician will only be valid and admitted by the Program Manager if the doctor confirms that the visit could not have been arranged at another time, or that the student was too ill to attend class that day.

### **Academic honesty**

Students are expected to act in accordance with their university and CIEE's standards of conduct concerning plagiarism and academic dishonesty. Use of online translators for work in Spanish will result in an automatic failure.

## **Weekly Schedule**

### **Week 1:**

Course Introduction.

**TOPIC 1:** The invention of cuisine. The first culinary techniques and advances in gastronomy

*Visit the Antiquarium of Seville, where there are remains of a Roman salted fish factory*

### **Week 2:**

**TOPIC 2:** Olive oil. Its history, characteristics, and influence on our gastronomy

*Olive oil tasting*

**TOPIC 3:** The kitchen of three cultures. History and gastronomy of the Jews, Christians, and Muslims of the Middle Ages in Spain

*Visit the Castle of St. George and the Triana Market*

*Visit the cloistered convents and tasting of the sweet products made by the nuns*

**TOPIC 4:** The Iberian pig. History and habitat of the pig.

### **Week 3:**

**Topic 4:** The Iberian pig (continued)

**Review** of the first part of the course

**Midterm Exam**



**Topic 5:** The cuisine of the New World. Circumstances of the discovery of America and its influence on the European and Spanish gastronomy. Main products from overseas.

Movie: *"Como Agua para Chocolate"* (Alfonso Arau 1992)

**TOPIC 6:** Tea, chocolate, or coffee. The origin and influence of these three products on our diet.

*Chocolate tasting*

#### **Week 4:**

**TOPIC 7:** Spices. The origin, uses, and historic importance of spices.

*Student presentations and direct contact with the principle spices of Asia, Europe, and America*

**TOPIC 8:** The Mediterranean diet. The Mediterranean triad and its development.

Pasta. Impact on contemporary gastronomy.

*Visit the markets of Calle Feria and the Encarnación*

*Spanish wine tasting*

**Final Review and Final Projects Due**

**Final Exam**

### Course Materials

#### **Readings**

Students will complete their studies by reading one or more articles related to the subject material, which the professor will indicate at the end of each class.

FERNÁNDEZ-ARRESTO, Felipe: *Historia de la comida. Alimentos cocina y civilización*, Barcelona, Tusquest, 2004.

GARCÍA VISCAINO, Félix: *La cocina flamenca, memorias y guisos*, Madrid, Celeste 2000-

MARTÍNEZ LLOPIS, Manuel: *Historia de la gastronomía española*, Madrid, Alianza Editorial, 1989.

MOLINA, Juan Antonio: *Breve Historia de la Gastronomía Andaluza*, Sevilla, editorial Castillejo, 1999.

LÓPEZ ALEJANDRE, Manuel M<sup>a</sup>: *Manual de Viticultura, enología y cata*, Córdoba, Almuzara, 2007.

SANZ, Yolanda: *Soy lo que Como. Aprende a comer sano para vivir feliz*, Madrid, Santillana, 2007.

TEJERA OSUNA, Inmaculada: *El libro del pan*; Madrid: Alianza editorial, 1993.

TOUSSAINT-SAMAT, Maguelonne: *Historia Natural y Moral de los Alimentos. El azúcar, el chocolate, el café y el té*, Madrid, Alianza Editorial, 1991

VALLES ROJO, *Cocina y alimento en los siglos XVI y XVII*, Valladolid, Junta de Castilla y León, 2007.

VARELA, Gregorio: *El pan en la alimentación de los españoles*; Madrid, Eudema, 1991.

VILLEGAS BECERRIL, Almudena: *Saber del Sabor. Manual de Cultura Gastronómica*, Córdoba, Editorial Almuzara, 2008.

VV.VVA.: *Antropología de la Alimentación: Ensayo sobre la dieta Mediterránea*, Sevilla, Consejería de Cultura y Medio Ambiente, Junta de Andalucía, 1993.