I300/SPAN 290 Mediterranean Food Studies Syllabus

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| **COURSE OUTCOMES** | **IUE CAMPUS OUTCOMES** |
| 1. Students will exhibit increased intercultural sensitivity via course material and study abroad.  2. Students will create dishes based on cultural customs in diverse Mediterranean locations.  3. Students will explain the principles of the Mediterranean diet and its impact on the histories, economies, environments and cultures of Western Europe, Eastern Europe, and Northern Africa.  4. Students will conduct ethnographic research projects that require them to devise a research plan, collect data, assess the data, and assimilate it into a final research product. | 1.Communicate clearly and effectively in written and oral forms (Course outcome 3).  2. Access, use, and critically evaluate a variety of relevant information sources. (Course outcomes 2, 3, 4)  3.Apply principles of inquiry to define and analyze complex problems through reasoning and discovery. (Course outcomes 3, 4)  4.Demonstrate the ability to relate within a multicultural and digitally connected world. (Course outcomes 1, 3)  5.Demonstrate a deep understanding of a field of study. (Course outcome 4) |

***Text:*** *“Food: A Culinary History.” Edited by Jean-Louis Flandrin and Massimo Montanari. Translated by Albert Sonnenfeld*

**Grade Breakdown:**

Discussions: 15%

Participation and Professionalism 15%

Chapter presentation: 5%

Students will individually select one chapter from the list of course readings to present to the class. Only one student may present per week or unit (depending on unit length) and these will be selected on a first come, first served basis. These presentations should be 15 minutes in length. They should include a well structured and visually appealing powerpoint, study guide handout, and reading based questions to guide class discussion.

Cooking Demo project: 15%

In groups of 2-3 students will select a country from the list and prepare an approved dish from that country. The presentation should include information on dish history, ingredients and their history, and cultural information. Students may make an edited video of the dish preparation, prepare the dish live, or a bit of each. If students elect to make a video, they must include live presentation elements as well. If students prepare the dish live, they must be well practiced and finish within the time constraints. Students must provide one small food sample to all course members.

Ethnographic Research Project 20%

Pre-travel:

Proposal 5%

Literature Review 15%

Survey 10%

During travel:

Data collection and analysis 5%

Post travel:

Rough draft 20%

Presentation 20%

Final draft 25%

Exams 20%

Travel journal 10%

**Course Schedule**: Hybrid class meets 1 day per week for 3 hours.

**Unit 1: FOOD TODAY.** (1 week/16)

Course introduction: The Mediterranean Diet. Food industrialization.

Documentary: Food, Inc.

Theories of food

Discussion

Quiz (Small exam grade)

**Unit 2: Prehistory and Early Civilizations** (week 2/16)

*Readings* (One chapter presented by student)Introduction: The Humanization of Eating Behaviors, by Jean-Louis Flandrin  
1. Feeding Strategies in Prehistoric Times, by Catherine Perles  
2. The Social Function of Banquets in the Earliest Civilizations, by Francis Joannes  
3. Food Culture in Ancient Egypt, by Edda Bresciani  
4. Biblical Reasons: The Dietary Rules of the Ancient Hebrews, by Jean Soler  
5. The Phoenicians and the Carthaginians: The Early Mediterranean Diet, by Antonella Spano Giammellaro

Activities: Bread baking

U2 Exam

Discussions

**Unit 3: The Classical World** (week 4/16 weeks)

*Readings:*  
Week 1: (One chapter presented by student)

Introduction: Food Systems and Models of Civilization, by Massimo Montanari  
6. Urban and Rural Diets in Greece, by Marie-Claire Amouretti  
7. Greek Meals: A Civic Ritual, by Pauline Schmitt-Pantel  
8. The Culture of the Symposium, by Massimo Vetta  
9. The Diet of the Etruscans, by Giuseppe Sassatelli

Activities: Olive oil tasting

Week 2: (One chapter presented by student)

10. The Grammar of Roman Dining, by Florence Dupont  
11. The Broad Bean and the Moray: Social Hierarchies and Food in Rome, by Mireille Corbier  
12. Diet and Medicine in the Ancient World, by Innocenzo Mazzini  
13. The Food of Others, by Oddone Longo

Activities: Pasta making

U3 Exam

Discussions

**Unit 4: From the Late Classical Period to the Early Middle Ages (Fifth--Tenth Centuries)** (week 5/16)

*Readings:* (One chapter presented by student)

Introduction: Romans, Barbarians, Christians--The Dawn of European Food Culture, by Massimo Montanari  
14. Production Structures and Food Systems in the Early Middle Ages, by Massimo Montanari  
15. Peasants, Warriors, Priests: Images of Society and Styles of Diet, by Massimo Montanari

Activities: Guest lecture: Daron Olson, World History and food

**Unit 5: Westerners and Others** (week 6/16)

*Readings:* (One chapter presented by student)

Introduction: Food Models and Cultural Identity, by Massimo Montanari  
16. Christians of the East: Rules and Realities of the Byzantine Diet, by Ewald Kislinger  
17. Arab Cooking and Its Contribution to European Culture, by Bernard Rosenberger  
18. Mediterranean Jewish Diet and Traditions in the Middle Ages, by Miguel-Angel Motis Dolader

Activities: Guest lecture on religion: Ange Cooksey

Activities: Chef Santorini, Indianapolis field trip

**Unit 6: The Late Middle Ages (Eleventh--Fourteenth Centuries)** (week 7/16)

*Readings:*

Week 1: (One chapter presented by student)

Introduction: Toward a New Dietary Balance, by Massimo Montanari  
19. Society, Food, and Feudalism, by Antoni Riera-Melis  
20. Self-Sufficiency and the Market: Rural and Urban Diet in the Middle Ages, by Alfio Cortonesi  
21. Food Trades, by Francoise Desportes  
22. The Origins of Public Hostelries in Europe, by Hans Conrad Peyer  
23. Medieval Cooking, by Bruno Laurioux

Activities: Food in Art, Ann Kim

Week 2: (One chapter presented by student)

24. Food and Social Classes in Late Medieval and Renaissance Italy, by Allen J. Grieco  
25. Seasoning, Cooking, and Dietetics in the Late Middle Ages, by Jean-Louis Flandrin  
26. "Mind Your Manners": Etiquette at the Table, by Daniela Romagnoli  
27. From Hearth to Table: Late Medieval Cooking Equipment, by Francoise Piponnier

Activities: Guest lecture Andrea Quenette, Communication through food

**Unit 7: The Europe of Nation-States (Fifteenth--Eighteenth Centuries**) (week 8/16)

*Readings:* (One chapter presented by student)

Introduction: The Early Modern Period, by Jean-Louis Flandrin  
28. Growing without Knowing Why: Production, Demographics, and Diet, by Michel Morineau  
29. Colonial Beverages and the Consumption of Sugar, by Alain Huetz de Lemps  
30. Printing the Kitchen: French Cookbooks, 1480--1800, by Philip Hyman and Mary Hyman  
31. Dietary Choices and Culinary Technique, 1500--1800, by Jean-Louis Flandrin  
32. From Dietetics to Gastronomy: The Liberation of the Gourmet, by Jean-Louis Flandrin

Activities: Guest lecture Justin Carroll (Colombian Exchange)

**Unit 8:: The Contemporary Period (Nineteenth and Twentieth Centuries)** (week 10/16)

*Readings:*

Week 1: (One chapter presented by student)

Introduction: From Industrial Revolution to Industrial Food, by Jean-Louis Flandrin  
33. The Transformation of the European Diet, by Hans Jurgen Teuteberg and Jean-Louis Flandrin  
34. The Invasion of Foreign Foods, by Yves Pehaut  
35. The Rise of the Restaurant, by Jean-Robert Pitte  
36. The Food Industry and New Preservation Techniques, by Giorgio Pedrocco

Activity: Documentary-Cooked 2016

Week 2: (One chapter presented by student)  
37. The Taste for Canned and Preserved Food, by Alberto Capatti  
38. The Emergence of Regional Cuisines, by Julia Csergo  
39. The Perils of Abundance: Food, Health, and Morality in American History, by Harry A. Levenstein  
40. The "McDonaldization" of Culture, by Claude Fischler

Activity: Documentary-Fed Up (2014)

**Weeks 11-14 Unit 9: Today and Tomorrow, by Jean-Louis Flandrin and Massimo Montanari**

**Topics:** Climate change, Food security, Globalization

Interviews with Pascual y Cabo (Spain), Cinzia Rascarro (Italy), María (Greece)

Readings: [Minestrone as Secret Weapon](https://www.npr.org/sections/goatsandsoda/2019/12/08/785605026/soupy-study-minestrone-could-be-a-secret-weapon-against-malaria)

Activities: Organic chemistry guest lecture and test, Hitesh Kathuria

Ethnographic Research Proposal Due

Cooking Classes & Demonstrations:

Greek Food-group 1

Italian Food-group 2

Spanish Food-group 3

Moroccan Food-group 4

WEEKS 15: PRE TRAVEL

Orientation

Ethnographic Research literature review and Questions due

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| Old Plan | New Plan |
| **Tentative Travel Schedule**  Day 1 travel  Day 2 half day in Lecce (cooking/dinner with Stile Mediterraneo) 3 hours  Day 3 Lecce Gourmet tour, local business and producers, 4 hours, Jewish culture museum 1 hour  Day 4 Lecce cooking class and Italian culture, 4 hours  Day 5 Lecce area mozzarella demonstration, tasting, and olive oil tour, 6 hours  Day 6 Gallipoli-Seafood market, interview fisherman and markets, 5 hours  Day 7 travel and half day in Athens, Phyllo and cultural interviews 4 hours  Day 8 bike tour and architecture museum 3 hours and 3 hours  Day 9 Acropolis, vegan tour, 2 hours and 3 hours  Day 10 islands/capital 5 hours  Day 11 Travel and Valencia tapas tour, 3 hours  Day 12 market tour and paella class, 4 hours  Day 13 market and farm tour, 5 hours  Day 14 Sevilla Alcázar, Hammam, 5 hours  Day 15 Travel day and Morocco Fes tour, 2 hours  Day 16 jewelry class and art school tour, 4 hours  Day 17 Market tour, cooking class, dinner, and hammam, 6 hours  Day 18 Blue City, 5 hours  Day 19 Depart | **Tentative Travel Schedule**  Day 1 travel  Day 2 half day in Lecce (cooking/dinner with Stile Mediterraneo) 3 hours  Day 3 Lecce Gourmet tour, local business and producers, 4 hours, Jewish culture museum 1 hour  Day 4 Lecce cooking class and Italian culture, 4 hours  Day 5 Lecce area mozzarella demonstration, tasting, and olive oil tour, 6 hours  Day 6 Gallipoli-Seafood market, interview fisherman and markets, 5 hours  Day 7 Travel to Barcelona, paella class  Day 8 Barcelona, tapas tour, hammam  Day 9 Barcelona, market tour  Day 10 Travel to Morocco, market tour, cooking class  Day 11 Morocco, tour  Day 12 Depart Morocco |

Abroad:

Upon Return:

Presentation of Research Findings