

ITALIAN 190
At the Italian table: Sustainable food and culture of Italy

<https://scholarblogs.emory.edu/sustainablefooditaly/>

Course Syllabus

Fall 2016
Emory University
TTH 11:30-12:45
Classroom Candler Library 124

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Office Hours: by appointment

Course Description

In this course, we will employ a multidisciplinary approach to analyze the impact of food production and consumption practices in the individual and the global ecosystem. We will begin our exploration of the subject matter with a comparative analysis of two texts: Leonardo Da Vinci's *Regimen Sanitatis*, a prescriptive guideline to healthy living written by the renaissance master in 1515, and the US Department of Agriculture's Food Pyramid, a dietary guideline that has gone through several iterations since it was introduced to the American people for the first time in 1980. We will survey a sample of Italian films and literary works that illustrate the impact that Italian culinary arts excerpts in the individual and how the nexus between food and national identity gave rise to the "Slow Food Movement" a grass roots movement founded in 1989 to promote the preservation of local and organic food traditions to counteract the proliferation of low-quality, transnational fast food chains in Europe. Students will be engaged both in group, and individual projects, assignments and excursions. The course includes a community-engaged learning module designed to expose students to the Emory University's sustainability network of Farmer's Markets, local vendors and vegetable gardens. A Laboratory component consisting of two cooking classes will provide students with an opportunity to integrate and practice sustainable and healthy eating practices in their everyday life and enable them to enjoy the pleasures of great food while developing an ecological consciousness.

This course is part of an Emory initiative called "QEP" that stands for "Quality Enhancement Plan." An evidence-focused first-year seminars offer a unique opportunity to learn about the important role evidence plays in academic study. In an evidence-focused seminar, you will learn about the nature of evidence, the role of evidence, and what counts as evidence related to the course topic. For more information <http://evidence.emory.edu/index.html>

NOTE: To participate in this seminar, you must take a standardized critical thinking assessment test at the beginning of the course and at the end. This will **NOT** be counted as part of your final grade and I will have not access to any of your individual scores. These tests will evaluate if taking a course that explore how knowledge and belief are generated will improve students' critical thinking skills.

Course Objectives

- Reflect on the nexus that connects food production and consumption practices with the health of the individual and the ecosystem
- Access, locate, identify, and analyze evidence from literary text, data reports, dietary guidelines, films and lectures
- Distinguish uses of evidence in and between disciplines
- Acquire a basic understanding of the role that food preparation and consumption methods plays in Italian society through an analysis of the way in which Italian identity is portrayed in classical Italian literature and film
- Build arguments based on evidence and assess the arguments of others
- Develop and apply critical thinking and verbal skills such as be able to orally present and discuss material covered in class
- Practice hands-on skills that foster and support the development of an ecological consciousness and a healthy relationship with our environment (neighborhood, local farm, own garden, cooking classes)

Instructor expectations:

- **Environment of Respect-** Different opinions and discussions are encouraged respecting and trying to understand differences.
- **Cooperative learning-** This course will be an opportunity to help each other to generate meaning.
- **Personal Responsibility-** Students are expected to engage fully and to come prepare to class everyday.
- **Readiness to learn without computers, cell phones:** I expect students and instructor will come to class ready to focus. Please turn off cell phones, pagers, or other electronic devices prior to entrance and keep them off for the duration of class.

Required Text Books (*available at the bookstore*)

- * Alberto Capatti & Massimo Montanari, *Italian Cuisine*. New York: Columbia University Press, 2003.
- * Carlo Petrini, *Slow Food Nation*. New York: Rizzoli, 2013.

* Michael Pollan, *In Defense of Food*. London: Penguin Books, 2008.

Evaluation:

The grade for this course will be based on the following percentages:

Attendance & Participation	10%
2 quizzes	20%
3 blog entries	10%
Readings+ Homework	10%
Oral Presentations	20%
Veggie Project	5%
Social Media Photo Archive	5%
Final Project	20%

Attendance & Participation 10%

Students are allowed 2 unexcused absences for the semester; any subsequent absences will cause a deduction of your grade. More than 2 absences will cause a one-letter grade deduction, if the student exceeds four absences, the grade will be dropped an additional letter grade.

In-class participation, engagement and respectful behavior in all discussions is expected.

Participation includes weekly assignments:

Quizzes 20%

We will have 2 quizzes about the material (readings, videos, discussions) covered in class. Quizzes will consist of multiple answers and short answers.

Blog 10% (200 words)

<https://scholarblogs.emory.edu/sustainablefooditaly/>

In the blog write your reflections on 4 events:

*vegetable garden volunteering experience

1 time slot during the semester, sign up on September 8 with Sam Boring (sam.boring@emory.edu) –due 1 week after your volunteer shift

*Emory Sustainable Food Fair –due October 10

*Cooking class: 1 of 2 or incorporating both -due on November 5th

* Field Trip: Emory Oxford Farm

Readings 10%

You will be required to read an article, a book's chapter or watch a video or a film for each class and post the following .

1. Choose one quote that is meaningful to you and say why.
2. Prepare one question to share in class during the discussion
3. Write a response paragraph to the weeks' readings and videos.

You can use the following questions to write the response paragraph.

Did the articles/videos was of particular interest to me and why?

What is the main argument of the authors?

Find evidence in the text that support the authors 'claim.

Do you agree or disagree with the material?

Was this new information? Was I surprised by the topic?

How can this information be useful to me in the future?

What have I learned about it?

Oral presentations (2) 20%

You will have a short presentation about a reading during the semester in group and a presentation about your final project.

Veggie project 5% on Blog

Veggie project: history of the vegetable and its qualities, create or learn a recipe and post them on the website. Cook your vegetable dish and bring it last day of class for the potluck lunch.

Social Media Visual Archive 5%

Students are required to submit "student Instagram" posts on the class website, every Monday; these posts should include a picture that shows sustainable efforts in daily life, in addition to an appropriate caption. To post, go to the page "Posts," create a post, and use the category "Instagram". It will then display on the page "Instagram"! You may browse both your classmates' posts and the @sustainitalian Instagram feed on that page. I will choose 1-2 posts each week to re-post on the @sustainitalian Instagram. Feel free to also post these on your own Instagram page, using the hashtag #sustainitalian and linking @sustainitalian! The top posts will be shared on the Office Of Sustainability Instagram- so get your health habits on!

Staged Final Digital Project 20%

For the final project you will develop a digital story project. Each student will choose a topic about food, write a script, make a Storyboard, present the topic in class and create the video that we will watch at the end of the course.

Examples of topics for the final project:

A Family Food Story

Slow Food Movement

Organic and local: farm and Industrial factories

Vegetarian or not

History of Italian cuisine
Italian-American food
Italian regionalism
Recipes books
The role of women and food
Food in literature and art
Food and movies
Food and Pop culture

- 1) Select a topic
- 2) Writing a proposal that explains the topic choice by October 6
- 3) Create an annotated bibliography of at least 3 primary or secondary source about your topic by October 31
- 4) Choose one or two articles to present in class during your presentation (date TBA in class)
- 5) Showing the video November 29th and December 1st

Digital Storytelling Project Outline in groups of 2 students:

- Write out 5 identities/communities (complete)
- 1 minute "Intro to Me" video uploaded to group's YouTube (due September 23)
- Work out what story you are going to tell (should have a strong sense by October 6 + Proposal)
- "What/Why/How will you tell this story"
- Share 1st outline with group (due October 18)
- Peer Review
- Share Storyboard & Rough Draft (due October 27)
- Peer Review, drafts
- Post final script & storyboard (due November 3)
- Rough Cut of video shared with group (due November 14)
- Peer Review
- Final cut of video posted to group's YouTube (due November 29)

Field trips:

Volunteers at the Emory Sustainable Fair (Friday, September 30)
Oxford Farm

Guest Speakers

Librarian
Slow Food
Nutritionist
Ethics

Please note, we reserve the right to change details on the syllabus within reasonable notice of it is in the best interest of the class.

WEEKLY SCHEDULE

DATE	DAY	TOPIC	READINGS/VIDEOS/EXERCISES
AUG 25	TH	Introduction to the course Why food studies? Why Italian food? QEP	
AUG 30	TU	Jamie Oliver "Teach Every Child about Food"	My Food Diary: Write for 1 week everything you eat and the time with whom and where. http://www.jamiesfoodrevolution.org/about/ "Slow Food Nation" Chapter 1
SEPT 1	TH	QEP Standardized Test (administrated by QEP staff)	
SEPT 6	TU	Sustainable food/Organic food? What is the definition?	"Slow Food Nation" Chapter 2
SEPT 8	TH	Guest Speaker: Peter Morich "Slow Food Movement and the University of Gastronomy"	http://www.slowfoodusa.org/ "Slow Food Nation" Chapter 3
SEPT 13	TU	Shall we eat food or nutrients? Mediterranean diet	Pollan, page 1 – 36 "Towards a Psychology of Contemporary Food Consumption" Roland Barthes (presentation 2 students)
SEPT 15	TH	Nutritionism	Pollan, 36-81
SEPT 20	TU	Guest Speaker: Jessica Perry "What is Healthy Eating"	Pollan, 147-201
SEPT 22	TH	Vegetable Gardens Tour	"The market as a Field" Rachel Black (presentation 2 students)
SEPT 27	TU	Preparation for the Food Fair	Quiz 1
SEPT 29	TH	No class <u>September 30: Volunteers at the Sustainable Food Fair at Emory University</u>	
OCT 4	TU	Is there an American Cuisine Italian American food	"Eating American" Sidney Mintz (presentation 2 students)

OCT 6	TH	Cooking class with Chad Sustain	MOVIE "Big Night"
OCT 11	TU	FALL BREAK (no classes)	
OCT 13	TH	Brief History of Italian Cuisine Italian cuisine or Regional Cuisine?	"IC" 2-36
OCT 18	TU	Communicating food: recipe books Apicius, Maestro Martino, Pellegrino Artusi,.	"IC" 155-181 "The cultural structuring of mealtime socialization" Elinor Ochs/ Shohet (presentation 2 students)
OCT 20	TH	The Sequence of Dishes	<u>My Food Diary</u> : Write for 1 week everything you eat and the time with whom and where. "IC" 121-151
OCT 25	TU	Tuscan Table Florentine cuisine	"Under the Tuscan Sun"
OCT 27	TH	Cooking Class with Simona "Tuscany"	"Florentine cuisine and culture" Carole Counihan (Presentation 2 students)
NOV 1	TU	Food and Literature	Boccaccio's <i>Decameron</i> Collodi's <i>Pinocchio</i>
NOV 3	TH	Food and Literature	Calvino's <i>Marcovaldo</i>
NOV 8	TU	Women and food	"Food and gender: Towards the Future" Carole Counihan (presentation 2 students)
NOV 10	TH	Eat, pray and love in Italy	Excerpt from the book and the movie "Eat pray and love" Quiz 2
NOV 15	TU	Guest Speaker: Jonathan Crane Religions and Food	
NOV 17	TH	Food in Italian Movies	
NOV 22	TU	QEP Standardized Test (45 min)	Movie's discussion: "Pranzo di Ferragosto"
NOV 24	TH	THANKSGIVING DAY	
NOV 29	TU	Reflections about Thanksgiving feast	

DEC 1	THU	Student's videos	<u>My Food Diary</u> : Write for 1 week everything you eat and the time with whom and where.
DEC 6	TH	Potluck party	Vegetable Project!