GO Rome | INT 205 Culture Through Food

Professor

Rachel Newcomb, PhD
Email: xxxxxxx@oglethorpe.edu

Course Overview

Food is not only a means of survival, but also holds multiple emotional, cultural and social meanings. This three-credit summer travel course introduces students to the study of food through an exploration of Roman and Italian culture and history. Focusing on how food reflects identity, we will engage in interdisciplinary, experience-based learning and research that questions human interaction with food within the Roman, Italian and global contexts. Embodying the phrase "you are what you eat," the course will examine how food builds us both biologically and culturally and will explore how food preferences code our social economic and political identities. Italy has left a powerful mark on Western cuisine. As with all great cuisines of the world, Italian cuisine is a composite of influences from many different cultures over a large expanse of time. Did you know that the tomato came to Italy through cultural exchange with Spain, who brought it back from Peru, the "New World" during the Renaissance period? Or that religion during the Middle Ages influenced dietary restrictions of certain foods that were associated with sin and sexuality?

There are many more examples of different socio-historical food pathways we will look at together. We will study local, regional and national Italian foodways and perspectives in an effort to understand how the Italian context fits within global gastronomic trends historically and today. Using the city as our classroom, students will experience Roman and Italian food firsthand in an effort to understand and better appreciate Italian culture.

Course Objectives

The goal of this course is to expose students to the cuisine of Italy. Through lectures, class discussions, "fieldwork" and field trips, students will:

- form a critical understanding of food as a non-traditional text and develop a working knowledge of the Food Studies discipline
- understand the cultures of food in Italy
- understand how the study of food is interconnected to and reflect trends in economics, politics, culture and social structures
- evaluate the key dishes, ingredients, and traditions associated with Italian cuisine.
- describe Italian and Roman cuisine and its accompanying foodways

- understand how gastronomy develops historically and is related to external cultural factors

LeadAbroad Mission & Values

LeadAbroad is committed to leveraging the international experience for a student's personal growth and development. Each course is specifically designed to challenge students, expose them to the local culture and help them become more globally minded citizens. During class and throughout the program, our expectation is that students will be gracious guests in the host country, which means:

- Being polite to locals
- Providing a kind greeting when entering a building with a guard or front desk attendant on duty
- Attempting to use the local language for requests, salutations and thanks
- Being patient with different customs and traditions

During the program we will also touch on these five core values of LeadAbroad:

• Breaking through boundaries abroad and at home
• Creating trusting relationships with those from different cultures
• Identifying your purpose and path while abroad
• Serving others abroad and at home
• Maximizing your potential by taking what you learned back home

Classroom Ethos

- Respect yourself and one another in the classroom. The obvious aim of this course is to provide an opportunity for you to engage in some of the most stimulating and controversial questions and issues that exist within our everyday increasing globalized world. A classroom environment that is conducive to such learning must be one in which each person is able to freely express thoughts, ask questions, make mistakes, disagree in a non-combative way, and learn from one another. In short, use neither disrespectful speech nor any other form of disrespectful behavior towards one another.

- Cell phones and all other electronic devices (laptops, tablets, music devices, etc.) may NOT be used in the classroom unless specifically requested by the professor.
- Do not leave the room during class unless it is absolutely necessary. Leaving the room while class is in session is disruptive to your learning and to the learning of others.

Texts

Required to purchase:

Montanari, Massimo. *A Short History of Spaghetti with Tomato Sauce.* 2019, Europa Editions

Provided excerpts:

Capatti, Alberto, Montanari, Massimo. *Italian Cuisine: A Cultural History*. Columbia University Press, 2003.

Dickie, John. *Delizia! The Epic History of Italians and Their Food*. Atria, 2010, and other articles

Methodology

In the classroom:
We will use the texts to facilitate interdisciplinary discussions centered around the primary texts and wider conversations of food as reflection of culture. Film clips and literary texts will also be used.

In the city:
Field trips to markets, shops, restaurants and chefs will complement classroom learning through food preparation, tasting, smelling, purchasing, accessing ingredients, and observing Italians interacting around food.

Evaluation

Evaluation is based on two Tests, Fieldwork, a final Research Project, a Group Presentation, and Active Class Participation.

Tests: assess understanding of key concepts from readings, discussions, lectures.
Fieldwork: critical journal entries connecting experience to course content.
Group Presentation: scavenger-hunt style documentation in the city.
Research Project: expository research project on food topic.

Grading Breakdown

Grade Rubric:

Tests (2@15%)	30%
Fieldwork: Journal Entries/In-Class Work	20%
Final project	20%
Group presentations	20%
Participation & Attendance	10%
Total	**100**

Grading Scale

A= Excellent (90-100)

B=Good (80-89)

C= Average (70-79)

D = Below Average (60-69)

F= < 59

Make-up tests will not be given except in the case of documented illness. Late submissions will be penalized. If you have extenuating personal or medical circumstances, contact me as soon as possible via e-mail. You will be required to submit valid documentation the day you return to class.

Class Attendance and Participation

LeadAbroad is committed to the academic integrity of our programs. All students participating in a for credit program (LEAD and GO) will be subject to academic and programmatic consequences for missing class. Excused absences are approved only if the student has

- a doctor's note that includes the diagnosis and confirmation that the student needed to be seen immediately or
- a note from the program staff verifying a medical or personal emergency with the student

Unexcused absences will impact a student's final grade in the course. Refer to your course syllabi for specifics regarding how absences will impact your participation and/or final grade.

Academically, if a student misses class there will be a loss in participation points with each absence as well as consequences to the overall grade. For a traditional class (2 hours/4 days a week) -

- 2nd absence 2.5% deduction from overall grade
- 3rd absence additional 2.5% deduction from overall grade
- 4th absence additional 5% deduction from overall grade
- 5th absence student fails the course

Personal travel is not an accused absence. Students should review their course syllabi and reach out to LeadAbroad to confirm their class schedule before booking any personal travel.

Cell phones and other communication devices should be turned off or set to vibrate and not be used during class. Texting and surfing the web are not acceptable during class. **The use of laptops is allowed only when directed by the professor for specific class-related tasks.** Personal conversations are disruptive to both your classmates and to the instructor; any observations or insights you have are always welcome to share with the entire class.

Canvas and Email

Students should familiarize themselves with Canvas and check the course page regularly, since it will be used to post homework, supplementary readings, and course updates. Each student should maintain an active, functioning e-mail account that is capable of receiving group emails. Your OU email account will be used to communicate important information to you about the course and your assignments.

Accessibility

If you are a student with an accommodation for a disability, you should contact Academic Success Center at 404-364-8869 or accessibility@oglethorpe.edu for accommodations.

Withdrawals and Incompletes

The standard university policies on withdrawals as outlined in the most current edition of the Bulletin, apply to this course. Incompletes will only be given if a student is unable to complete the work for the course for reasons of health, family emergencies or similar unavoidable circumstances.

Honor Code

All work must adhere to academic honesty. Cheating includes any form of deceit to gain advantage. Students must include the statement:
"I pledge that I have acted honorably."

Class Schedule *(tentative – may change subject to scheduling of tours)*

Pre-departure

Asynchronous Lesson

Course Introduction (Map of Italy)
Lecture/Discussion: Italian regionalism
Read ahead of time: *Italian Cuisine* Chapter 1, Italy: A Physical and Mental Space, pp. 1-34

Pre-departure

Asynchronous Lesson

Reading/Discussion: What are foodways? What do we think we know about Italian cuisine? What do we hope to learn by the end of this summer?

<u>Week 1</u>: Introductions

July 10 Friday

Reading/Discussion: "Deciphering a Meal" – Mary Douglas, and "Eating Italian: Food and Culture," by Carole Counihan
How to think about food: anthropological approaches, vocabulary, theoretical considerations, fundamentals of Italian food, regional variety, parts of a traditional Italian meal.
Fieldwork Journal Entry# 1 due

<u>Week 2</u>: Italian Food as Cultural History

July 13 Monday

Reading/Discussion: *Italian Cuisine,* Chapter 2: the Italian way of eating, pp. 35-83. *Delizia!* Chapter 3 – Milan 1288: power, providence, parsnips

- **Presentation/project ideas due**

July 14 Tuesday.

Class Tour #1
Campo dei fiore / Navona Square / Pantheon

July 15 Wednesday

In-Class Film Viewing: *Big Night* (1996)
Reading/Discussion: *A Short History of Spaghetti with Tomato Sauce* (pages TBA)

July 16 Thursday

Reading/Discussion: *Italian Cuisine,* Chapter "The Italian Way of Eating (pp. 35-83), and *A Short History of Spaghetti,* continued

Fieldwork 1: (Gelateria dei Gracchi) Prati – practice – greet locals in language & Lead Abroad Value #1

- **Fieldwork Journal Entry #2 due**

<u>Week 3</u>: History, Film and Literature

July 20 Monday — **Reading/Discussion:** *Delizia!* Ch. 7: "Rome 1549-1550: Bread & Water for their Eminences," pp. 106-34

- **Test #1**

Pasta Cooking Class Tonight

July 21 Tuesday — **Class Tour #2**
Mercato Trionfale

July 22 Wednesday — **Reading/Discussion**: Excerpts from Boccaccio's *The Decameron.* **Watch:** The Little Hours

July 23 Thursday — **Reading/Discussion:** *Delizia,* Ch. 17: "Rome, 1954: Miracle Food," pp. 269-89. **Watch:** clips from *The Bicycle Thief* (1948) & *Miseria e Nobilita* (1954)

Fieldwork 2: Small store, supermarket, and market

- **Fieldwork Journal Entry #3 due**

<u>Week 4</u>: Food, Identity, and Globalization

July 27 Monday — **Reading/Discussion:** "Food as Italian culture throughout the world: from emigration to globalization," by Emanuela Scarpellini.
Class Tour #3 – Castroni Supermarket

July 28 Tuesday — **Reading/Discussion:** Watch Anthony Bourdain in Rome, *Parts Unknown*, on YouTube
In-Class Film Viewing: *Mid-August Lunch* (2008)

July 29 Wednesday — **Reading/Discussion:** slow food manifesto, study the website https://www.slowfood.com/
Guest Speaker – Slow Food Movement

July 30 Thursday — **Reading/Discussion:** "The ideology of Slow Food," Luca Simonetti

Fieldwork 3: Espresso Culture

- **Fieldwork Journal Entry #4 due**

<u>Week 5</u>: Slow Food

August 3 Monday **Reading/Discussion:** "The politics of food in Italy: sovereignty, identity and modernity" David W. Ellwood

- **Test #2**

August 4 Tuesday **In-Class Film Viewing:** *Slow Food Story*
Fieldwork 4: Local Food (not for tourists)

- **Fieldwork Journal Entry #5 due**

August 5 Wednesday **Group Presentations**

August 6 Thursday **Conclusion of Class, Summary**

- **Research Project Due**

Academic Policies

AI Statement: In line with the Oglethorpe University Honor Code described below, any detected or determined use of AI for any assignment associated with the GO: Barcelona course will result in a grade of zero for said assignment and the possibility of additional academic penalties.

Honor Code

Persons who come to Oglethorpe University for work and study join a community that is committed to high standards of academic honesty. The honor code contains the responsibilities we accept by becoming members of the community and the procedures we will follow should our commitment to honesty be questioned.

The students, faculty and staff of Oglethorpe University expect each other to act with integrity in the academic endeavor they share. Members of the faculty expect that students complete work honestly and act toward them in ways consistent with that expectation. Students are expected to behave honorably in their academic work and are expected to insist on honest behavior from their peers.

Oglethorpe welcomes all who accept our principles of honest behavior. We believe that this code will enrich our years at the University and allow us to practice living in earnest the honorable, self-governed lives required of society's respected leaders.

Our honor code is an academic one. The code proscribes cheating in general terms and also in any of its several specialized sub-forms (including but not limited to plagiarism, lying, stealing and interacting fraudulently or disingenuously with the honor council). The Code defines cheating as "the umbrella under which all academic malfeasance falls. Cheating is any willful activity involving the use of deceit or fraud in order to attempt to secure an unfair academic advantage for oneself or others or to attempt to cause an unfair academic disadvantage to others. Cheating deprives persons of the opportunity for a fair and reasonable assessment of their own work and/or a fair comparative assessment between and among the work produced by members of a group. More broadly, cheating undermines our community's confidence in the honorable state to which we aspire."

The honor code applies to all behavior related to the academic enterprise. Thus, it extends beyond the boundaries of particular courses and classrooms *per se*, and yet it does not extend out of the academic realm into the purely social one.

Examples of cheating include but are not limited to:

1.1 The unauthorized possession or use of notes, texts, electronic devices (including, for example, computers and mobile phones), online materials or other such unauthorized materials/devices in fulfillment of course requirements.
1.2 Copying another person's work or participation in such an effort.
1.3 An attempt or participation in an attempt to fulfill the requirements of a course with work other than one's original work for that course.
1.4 Forging or deliberately misrepresenting data or results.
1.5 Obtaining or offering either for profit or free of charge materials one might submit (or has submitted) for academic credit. This includes uploading course materials to online sites devoted, in whole or in part, to aiding and abetting cheating under the guise of providing "study aids." There is no prohibition concerning uploading exemplars of one's work to one's personal website or to departmental, divisional, University or professional society websites for purposes of publicity, praise, examination or review by potential employers, graduate school admissions committees, etc.
1.6 Violating the specific directions concerning the operation of the honor code in relation to a particular assignment.
1.7 Making unauthorized copies of graded work for future distribution.
1.8 Claiming credit for a group project to which one did not contribute.
1.9 Plagiarism, which includes representing someone else's words, ideas, data or original research as one's own and in general failing to footnote or otherwise acknowledge the source of such work. One has the responsibility of avoiding plagiarism by taking adequate notes on reference materials (including material taken off the internet or other electronic sources) used in the preparation of reports, papers and other coursework.
1.10 Lying, such as: Lying about the reason for an absence to avoid a punitive attendance penalty or to receive an extension on an exam or on a paper's due date; fraudulently obtaining Petrel Points by leaving an event soon after registering one's attendance and without offering to surrender the associated Petrel Point, or by claiming

fictitious attendance for oneself or another; forging or willfully being untruthful on documents related to the academic enterprise, such as on an application for an independent study or on a registration form.

1.11 Stealing, such as: Stealing another's work so that he/she may not submit it or so that work can be illicitly shared; stealing reserve or other materials from the library; stealing devices and materials (such as computers, calculators, textbooks, notebooks and software) used in whole or in part to support the academic enterprise.

1.12 Fraudulent interaction on the part of students with the honor council, such as: Willfully refusing to testify after having been duly summoned; failing to appear to testify (barring a *bona fide* last-minute emergency) after having been duly summoned; testifying untruthfully.

Students pledge that they have completed assignments honestly by attaching the following statement to each piece of work submitted in partial fulfillment of the requirements for a course taken for academic credit:

"I pledge that I have acted honorably." (Followed by the student's signature)

The honor code is in force for every student who is enrolled (either full- or part-time) in any of the academic programs of Oglethorpe University at any given time. All cases of suspected academic dishonesty will be handled in accordance with the provisions established in this code. The honor council has sole jurisdiction in matters of suspected academic dishonesty. Alternative ways of dealing with cases of suspected academic fraud are prohibited. In cases of alleged academic dishonesty on the part of students, the honor council is the final arbiter.

The full Honor Code is Section 11 of the current University Bulletin.

Students with Disabilities

In accordance with the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973, all LeadAbroad programs promote non-discrimination of disabled individuals and provide reasonable academic accommodations when appropriate. An academic accommodation is a modification that enables students to participate in a program of study by incorporating adjustments to ensure their rights, access, and privileges are equal to those without disabilities. Some examples of academic accommodations may include extended time on tests and quizzes, testing in a distraction free environment, the ability to tape-record lectures, or note-taking assistance in the classroom.

Any participant who needs academic accommodations in a program of study must contact LeadAbroad at least 90 days prior to the program start date. Please note, LeadAbroad

cannot guarantee that late requests will be honored. To initiate the accommodation process, please contact the director of international programming at info@LeadAbroad.com

In order to be approved for accommodations, students will be asked to complete the disabilities form in their student portal and provide documentation that supports registration with the disability services office at their home institution. Once documentation has been received, Oglethorpe's Disability Services and LeadAbroad will work together to identify accommodation possibilities. Please keep in mind that LeadAbroad will not approve any accommodations that alter the fundamental nature of our curricula. If an accommodation request cannot be fulfilled, LeadAbroad will work with the student to identify other program opportunities.

Once approved, the student will receive a Letter of Accommodation (LOA) prior to his or her program start date. From there, it is the student's responsibility to self-advocate by delivering the LOA directly to his or her instructors. LeadAbroad instructors are accustomed to accommodating students in the classroom. By delivering the LOA personally, this will alert the student's instructor to initiate a conversation about his or her classroom needs. Finally, the instructor will be responsible for implementing any classroom accommodations, such as recruiting another student in the class to take notes or proctoring an exam for a student that requires extended time.

A student is responsible for providing documentation that supports his or her request for academic adjustments. LeadAbroad requires that the documentation demonstrates the student's current enrollment in a disability services program at his or her home institution, specifies a list of the student's approved accommodations, and has been signed by the school's disability services professional. Please note, the documentation does not need to specify the student's diagnosis given that this type of paperwork has already been supplied to his or her current disability services professional.

Participants should be aware that some LeadAbroad programs involve voluntary activities that require moderate exercise, such as hiking and biking; these activities are voluntary. In addition, some of the site locations may not be compliant with ADA standards of accessibility given their geographic location and different governing systems. Last, accommodations cannot be applied retroactively, accommodations begin in the classroom once the LOA is received by the instructor.

If any program participant feels that he or she is being treated unfairly in any way, please notify the supervising faculty member or LeadAbroad office immediately at info@LeadAbroad.com.

Title IX

LeadAbroad faculty and staff are not confidential resources. In accordance with Title IX, any report of sexual misconduct that has occurred during a student's time at a university will be reported back to Oglethorpe University and a students' home university in order to ensure that the student has access to all resources and support needed.

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