



## OGLETHORPE UNIVERSITY

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### **Course Description**

#### **INT 290: Italy Through Food: Italian Civilization**

This course introduces students to the study of food through an exploration of Italian culture and history. Focusing on how food reflects identity, this class will engage students in interdisciplinary, experience-based learning and research that questions human interaction with food within the Roman and Italian contexts. Embodying the phrase “you are what you eat,” the course will examine how food builds us both biologically and culturally, exploring how food preferences code our social, economic and political identities. These personal food identities also inform how we conceive of regional and national gastronomic identity as well. 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 both historically and today. Using the city as our classroom, students will experience Roman and Italian food firsthand in an effort to better understand and appreciate Italian culture.

**\*\*No Italian language skills needed. Relevant terms will be discussed and learned in class.**

**\*\*Participation in Field Trips does not require students to eat. Due to allergies and preference, food consumption is not mandatory. Students may still participate in the learning activity without consuming food. If needed, alternate assignments will be provided.**

### **Overall Structure of Course and Methods of Instruction**

Class will be used for lecture, discussion and field trips within Rome to gain a better understanding of Italian cuisine. This course is not an exhaustive look at Italian Cuisine but instead will provide students with an introduction to gastronomy in an effort to better understand Italian and Roman culture and cuisine.

### **Course Goals & Learning Objectives**

At the end of this course, students will be expected to:

Form a critical understanding of food as a non-traditional text and develop a working knowledge of the Food Studies discipline.

Discuss how gastronomy relates to, informs and creates identity and culture.

Understand how gastronomy develops historically.

Describe Italian and Roman cuisine and its accompanying foodways.

### **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 the locals
- Providing a kind salutation 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 every increasing globalized world. A classroom environment that is conducive to such learning must be one in which each person is able to freely express his/her thoughts, to ask questions, to make mistakes, to disagree in a non-combative way, and to learn from and with 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.

### **Classroom Behavior**

**Proper decorum and respect must be exhibited at all times in the classroom. Please demonstrate respect to all fellow students during the learning process. This class will involve much self-reflection as well as peer criticism. All critiques must be constructive in nature in an effort to strengthen critical skills and must NOT drift into personal attacks. All viewpoints are of value and personal expression will NOT be impeded.**

### **Class Expectations**

Students will treat taste tests as an active ‘reading’ activity. Notes must be taken as we will discuss each food and its importance within the larger Rome and Italian context. Technology use, talking or any other activity not related to class will not be permitted. During Field Trips, students are expected to exhibit respectful behavior. Field Trips are class time and as such, students will engage in active discussion and will not use technology or veer off topic in discussion.

### **Policy On Technology, Cellular Phones And Texting**

Email is the official form of communication and Moodle the official online module of this course. It is the student’s responsibility to check these resources regularly.

**The use of any technology for purposes different from course work is absolutely prohibited during the class period.** If you are found doing this, you will be given a warning. Upon your second offense, your technology privileges will be revoked for the entire semester.

## **Methods of Assessment**

**All grades for Assessment Methods utilize the following grading scale:**

- A: 100-90
- B: 89-80
- C: 79-70
- D: 69-60
- F: 60 and below

### **- Participation (20%):**

Students must participate actively by 1) attending class and field trips, and 2) explaining and discussing their thoughts and ideas on the foods and readings. As a seminar-style class, students will be expected to be prepared by having completed required readings and discussing those readings.

**- Tests (30%):** There will be two tests throughout the semester. Tests will include matching, short answer and essay questions. Tests are written as a regular hourly exam and will be completed in one hour.

**- Food Journal (30%):** Students will complete a Food Journal comprised of 10 topics. These entries must approach each topic from a critical standpoint, incorporating theory, class discussions and readings. Each entry will be one page in length (300 words). MLA formatting is required, and students must use in-paper citations. These are not personal response papers or opinion pieces. The journals must be scholarly and critical in their approach.

**- Final Paper (20%):** The final paper is 5 pages in length. It is a research-driven, critical restaurant review. Students will treat a restaurant of their choice as a text. To “read” this text, students must question how the location of the restaurant, food served, menu, décor, etc. reflect Italian cuisine. Students must utilize class readings and discussions AND additional outside research to fully develop their argument.

## **Rubric**

If you attend every class without fail, if you perform every reading in advance, if you submit every assignment on time and in good faith, if you satisfy the expectations of the class on this most basic level, you should receive a “C” for the course. If, in addition to meeting these expectations, your work reflects a commitment to the exploration of the thoughts, ideas, and contributions offered by the class materials and by your peers, you should receive a “B” for this course. An “A” grade is reserved for students who demonstrate mastery of the various concepts and skills explored during the semester. These expectations are designed to reward any student willing to invest in the success of the class as a whole and are strongly oriented toward the recognition of student progress. Students will be held to the highest standards of academic honesty and integrity. All work submitted must be wholly your own. Any instances of academic dishonesty will be handled in accordance with policies outlined in the Code of Student Conduct.

## **Participation and Attendance**

A portion of your final grade depends on your attendance and participation in this course. In short, to succeed and get the most from this class, you must come to class and you must come prepared, ready to participate in discussions, and ready to engage with scheduled activities and assignments in a serious and meaningful way.

### Attendance:

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) -

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

Programmatically, if a student misses 15% of their classes (3 courses in a traditional course) a notification will be sent to them and their emergency contact letting them know that they are on probation. More than 4 absences from a traditional class (20% of program) will result in dismissal and an automatic failing grade.

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

### Participation

You are expected to be a regular and active participant in lecture, large class discussions, and small group work and activities and to contribute to these areas of the course in meaningful ways. Not all participation is equal: to say something just to say something is not a meaningful contribution.

**Here are some expectations to note regarding participation in this course and how your participation is assessed:**

- Making a substantive oral contribution during class lecture or large-class discussion at least once a class (e.g., answering questions posed by the instructor, bringing up related and relevant information, linking classroom discussions to assigned readings).
- Staying on task in dyads, small groups, and activities. When given a task or question to discuss, work to make meaningful and course content-driven contributions, ask group-mates questions, and brain-storm additional ideas. Do not shortchange discussions or activities by finishing early.

### Five-Week Class Schedule

*This is tentative. Changes may be necessary as the term progresses. (F) denotes a field day. (M) denotes reading on Moodle.*

	TOPIC	READING
<b><u>Week 1</u></b>		
Monday June 29	Orientation	
Tuesday	<b>Course Introduction/Lecture: Why Study Food?</b>	
	<b>Readings:</b> “Intro to Food Studies” (Counihan/Van Esterik pp. 1-9)/Dirks and Hunter, “The Anthropology of Food” (3-14)/McIntosh, “The Sociology of Food” (14-27)/Lizic, “Food and Communication” (27-39) (All on Moodle)	
Wednesday	<b>Food and Culture</b>	
	<b>Readings:</b> Valenze, “The Cultural History of Food” (101-114) (M)/Long, “Food in tourism studies” (342-352) (M)/ Barthes “Contemporary Food Consumption” pp. 20-28 (M)/ Levi-Strauss “Culinary Triangle” pp. 28-36 (M)	
	<b>Reading/Discussion:</b> Montanari (1-18)/Barthes “Contemporary Food Consumption” pp. 20-28 (M)	
Thursday	<b>Food and Identity:</b>	
	<b>Readings:</b> Bourdieu “Distinction” pp. 31-40 (M)/Fischler, “Food, Self and Identity” pp. 1-15 (M)/Heldke “Let’s Cook Thai” pp. 394-409 (M)	
	<b>The Italian and Roman Foodscape (F):</b> Testaccio Market	
<b><u>Week 2</u></b>		
Monday	<b>Mediterranean Empires, Early Gastronomies and The Medieval Era:</b>	
	<b>Review:</b> “The Myth of Apicius” pp. 71-77 (M)/ The Book of Apicius pp. 1-50 (M)	
Tuesday	<b>Cheese (F):</b>	
	Artisanal Cheese Shop for Tasting and Demonstration of Mozzarella Production	
Wednesday	<b>Columbus and the New World:</b>	
	<b>Reading:</b> Montanari (19-32)/Triangle Trade (M)	
Thursday	<b>Pizza (F):</b>	
	<b>Reading:</b> “History Lesson on a Plate: Pizza in Italy” pp. 20-48 (M)	
	Pizza Taste Test at Campo de Fiori Market	
<b><u>Week 3</u></b>		
Monday	<b>TEST #1 and Wine (F)</b>	
	Italian Wine Taste Testing (Off-Campus)	
Tuesday	<b>Italian Renaissance:</b>	
	<b>Reading:</b> “Fruits and Vegetables as Sexual Metaphor in Renaissance” pp. 8-14 (M)/ “Please Play with Your Food” pp. 25-33 (M)	
Wednesday	<b>Macaroni Eaters and Today’s Italian Cuisine:</b>	
	<b>Reading:</b> Montanari (41-84)/ Goody “World Cuisine” pp. 338-57 (M)	
Thursday	<b>Rome’s Gastronomy (F):</b>	
	<b>Reading:</b> “Urban Agriculture in Rome” pp. 774-83 (M)/Selections from Guidebooks (M)	
	Urban Farm Visit at Circo Massimo	
<b><u>Week 4</u></b>		
Monday	<b>Taste Making: Michelin:</b>	
	<b>Readings:</b> Selections from Michelin Guide (M)/”Reinterpreting to Innovate” pp. 677-702 (M)/ “Art in Gastronomy” pp.1-12 (M)	
Tuesday	<b>Italian-American Influence:</b>	

Wednesday	<p><b>Readings:</b> <i>The Big Night</i> (M)/"Café au Lait to Latte" pp. 94-120/"Now, "That's Italian"" pp. 75-93 (M)</p> <p><b>Slow Food (F):</b></p> <p><b>Readings:</b> Petrini/"Slow Food Manifesto"/"Central Role of Food" pp. 1-22 (M)</p> <p>Restaurant Visit to speak with chef regarding Slow Food</p>
Thursday	<p><b>TEST #2 AND Field Trip</b></p> <p>Pasta Making Class sponsored by LeadAbroad</p>
<b><u>Week 5</u></b>	
Monday	<p><b>Food, War and Displacement:</b></p> <p><b>Readings:</b> "Fascist Food Politics: Mussolini's Policy of Alimentary Sovereignty" pp.1-26 (M)/Gasparreti, "Eating tie bou jenn in Turin..." pp. 257-78 (M).</p>
Tuesday	<p><b>Gelato (F):</b></p> <p>Great Sites through Gelato Walking Tour</p>
Wednesday	<p><b>Espresso and Coffee Culture (F):</b></p> <p>Caffé Castroni Tour</p> <p><b>Reading:</b> Montanari (53-84)</p>
Thursday	<p><b>Italian Cuisine Wrap-up</b></p> <p><b>Last day of class</b></p>

\*\* The instructor has the right to make any necessary changes to accommodate the material or the progress of the class.

## **Academic Policies**

### **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](mailto: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](mailto: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 student's home university in order to ensure that the student has access to all resources and support needed.