

**COURSE SPECIFICATION DOCUMENT**

<b>Academic School/Department:</b>	Communications, Arts and Social Sciences
<b>Programme:</b>	History
<b>FHEQ Level:</b>	5
<b>Course Title:</b>	<b>History of Food and Table Manners</b>
<b>Course Code:</b>	HST 5815
<b>Course Leader:</b>	Rosanna Graziani (Rome)
<b>Student Engagement Hours:</b>	120
Lectures:	45
Seminar / Tutorials:	
Independent / Guided Learning:	75
<b>Semester:</b>	Fall/Spring/Summer
<b>Credits:</b>	12 UK CATS credits 6 ECTS credits 3 US credits

**Course Description:**

ITALIAN STUDY CENTRES ONLY. This course explores food and food habits in human history from early civilization to the Modern period, via the Classical world and the Middle Ages. Themes such as the social function of banquets, dietary rules, food models, cultural identity and table manners are considered. Students examine evidence based on written sources and on archaeological and artistic remains in order to compare the dining habits of different social groups across different historical periods (e.g. Romans vs. Barbarians; nobles vs. peasants; lay vs. religious; urban vs. rural). The social, political, economic and cultural history of food and table manners are studied within the spaces in which the people lived and ate - including the interiors of households, palaces and monasteries.

**Prerequisites:** HST 3200 World Cultural History or GEP 4180 Research and Writing II

**Aims and Objectives:**

The course aims to provide students with knowledge of the history of food of the European territories, focusing in particular on the Italian peninsula and Rome, attempting to demonstrate the similarity of food cultures in different epochs and territories, and to explain how dining habits and cooking techniques changed. Rome is one of Europe's top food destinations. Gastronomic culture in the city can be traced back to Roman times and this strong link to the past makes for a unique, stimulating place to study this subject.

**Programme Outcomes:**

5A(i); 5A(ii); 5B(i); 5B(ii); 5B(iii); 5C(i); 5C(iii); 5D(ii)

A detailed list of the programme outcomes are found in the Programme Specification.

This is located at the archive maintained by the Academic Registry and found at: <http://www.richmond.ac.uk/admitted-students/programme-and-course-specifications/>

**Learning Outcomes:**

By the end of this course successful students should be able to:

- demonstrate a detailed knowledge of the food habits of the Italian peninsula and the European territories from a historical and anthropological perspective
- demonstrate an understanding of how society evolved in the past in terms of its food habits and thereby a thorough comprehension of the daily life of past societies
- demonstrate an understanding of the evolution of ingredients and food sources throughout history
- demonstrate a detailed knowledge of the origin and development of traditional Italian cuisine, with reference to the influences upon it

**Indicative Content:**

- Site visits
- Before the Romans: eating behaviours and the early Mediterranean diet
- Food trade and exchange
- Roman dining: social hierarchies and food
- Early medieval society: peasants, warriors, priests; food culture and habits
- Food and religion
- The late Middle Ages: rural and urban cooking and table manners
- The early modern period: new Italian and French cuisine
- Food and time: evolution of ingredients throughout history
- Identity as exchange: the birth of traditional Italian cuisine
- The Jewish cuisine in Rome
- From traditional to modern ways of food consumption

**Assessment:**

This course conforms to the Richmond University Standard Assessment Norms approved at Academic Board (formerly Learning & Teaching Policy Committee) and located at: <http://www.richmond.ac.uk/admitted-students/>

**Teaching Methodology:**

The course provides classroom lectures and site visits. During class, lectures on food and dining habits will be supplemented with primary historical sources (recipe books), archaeological records (examples of tableware and cutlery), and artistic evidence (paintings, frescos, murals and mosaics). Outdoor lectures in Rome will provide the chance to visit the sites where food habits can be better contextualized. These include traditional urban markets (*mercati rionali*) present in Rome since the Middle Ages, and places of modern food culture, such as 'Eataly', where food is produced and consumed. On these visits we will see, smell, and savour the fresh, locally-grown meat and vegetables that define Italian/Roman cuisine. Rome also has a very ancient Jewish community which dates back to two centuries before Christ. We will consider their current cuisine, which contains elements of the ancient Roman recipes. The aim will be to analyse the cultural contexts and to view them in relation to each other and to their general historical development from Ancient Rome to modern times. Individual research will be strongly encouraged. The individual work will be reported to the group in field debates and discussions.

**Bibliography:**

See syllabus for complete reading list

**Indicative Text(s):**

Flandrin, J.-L. and Montanari, M., eds., 2013. *Food - A Culinary History*. Translated by A. Sonnenfeld. Reprint edition. Columbia University Press.

**Journals**

**Web Sites**

See syllabus for complete list

Please Note: The core and the reference texts will be reviewed at the time of designing the semester syllabus

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Change Log for this CSD:

Nature of Change	Date Approved & Approval Body (School or AB)	Change Actioned by Academic Registry