

**Simona Muratore**  
**Department of French and Italian**  
**Fall 2010**

**ITAL 470: Italian Food in Literature, Film and Culture**

In the Fall of 2010 I will teach my ITAL 470 *Italian Food in Literature, Film and Culture*. This course offered in Italian language will explore the art of cuisine through the analysis of literary texts, culture and films from the Roman period to the 21st century. We will also study the principles of the Slow Food movement, which was founded in 1980 in Italy to counteract fast food and to promote local food traditions. Throughout my course, I will include field trips to local farmers markets and organize workshops with the students in the Decatur High School to promote healthy food habits. The course is divided into four different modules: the history and mission of the slow food movement; the Mediterranean diet and Nutrition; a cooking demonstration; social aspects of food in Italy.

The idea for this course was born from my passion for healthy food and literature and it expanded thanks the Piedmont project and the Community-Engaged Learning and Scholarship seminars. Initially, the course was an historical overview of Italian food analyzing literature and movies. The Piedmont project helped me to see that I could diffuse the principles of the slow food movement to promote local food as well as raise awareness about food choices and spread them into the community.

My course project changed form my initial one. Now the course contains an element of community-engaged learning. I have been working with Decatur High school, where they have a culinary art course and a school garden,

trying to create a new collaborative experience between the two educational institutions.

**ITALIAN 470**  
*L'Italiano nel piatto*  
Italian food in Literature, Film and culture  
Dr. Simona Muratore  
Fall 2010

*"Tell me what you eat and I will tell you who you are"*  
(Anthelme Brillat-Savarin in Physiology of Taste. 1825)

**Time:** T- TH 11.30am-12.45pm –

**Classroom:** Woodruff Library 422

**Office Hours:** T: 10-11.30- W. 11-12 or by appointment

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## **COURSE DESCRIPTION**

This course offered in Italian language will explore the art of cuisine through the analysis of literary text, culture and film.

We will also study the history and principles of the Slow Food movement, which was founded in 1989 in Italy to counteract fast food and to promote local food traditions. The readings for the course are a mix of information about the slow food movement, the Mediterranean diet and nutrition, and fiction, poetry and film that will be seen through this particular prism -- all in Italian. The course will contain an element of community-engaged learning. We will collaborate with Decatur High school, where they have a culinary arts course and a school garden.

Students will work in teams to prepare four different modules for presentation to the students in the high school. These four modules are: 1) an overview of the slow food movement in Italy; 2) the Mediterranean diet and nutrition 3) a cooking demonstration 4) a session on the social aspects of food in Italy. The students in the course will be learning and preparing these modules for presentation in their own class

in Italian, and then working in their separate teams to prepare the modules in English (with some Italian vocabulary learning imbedded) for the Decatur High students.

### **Course objectives**

- 1) To increase your knowledge of Italian culture, literature, and society through the study of food.
- 2) To improve your reading skills and to analyze, in Italian, text from Italian literature, film, images and other cultural artifacts.
- 3) To develop and apply critical thinking and verbal skills such as be able to orally present and discuss and write about the topics discussed in class.

### **Text books:**

\* Stefania Barzini *Così mangiavamo: cinquant'anni di storia italiana fra tavola e costume*. Gambero rosso 2006.

\* Course pack

\* Concise Oxford-Paravia Dictionary English-Italian o dizionario simile.

\* Dizionario d'italiano online: <http://www.garzantilinguistica.it/>

### **Movies:**

Each student is responsible to watch the movie before the day of the discussion in class. Movies will be on reserve in the library.

### **Writing:**

Students are required to write two 2-3 page response papers on ideas and topic discussed in class and one 5 page final research paper.

Papers should be computer printed, double-spaced, times, point 12.

### **Quizzes:**

There will be 4 five-minute quizzes on the course material

### **Oral presentation:**

2 oral presentation (1 group)

Students working in groups will introduce in class (in Italian) the material that they will present at the Decatur high school (in English).

The final presentation can be a power point presentation or a digital storytelling. (material and information will be provided)

## **Testing and Grade Distributions:**

**Partecipation 20%**  
**Quizzes 10%**  
**Oral presentations 20%**  
**Response papers (2) 20%**  
**Final paper 30%**

**CALENDAR Fall 2010**

**SLOW FOOD**

## **CULTURE**

### **Week 1**

**Thursday, August 26**

Introduction to the course

History of Italian food through cinema (dvd)

### **Week 2**

**Tuesday, August 31**

Slow food Movement: history, mission, philosophy

“Toward a Psychology of Contemporary food” Roland Barthes

“Funghi in città” Italo Calvino

**Thursday, Septemebr 1**

Slow food Emory: guest lecture

“Marcovaldo al supermarket” Italo Calvino

### **Week 3**

**Tuesday, September 7**

Terra Madre: History, mission philosophy

“Come non farci mangiare dal cibo” Carlo Petrini

**Thursday, September 9**

Discussion video “Terra madre” by Ermanno Olmi

### **Week 4**

**Tuesday, Sept. 4**

Agriturismo: rural vacations, local food and relax.

Il Barone Rampante” Italo Calvino

**Thursday, Sept. 6**

Student presentations + Student lesson to Decatur High school

## **NUTRITION**

### **Week 5**

**Tuesday, Sept. 21**

quiz

Nutrition, Mediterranean diet, hunger, Leonardo da Vinci's diet.

“Pinocchio” Carlo Collodi

“Se voi star sano” poetry by Leonardo da Vinci

**Thursday, sept. 23**

“The mediterranea diet” guest lecture by Cristiana Milone

**Week 6**

**Tuesday, September 28**     **1 response paper**

Advertising about food.

Reflexions about the students visits to farmers market.

**Thursday, September 30**

Discussion of the movie “Lezioni di cioccolato”

**Week 7**

**Tuesday, October 5**

Mediterranean diet pyramid.

Variety in the Italian Regional food

**Thursday, October 7**

student presentations

**Week 8**

**Tuesday, October 14**

Fall break

**Thursday, October 16**

Decatur High school

COOKING DEMONSTRATION

**Week 9**

**Tuesday, October 19**

quiz

Secrets of Italian cooking: recipies, flavours and colours.

“De re coquinaria” Apicio

Maestro Martino: the bith of modern cookery in Italy.

The futurist cookbook

**Thursday, October 21**

Books of etiquette: Monsignor della Casa.

Food appreciation day at the restaurant.

**Week 10**

**Tuesday, October 26**

Pellegrino Artusi and the bith of a new cuisine: sample recipies.

Representations of food in paintings. Bring your favourite recipe book.

**Thursday, October 28**

Cooking class + Demonstration at Decatur High school

SOCIAL ASPECTS OF FOOD

**Week 11**

**Tuesday, November 2**

quiz

Food and sociality

“Antecedenti latini: la letteratura a cena” Giampiero Rosati in Passare il tempo Salerno ed. Pag 29-50

“Convivio” cum vivere: Scenes from the movie “Satyricon” by Pasolini.

**Thursday, November 4**

“The cultural Structuring of Mealtime Socialization” Elinor Ochs, Merav Shohet.

Relatives at the table.

Italo Calvino: “La pietanziera”

Discussion of the movie “La cena” by Ettore Scola

ITALIAN-AMERICAN FOOD

**Week 12      2 response paper**

**Tuesday, November 16<sup>th</sup>**

Student presentations

Short stories from “The Milk of Almonds” Italian American Women

Writers on Food and culture

**Thursday, November 18**

Discussion of the movie “Big Night”

**Week 13**

**Tuesday, November 23**

Reports on the interviews with restaurant owners

**Thursday, November 25**

Thanksgiving

**Week 15**

**Tuesday, November 30**

Quiz + student presentations

**Thursday, December 2**

Focus group + final dinner