

## Course Syllabus - Ital 1920 Italian History on the Table

MW 1:45-3:30pm

Prof. Eva Del Soldato

Williams Hall 551

Office hours: R 1-3pm (in person or via Zoom: <https://upenn.zoom.us/j/3672440534>), or by appointment: [evadel@sas.upenn.edu](mailto:evadel@sas.upenn.edu)

"Mangia, mangia!" is an expression commonly associated with the American stereotype of Italians, whose cuisine is popular throughout the world. But is the perceived Italian love of food the same in the United States and in Italy? Is it an issue of quantity or quality? Of socioeconomics, politics, education, health ...? Global, local or maybe, glocal? In this course, we will explore the role of food in Italian culture, in Italy and abroad since antiquity. We will trace its evolution through literary documents, works of art, music and film, as well as family recipes and cooking tools; from court banquets to food trucks that, while always a feature at Italian fairs and open air markets, are now being "Americanized" under the influence of American cooking shows on Italian television. This course will be taught in English. Course and will include class visits, in person and/or virtual, to the Penn Museum and to the Rare Book and Manuscript Library. It counts also as a credit for the minor in Global Medieval Studies.

Relevant material will be regularly posted on Canvas

Course requirements: Attendance is mandatory (after two absences, a medical justification will be required). Students have to take actively part to the discussion, to prepare a 20-minutes class presentation+discussion on a topic to be arranged with the instructor, to write three 2-page reflection papers and a 5-page final research essay. Students will need to present an essay outline. Collaborative projects, especially with DH components, are welcome!

30% reflection papers

35% oral presentations+final project

35% class participation

Students have to conform to the highest ethical standards and to respect the University Honor Code, and to acknowledge the sources they employed in their presentations. In case of plagiarism students will be denounced to the Office of Student Conduct.

Academic Dishonesty Definitions Activities, that have the effect or intention of interfering with education, pursuit of knowledge, or fair evaluation of a student's performance are prohibited. Examples of such activities include but are not limited to the following definitions: A. Cheating: using or attempting to use unauthorized assistance, material, or study aids in examinations or other academic work or preventing, or

attempting to prevent, another from using authorized assistance, material, or study aids. Example: using a cheat sheet in a quiz or exam, altering a graded exam and resubmitting it for a better grade, etc. B. Plagiarism: using the ideas, data, or language of another without specific or proper acknowledgment. Example: copying another person's paper, article, or computer work and submitting it for an assignment, cloning someone else's ideas without attribution, failing to use quotation marks where appropriate, etc. C. Fabrication: submitting contrived or altered information in any academic exercise. Example: making up data for an experiment, fudging data, citing nonexistent articles, contriving sources, etc. D. Multiple submission: submitting, without prior permission, any work submitted to fulfill another academic requirement. E. Misrepresentation of academic records: misrepresenting or tampering with or attempting to tamper with any portion of a student's transcripts or academic record, either before or after coming to the University of Pennsylvania. Example: forging a change of grade slip, tampering with computer records, falsifying academic information on one's resume, etc. F. Facilitating academic dishonesty: knowingly helping or attempting to help another violate any provision of the Code. Example: working together on a take-home exam, etc. G. Unfair advantage: attempting to gain unauthorized advantage over fellow students in an academic exercise. Example: gaining or providing unauthorized access to examination materials, obstructing or interfering with another student's efforts in an academic exercise, lying about a need for an extension for an exam or paper, continuing to write even when time is up during an exam, destroying or keeping library materials for one's own use, etc.

### **Gender Pronoun**

This class community affirms people of all gender expressions and identities. If you prefer to be called a different name than what is on the class roster, please let your instructor and colleagues know. Feel free to correct others on your preferred gender pronoun. If you have any questions or concerns, please do not hesitate to contact your instructor.

### **Statement of Inclusivity**

This class community strives to be an inclusive learning space, valuing all of our differences. We aim to be respectful of all members of this class, regardless of race, ethnicity, religion, gender, gender identities and expressions, sexual orientation, etc.

## **Class Calendar**

### **Week 1**

August 30

Introduction to the course

## **Week 2**

September 4: **Labor Day!!!**

September 6

Eating with the Romans (readings: Petronius, Apicius)

## **Week 3**

September 11

Cooking with the dictionary? (Basile, The two cakes)

September 13

What is a recipe book? (Mastro Martino; B. Scappi; P. Artusi)

## **Week 4**

September 18

Hunger (readings: Dante, Inferno 6; G. Boccaccio, Decameron 8.3; )

September 20

Vegetarianism (readings: pages from Porphyry; Collodi, pages from Pinocchio)

## **Week 5**

September 25

Michelin Chefs (readings: restaurant reviews from NYT)

September 27

Slow Food (readings: article by M. Bittman; [www.slowfood.com](http://www.slowfood.com) (Links to an external site.))

## **Week 6**

Due: (reflection paper #1)

October 2

Food in the Mediterranean (readings TBD)

October 4

Beyond the Mediterranean (readings: TBD and 1893 sentence on the tomato)

### **Week 7**

October 9

Bread (readings: A. Manzoni, I promessi sposi)

October 11

Pizza (readings: Matilde Serao)

### **Week 8**

October 16

Salumi (readings: the testament of the piglet)

October 18

Rice and pasta (reading: Futurist cuisine)

### **Week 9**

October 23

Oil and butter (reading: Scappi; Verga; Tomasi di Lampedusa)

October 25

Workshop (Gondi Medici collection)

### **Week 10**

Due: (reflection paper #2)

October 30

Food and religion (readings: Mastro Martino; Scappi, Primo Levi)

November 1

Ice Cream and cakes (readings: G. Leopardi; G. Rodari)

**Week 11**

November 6

Coffee and chocolate (readings: C. Goldoni and G. Parini)

November 8

Wine (readings: F. Redi, Bacchus in Tuscany)

**Week 12**

November 13

Water (readings: M. de Montaigne)

November 15

Food and Medicine (readings: Scappi, Artusi)

**Week 13**

Due: (reflection paper #3)

November 20

Good manners (readings: G. Della Casa, Galateo)

November 22

The Italo-American Experience (readings: TBD)

**Week 14**

November 27 and 29: Presentations

**Week 15**

December 4 and 6: Presentations

Final essay, due – by e-mail – by **December 13**, 12pm EST.

