COURSE DETAIL

BREAD, WINE AND OLIVE OIL: A CULINARY HISTORY OF ITALY
Country Italy
Host Institution UC Center, Florence
Program(s) Italian in Florence,Made in Italy, Florence
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Italian History Anthropology
UCEAP Course Number 105
UCEAP Course Suffix
UCEAP Official Title BREAD, WINE AND OLIVE OIL: A CULINARY HISTORY OF ITALY
UCEAP Transcript Title CULINARY HIST ITALY
UCEAP Quarter Units 5.00
UCEAP Semester Units 3.30

Course Description

This course examines the evolution and cultural significance of three staple foods of Italian cuisine, bread, wine, and olive oil, from their ancient roots in the Mediterranean to their role in the enogastronomic traditions of Tuscany. The course traces the origins of these products in ancient Egypt, Mesopotamia, Greece, and Rome, and their changing symbolic and cultural meaning across time, from ancient Roman and early Christian civilizations to the Middle Ages and the Renaissance. Students discuss their contribution to the definition of an Italian national identity and their place in today's food culture. For the study of bread and pasta in modern Italy, students look at the industrialization of wheat growing and of bread and pasta-making techniques, countered by the recent revival of heritage grains, especially in Tuscany. The analysis of Italian wine culture addresses the industrialization of wine production in Italy and the natural wine movement, with a specific focus on wine production in Tuscany. Finally, olive oil is studied from a symbolic, agricultural, and dietary perspective. Comparative tastings of ancient and modern grain breads, of conventional and natural wine, as well as of traditional Tuscan organic olive oil and commercial oil, are part of the class. Field trips to mills, farms, and food sites complement the class contents.

Language(s) of Instruction
English

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https://uceap.sharepoint.com/:b:/s/DocumentLibrary/Eb9eP6YyX9RHm5imNLSGPDkBwDo_...

Host Institution Campus
UC Center Florence

Host Institution Faculty
Host Institution Degree
Host Institution Department ACCENT
Course Last Reviewed 2024-2025

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