



UNIVERSITÀ  
CATTOLICA  
del Sacro Cuore

## CU300A&B – The Discovery of Italy through its Culinary Traditions

Prof. BARBARA BETTINELLI

### COURSE DESCRIPTION

Italian food and wine are probably as famous as Italy's artistic and historical assets: you'll be surprised by the history behind the food, and how strictly related to the culture and heritage of an area a wine or a dish can be. Food is one of the cornerstones of Italian culture and even if times are changing and life is more and more frenetic, Italians still find a great pleasure in sitting at a table, at home or at the restaurant, and share a good meal together: this is because to the people of Italy, Italian food and wine are part of their culture and, very often, also of their own family history. Italian cuisine can be difficult to define, as recipes, tastes, ingredients and cooking styles vary enormously from region to region. One thing that most people will agree on though is that it is one of the richest and most delicious cuisines in the world.

The aim of this course is to introduce students to Italian culinary traditions and provide them with the opportunity to take part in "hands-on" cooking lessons under the guidance of one of Cattolica chefs.

### COURSE CONTENTS

This course will combine lessons in class with cooking lessons. In class students will explore one of the world-renowned aspects of Italian culture, its cuisine.

Lessons in class will focus on:

- The History of Italians and their Food
- Italy, its Regions and its Regional Cuisine
- Italian Meals
- Italian Coffee Culture
- The Mediterranean Diet
- Slow Food vs Fast Food: the importance of the Slow Food movement
- Italian wines: pairing food and wine
- Festival Foods
- Famous Italian Chefs

Films, extracts from books, articles from the press will be used in class to illustrate and explain the role of food and wine in Italian culture. Students will also take part in a field trip to Eataly food-market.

During each practical cooking class, different recipes will be explored. Students will discover the best of traditional and contemporary Italian regional cuisine and will have the opportunity to participate "hands-on" during the lessons, thus gaining experience to repeat the recipes once back home. Students will learn how to prepare and enjoy a full Italian meal: *antipasto*, *primo*, which is generally pasta or rice, *secondo*, a meat dish, and a dessert.

Each lesson will be followed by the most important part of any cooking session: the tasting!



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## PREREQUISITES

None

## METHOD OF TEACHING

Lectures and kitchen lab. Lectures will be held by employing different sources (frontal lectures, slides, documentaries, and films): classroom debates will be held as an important part of the course.

Lectures can host a maximum of 25 students each, while the kitchen lab can host a maximum of 10 students. This means that students in CU300A will be divided into three labs: CU300A (Lab1) on Wed 3.30-5.30pm, CU300A (Lab2) on Thu 3.30-5.30pm and five students in CU300A&B (Lab5) on Thu 3.30-5.30pm. Students in CU300B will be divided into three labs: CU300B (Lab3) on Mon 3.30-5.30pm, CU300B (Lab4) on Tue 3.30-5.30pm and five students in CU300A&B (Lab5) on Thu 3.30-5.30pm. Places in the labs will be assigned by the international office according to students' general schedule. It will not be possible to choose or change the lab. Students will get a response on the lab assigned one week before the beginning of classes.

## COURSE REQUIREMENTS

Students will be required to:

- attend class regularly.
- keep up with the assigned readings, bring materials to class and participate in class discussion.
- participate in a group project

Students are expected to attend class regularly and contribute to class discussion. Students' participation will be assessed in terms of active and meaningful involvement in class discussions and group activities. If students are unable to attend, it is their responsibility to obtain any notes from their colleagues. Attendance and participation will be fundamental for grade assessment. Three unjustified absences will be allowed for the lessons in class. Two unjustified absences will be allowed for the lessons in the kitchen laboratory. Students who miss more than three lessons in class and / or two lessons in the lab will receive an automatic Failed.

## CREDITS

6 ECTS

## GRADING

Students will be evaluated on their participation in class and in the kitchen lab, an in-class oral presentation, and a practical cooking exam.

Class presentation	60 % of final grade
Participation in cooking laboratory	20 % of final grade
Cooking exam	20 % of final grade



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## COURSE READINGS AND MATERIALS

Course pack and photocopies. The lecturer's slides will be available on Blackboard.

## LAB FEE

Students admitted to the course will be asked to pay the lab fee (€ 80) to cover the costs related to the apron and the kitchen tools/ingredients/utilities.

## INSTRUCTOR BIO

**Barbara Bettinelli** was born and educated in Italy where she worked as a language teacher and teacher trainer in the Italian state system up to her late 20s. She then spent fifteen years in the UK where she completed her PhD and taught Italian at the University of Nottingham Language Centre. In 2001 she moved back to Italy where she is currently teaching Italian and English at the Università Cattolica. She has written many books aimed at students of Italian and English which are published in Italy by Pearson Longman.

## E-MAIL ADDRESS

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