



UNIVERSITÀ
CATTOLICA
del Sacro Cuore

Discovering Italy through its Culinary Traditions

PROF. BARBARA BETTINELLI, PROF. CHIARA CASAGRANDE AND PROF. TATIANA BAGGIO

Overview

Area: Cultural studies

Dates: 9 – 20 June (2 weeks)

Campus: Milan

Course Number: CU300

Term: Summer 2025

Credits: 6 ECTS

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 show them how to prepare delicious Italian recipes.

Please note that the Kitchen Labs are held in the University cafeteria kitchens. Seeing as the kitchens are not only used for the Kitchen Lab, there is the chance of contamination from other ingredients used in the kitchen. This is very important for those students with allergies or dietary requirements to be aware of. The kitchen **cannot guarantee** the absence of contamination.

Cattolica and the course organisers may not always be able to satisfy the dietary requirements of all students, and in the case that dietary requests are not able to be met, we hope that students can understand the reasons for this and will also consider this fact when selecting the course.

Course contents

Students will explore one of the world-renowned aspects of Italian culture, its cuisine. We will also unveil those Italian cooking mysteries that baffle most people, like what "al dente" means, why there are so many different pasta shapes, when you can drink your cappuccino. Lessons will focus on:

- Italian Meals
- Italy and its Regions
- Regional Cuisine
- Italian Coffee Culture
- Pasta and how to pair different pasta shapes to the right sauce
- Slow Food vs Fast Food: the importance of the Slow Food movement
- The Mediterranean Diet
- Festival Foods
- Famous Italian Chefs



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- Italian wines: pairing food and wine.

Films, extracts from books, articles, food quizzes will be used to illustrate and explain the role of food and wine in Italian culture.

Students will take part in a field trip to Eataly food-market where they will discover the great variety of Italian artisanal products, learn about Eataly market concept, and will taste high-quality food directly from production sites.

The course will include a cooking demonstration given by Cattolica chefs. Students will have the opportunity to learn the basic techniques to cook simple Italian dishes, thus gaining the confidence to repeat the recipes for friends and family once back home.

Method of teaching

Lessons will employ different sources (frontal lectures, slides, documentaries, and films): debates will be held as an important part of the course.

Course requirements

Students will be required to:

- follow class regularly and participate in class discussion;
- participate in a final project.

Grading

Final exam 100%

Course reading and materials

All materials will be available on Blackboard.

Prerequisites

None

Credits

6 ECTS

Instructors' bio

Professor 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



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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 English and Italian language and Culture at the Università Cattolica. She also works as Educational Developer for Cattolica CHEI (Centre of Higher Education Internationalisation). She has written many books aimed at students of Italian and English which are published in Italy by Pearson Longman.

Professor Chiara Casagrande was born and educated in Italy. After graduation she moved to the U.S.A. to study American Literature at Lado International Institute (Silver Spring – MD). Later on, she lived in Ecuador where she started teaching Italian as a foreign language at the local Catholic University (PUCE). She returned to Italy where she continued her education. She holds a Master's Degree in Foreign Trade and a Master's Degree in Teaching Italian as a foreign language. She is currently working as a teacher at the Università Cattolica in Milan, where she teaches Italian Language and Culture to foreign students.

Professor Tatiana Baggio was born and educated in Italy. She worked for sixteen years at Società Dante Alighieri in Milan where she taught Italian to students of all ages and from all over the world. She holds the Ditals Level II from the Ditals Center of the University for Foreigners of Siena, a qualification certifying advanced competence in teaching Italian to foreign students and a Master's Degree in Teaching Italian as a Foreign Language. She is currently working as a teacher of Italian Language and Culture to foreign students at the Università Cattolica in Milan and in other state and private universities.

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Course Schedule

Lesson	Date and Time(CET)	Topic	Reading/Course Material
1	09/06/2025 14.00 - 18.00	Buongiorno! Welcome to the World of Italian Food and Cooking - Eat like an Italian	All materials available on Blackboard.
2	10/06/2025 9.30 - 13.30 15.00 - 17.30	Italian regional cuisine - Italian regions. Exploring Lombardy and Campania Kitchen Lab A	
3	11/06/2025 9.30 - 13.30 15.00 - 17.30	Italian pasta and pasta sauces - Exploring Lazio and Sicily Kitchen Lab B	
4	12/06/2025 9.30 - 13.30 15.00 - 17.30	Italian coffee culture - The slow Food Movement Kitchen Lab C	
5	13/06/2025	Field trip to Eataly	
6	16/06/2025 9.30 - 13.30 14.30 - 16.30	The Mediterranean diet - Practical tips: how to prepare a real Italian dish Working towards your final project	



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7	17/06/2025 9.30 - 13.30 15.00 - 17.30	Italian festival foods- Exploring - Practical tips: how to prepare a real Italian dish Kitchen Lab D	
8	18/06/2025 9.30 - 13.30 15.00 - 17.30	Italian wines - Famous Italian chefs - Practical tips: how to prepare a real Italian dish Kitchen Lab E	
9	19/06/2025	Final exams	
10	20/06/2025	Final exams	