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del Sacro Cuore

Italy, a Country to Savor

PROF. MARTA PIETROBONI

Area of study:	Italian Culture: Literature, Theatre, Cinema, Music, Philosophy and History
Area Code:	CU310
Method of Instruction:	in-person and live-streaming (dual mode)
Participation:	synchronous/live and asynchronous

Description

The kitchen itself is science, it is up to the cook to make it become art"(G. Marchesi)

CiBi. Art and science of food proposes a path that intends to introduce students to the fascinating world of Italian food, discovering the secrets and meeting the protagonists of our culinary tradition; from chefs to farmers, from researchers to professionals who choose, produce, transform and taste food; from the starred restaurant to the stables and fields where the products are born. The proposal revolves around three training methods: the classroom, companies, the kitchen. The goal is to present our country, and Lombardy in particular, through culinary traditions: a synthesis of unique stories and territories, with the aim of exploring the agri-food system in its various territorial expressions, identifying and enhancing good practices and innovative solutions, to promote an aware knowledge of the supply chain and a true agri-food culture.

Course contents

- story of Italian products;
- look at the traditions and innovations of our food;
- visits to food companies and production areas;
- basic guidelines on healthy eating and nutrition;
- presentation of our wines and beers;
- cooking lessons;
- tasting and sensory analysis

Prerequisites

The course "Italy, a country to savor" requires students having:

- interest and passion in material culture;
- interest and passion in food supply chain;
- being motivated in the project, spending an amount of time for outside class activities.

Method of instruction

The course is divided into three levels:

- in the classroom: lessons and storytelling of the Italian food supply chain (*in-person, live-streaming, asynchronous*)



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- on the field: visit to a Lombard companies to observe the taste chain from the raw material to the final product (*in-person*). For those who will follow the course online, the visits will be repeated in video format (*live-streaming, asynchronous*)
- in the kitchen: we will cook in the classroom with some special guests, and for those interested it will also be possible to take part in a cooking lesson in the famous Milanese school Alto Palato (upon registration) (*in-person and live-streaming*).

The dishes that we will prepare in class will be cooked at home, and it will be necessary to send me photos via email of the finished dishes. (*asynchronous*)

Course requirements

- Students are expected to regularly attend class sessions and to actively take part in class debates;
- Students are expected to take part in outside class proposals;
- Students are expected to cooperate to produce original tales about Italian supply chain.

Credits

6 ECTS

Grading

Attendance and class participation	40% of final grade
Final project presentation	30% of final grade
Final exam	30% of final grade

Course readings and materials

Readings will be handed over by the professor and the witnesses after each class.

Instructor bio

Prof. Marta Pietroboni born in Milan on May 15th 1978, PhD in Urban Planning and Adjunct Professor at the Politecnico di Milano until 2011, lived for short periods in Portugal, Germany and Colombia, she has been involved in research related to food production since 2013. As a communicator specialized in the agri-food sector, she collaborated in the dissemination of the VIVA project - Evaluation of the Impact of Viticulture on the Environment - initiated by the Ministry of the Environment and the Protection of the Territory and the Sea in 2011, with the scientific collaboration of the OPERA Research Center of the Catholic University of the Sacred Heart and the Agroinnova Competence Center of the University of Turin, and was recently invited to participate as a visiting professor in the course of food and wine criticism of the Italian Food Academy.

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