

IT/CU 370 Italian Conversation: Culture and Cuisine of Italy
IES Abroad Milan Syllabus

DESCRIPTION: This course gives students the opportunity to practice Italian language while helping them approach one of the most important and world-renowned aspects of Italian culture: *la cucina italiana*. Classes will alternate conversations sessions, where students will use the language to explain recipes and to exchange information about Italian regional characteristics, with practical cooking lessons. Classes at IES Center will be focused on Italian language practice: students will be asked to discuss about Italian recipes, cultural differences in cooking and in the approach to food. We will also discuss idiomatic expressions related to food, together with historical and cultural reasons behind the development of different cuisines, ingredients and cooking practices throughout the country.

EATALY Smeraldo is the cooking facility where the practical lessons will take place. Practical cooking lessons are based on Italian regional food preparations. A skilled chef will introduce the class to the recipes from the different regions of Italy. Students are required to use their hands in the food preparation, as well as to take notes on the ingredients and procedure, and to use only Italian (no English allowed, except for clarifications). When the cooking is over, students, instructor and chef sit around the table and eat while discussing about the food and other matters in Italian.

CREDIT HOURS: 3

CONTACT HOURS: 45

PREREQUISITES: This course is intended for Intermediate and Advanced Italian students, enrolled in IES Abroad Milan courses IT302, IT351, IT403.

ADDITIONAL COST: 150 euros.

METHOD OF PRESENTATION: The uniqueness of this course derives from the combination of a communicative approach to language teaching in class with hands-on-lessons at *EATALY Smeraldo*. The course offers insights into Italian culture related to food and cooking habits. The vocabulary used in the course will cover ingredients, kitchen tools, verbs relating to preparing meals, food-related adjectives, idiomatic forms and expressions, etc. There will be in-class discussions, students' presentations, field studies, hands-on lessons.

LANGUAGE OF PRESENTATION: Pledge for Italian-only in class. Students are invited to formally committed themselves to use only Italian in class. The teacher will reward the respect of the pledge for Italian only (regardless linguistics accuracy).

LEARNING OUTCOMES: By the end of the course, students will get familiar to the main Italian cooking methods and to the appropriate terminology of food and food preparations; they will learn Italian cooking traditions, and Italian habits related to food, eating and food preparations. They are expected to learn most of the Italian regions along with information on typical food products, main food preparations from the different areas of Italy and their historical origins. Students will learn detailed information on food culture in Italy by reading selected articles.

REQUIRED WORK AND FORM OF ASSESSMENT: Regular attendance and active participation in class (both at IES Center and at the Cooking School) will be fundamental for grade assessment. Students are required to assimilate the new vocabulary and information presented during class and demonstrate how they are able to apply it during the practice lessons and in-class conversations. At home they will be asked to complete exercises, to read and comment texts, to do research work for in-class presentations and to use the language to interview Italian speakers. Homework assignments not completed will result in the loss of points. Written quizzes will test idiomatic expressions, vocabulary and listening / writing about the topics covered in class.

REQUIRED WORK AND FORM OF ASSESSMENT:

- Course engagement - 25%
- Oral Exam – 25%
- Midterm Exam - 25%
- Final Exam - 25%

The oral exam is an individual presentation of a region assigned by the instructor.

The midterm exam is a written test based on the topics introduced in class.

The final exam is a take-home project where the students can explore his/her opinion on one of the topics introduced in class.

Course Engagement: Active and thoughtful participation in class that demonstrates the student's preparedness for class and engagement with the language and culture. Effort to use Italian in all instances is key for successful participation in the course.

ATTENDANCE POLICY:

As a member of our class community, you are expected to be present and on time every day. Attending class has an impact on your learning and academic success. For this reason, the IES Abroad Milan attendance policy allows for the following number of absences, which are intended to be used for physical and mental health reasons:

- THREE (3) absences in each Italian language course,
- **TWO (2) absences in each Area Studies course,**
- ONE (1) absence in each seminar course or course meeting 1 day a week,
- ZERO (0) absences in each course of individual music instruction.

Every absence beyond this allowance will automatically result in a penalty of 2 percentage points off the final grade. SEVEN (7) absences will result in a failing grade in Italian language and Area Studies courses. FOUR (4) absences will result in a failing grade in seminar or 1-day-a-week courses. Failure to attend a scheduled exam, test, quiz, or presentation will automatically result in an F grade on that assessment.

ACADEMIC INTEGRITY:

Students are expected to abide by the **IES Abroad Code of Academic Integrity**. All work submitted by a student for academic credit should constitute the student's own original work. Any work submitted for academic credit may be subject to review by a textual similarity detection service for the detection of plagiarism and AI usage.

CONTENT:

This breakdown may be subject to changes. Classes will be held on *Monday and Wednesday from 10.55 to 12.35*.

The cooking lessons (*lezioni pratiche*) will be at **EATALY Smeraldo, Piazza 25 Aprile, 10. We will meet there.**

Week 1		
<i>Session 1</i>	Introduzione Alla Cucina Italiana: • Tra falsi miti e verità • La cucina o le cucine d'Italia? • Eataly: Storia, identità, missione	Assignment: Qual è l'idea che hai della cucina Italiana? Elabora una mappa di tutti i piatti e ingredienti che secondo te la rappresentano.
<i>Session 2</i>	Le Regioni Italiane: • Una panoramica delle regionalità	Assignment: elaborazione della lista della spesa "all'italiana".

	L'industria alimentare italiana e la sostenibilità.	
Week 2 <i>Session 1</i>	Modi Di Dire Legati Al Cibo: - Parla Come Mangi! - Perché Gli Italiani Parlano Sempre Di Cibo? È Vero? - Il Cibo Come Metafora E Veicolo Di Concetti	Assignment: Quale metafora è il cibo per te? (400 parole)
<i>Session 2</i>	Il Caso Slow Food: - Origine - Storia - Obiettivi - Sviluppi	Assignment: scrivi la tua green list. Almeno 10 punti di scelte e azioni concrete che puoi fare per essere più sostenibile.
Week 3 <i>Session 1</i>	La Cucina Della Lombardia: - Storia - Geografia - Tradizioni - Ricette	Assignment: Recensione del tuo Ristorante Preferito a Milano
<i>Session 2</i>	Lezione Pratica Di Cucina Lombarda @ Eataly - Origine, Occasioni Di Consumo E Ingredienti Della Ricetta - Apprendimento Tecniche Di Preparazione Degustazione Guidata	Assignment: riscrivi una ricetta tradizionale lombarda in chiave moderna e sostenibile.
Week 4 <i>Session 1</i>	La Cucina Della Liguria: - Storia - Geografia - Tradizioni - Ricette	Assignment: reading materiale su Moodle
<i>Session 2</i>	La pasta!	Assignment: reading materiale su Moodle
Week 5 <i>Session 1</i>	ORAL EXAM: Presentazione orale	

Session 2	Lezione Pratica Di Cucina Ligure • @ Eataly • Origine, Occasioni Di Consumo E Ingredienti Della Ricetta • Apprendimento Tecniche Di Preparazione • Degustazione Guidata	Assignment: riscrivi una ricetta tradizionale ligure.
Week 6 Session 1	Midterm review	
Session 2	Midterm Exam	
Week 7 Session 1	La Cucina Del Lazio: • Storia • Geografia • Tradizioni Ricette	Assignment: scrivi un breve elaborato sulla cucina italo-americana (500 parole)
Session 2	Lezione Pratica Di Cucina Romana • @ Eataly • Origine, Occasioni Di Consumo E Ingredienti Della Ricetta • Apprendimento Tecniche Di Preparazione • Degustazione Guidata	Assignment: riscrivi una ricetta tradizionale laziale.
Week 8 Session 1	La Cucina Della Puglia: • Storia • Geografia • Tradizioni • Ricette	Assignment: reading materiale su Moodle.
Session 2	Il Cibo Delle Feste: • Tradizioni E Usanze Legate Al Cibo • I Gesti E I Rituali Attorno Alla Tavola • L'origine, Il Mantenimento E L'innovazione	Assignment: Racconta In un breve testo scritto (Max 400 Parole) il cibo che per te rappresenta la tua festa preferita.
Week 9	La Cucina Della Campania: • Storia • Geografia	Assignment: Scrivi In 500 Parole Un Articolo sulla pizza in Italia e nel mondo.

Session 1	• Tradizioni • Ricette	
Session 2	Lezione Pratica Di Cucina Campana • @ Eataly • Origine, Occasioni Di Consumo, E Ingredienti Della Ricetta • Apprendimento Tecniche Di Preparazione • Degustazione Guidata	Assignment: gnocchi di patate, farina o ricotta? Scrivi in 300 parole la tua ricetta preferita.
Week 10 Session 1	La pasticceria Italiana: • Cucina povera: no real dessert only <i>biscotti</i> and sweet bread • The French influence and the rise of pastry in Sicily and Naples • The case of tiramisu' : a modern invention	Assignment: scrivi un breve elaborato (700 parole) sulla pasticceria siciliana.
Session 2	La Cucina Della Sicilia: • Storia • Geografia • Tradizioni • Ricette	Assignment: arancini o arancine? Motiva la tua scelta in 300 parole.
Week 11 Session 1	Final Review	Assignment: scrivi una breve recensione del film (400 parole).
Session 2	Lezione Pratica Di Cucina Siciliana • @ Eataly • Origine, Occasioni Di Consumo E Ingredienti Della Ricetta • Apprendimento Tecniche Di Preparazione • Degustazione Guidata	DEADLINE FINAL PROJECT

REQUIRED READINGS:

- Teacher's handouts from selected books (*La Nuova Cucina Regionale* - ed 2020 di Roberto Carcangiu, *Il cibo come cultura* - ed 2006 di Massimo Montanari, *La cucina Italiana storia di una cultura* ed 2005 di A. Capetti, Montanari) *Il Corriere della Sera* (newspaper), *La Cucina Italiana* e *Cucina Naturale* (food magazines) and from the websites of giallozafferano.com, lacucinaitaliana.com, ilcucchiadod'argento.com, and slowfood.com
- Materials posted on Moodle.