

GROUP 8
FOOD HISTORY
HIS1MN108 Food: A Global Perspective

Course Description: Food is more than sustenance; it is a lens through which we can explore the past, understand cultures, and trace the evolution of societies. In this undergraduate course, “Food in World History,” we will examine the fascinating journey of food across time and continents. From ancient civilizations to modern global food systems, we’ll uncover the stories behind what we eat. The five units that make up this course cover the basic ideas of food history and the significance of food in ancient, medieval, and modern world history. Through engaging lectures, readings, and discussions, we will explore the role of food in shaping human civilization.

Programme	BA History Honours				
CourseCode	HIS1MN108				
CourseTitle	Food: A Global Perspective				
TypeofCourse	Minor				
Semester	1				
AcademicLevel	100 – 199				
CourseDetails	Credit	Lecture perweek	Tutorial perweek	Practical perweek	TotalHours
	4	4	-	-	60

CourseOutcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Toolsused
CO1	Recall the important sources, methods, and approaches used in food history.	R	F	Multiple choice quiz
CO2	Describe the major turning points in the history of food, from the Neolithic Revolution to the Globalization	U	F	Seminar Presentation
CO3	Illustrate the concept of how food and culture are interrelated and how food shapes identity.	AP	C	Short Answer Questions
CO4	Explore various ancient culinary traditions and its exchange through trader routes	An	C	Group Discussion

CO5	Assess the knowledge of how the Crusades, the Black Death, and the Columbian Exchange affected food and health in the medieval world	E	P	Presentation/Essay
CO6	Communicate effectively about the historical and environmental implications of contemporary food culture.	C	M	Poster Making/ Short Video
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # - Factual Knowledge (F) Conceptual Knowledge (C) Procedural Knowledge (P) Metacognitive Knowledge (M)				

Module	Unit	CONTENT	Hrs 60	Marks 70
1	INTRODUCTION TO FOOD HISTORY		13	16
	1	Food and Food Studies - Significance of Food History	2	
	2	Sources - Archaeological, Literary, Cookbooks	3	
	3	Methods - Historical, Ethnography, Oral history	3	
	4	Approaches - Culinary, Dietary, Nutritional, Dining and Manners, Food Stuffs	2	
	5	Food and Culture - Food and Identity	2	
	6	Food and Politics	1	
		Readings <ol style="list-style-type: none"> 1. Miller, J., & Deutsch, J. (2009). <i>Food studies: An introduction to research methods</i>. Bloomsbury Academic. 2. Pilcher, J. M. (Ed.). (2012). <i>The Oxford handbook of food history</i>. Oxford University Press. 3. Montanari, M. (2004). <i>Food: A culinary history</i>. Columbia University Press. 4. Macbeth, H., & MacClancy, G. (2014). <i>Researching Food Habits: Method and Problems</i>. Berghahn Books. 5. Anderson, E. N. (2005). <i>Everyone eats: Understanding food and culture</i>. New York University Press. 		

		<p>6. Counihan,C.,&Esterik,P V.(2017).<i>Foodandculture:AREader</i>. Routledge.</p> <p>7. Klein,J.(2016).<i>Handbookoffoodandanthropology</i>.BloomsburyAcademic.</p> <p>8. https://www.rachellaudan.com/getting-started-in-food-history</p>		
II	FOODIN ANCIENTWORLD		12	18
	7	Evolution of Culinary Practices - From Hunting and Gathering to Agricultural Revolution	3	
	8	Domestication of Animal-Impact of Cooking	2	
	9	Culinary Traditions in Ancient Egypt, Mesopotamia, Greece and Rome	3	
	10	Early Trade Routes and Food Exchange	3	
	11	Food in ancient China	1	
		<p>Readings</p> <p>1. Albala,K.(2013).<i>Food:A culturalculinaryhistory</i>. TheTeachingCompany.</p> <p>2. Tannahill,R. (1995).<i>Food in history</i>.BroadwayBooks.</p> <p>3. FernándezArmesto, F. (2003). <i>Near a thousand tables: A history of food</i>. FreePress.</p> <p>4. Bottéro, J. (1995). <i>Mesopotamia: Writing, reasoning, and the origins of civilization</i>.UniversityofChicagoPress.</p> <p>5. Faas,P. (2009).<i>AroundtheRomantable: Food andFeastinginAncientRome</i>, ChicagoUniversalPress.</p> <p>6. Dalby,A. (2013).<i>FoodintheancientworldfromAtoZ</i>. Routledge.</p> <p>7. Kelley,L.(2009). <i>TheSilkRoadGourmet</i>.IUniverse</p>		
III	FOODIN MEDIEVAL WORLD		13	16
	12	Food Practices under Byzantine Empire	2	
	13	Islam and the Transformation of Mediterranean Cuisine	3	
	14	Impact of Crusades and Black Death on Food and Health	3	
	15	The Columbian Exchange and the Introduction of New World Crops	3	

	16	Food during the Renaissance period	2	
		<p>Readings</p> <ol style="list-style-type: none"> 1. Fernández Armesto, F. (1995). <i>Millennium: A history of the last thousand years</i>. Scribner. 2. Adamson, M. W. (2004). <i>Food in medieval times</i>. Greenwood Press. 3. Krondl, M. (2007). <i>The taste of conquest: The rise and fall of the three great cities of spice</i>. Ballantine Books. 4. Mann, C. C. (2012). <i>1493: Uncovering the new world Columbus created</i>. Vintage Books. 5. Mintz, S. W. (1986). <i>Sweetness and Power: The Place of Sugar in Modern History</i>, Penguin Books 		
IV	FOOD IN THE MODERN WORLD		11	20
	17	Impact of Colonialism and Imperialism on Food Culture	2	
	18	Industrial Revolution and the Rise of Processed Foods	2	
	19	Food and Globalization	2	
	20	Environmental consequences of Food Culture	2	
	21	Food and Health issues	2	
	22	Food and Diaspora	1	
		<p>Readings</p> <ol style="list-style-type: none"> 1. Schlosser, E. (2012). <i>Fast food nation: The dark side of the all-American</i>, Mariner Books Classics. 2. Freedman, P. (Ed.). (2019). <i>Food: The history of taste</i>. Thames and Hudson Ltd. 3. Pollan, M. (2007). <i>Omnivore's dilemma: An atural history of four meals</i>. Penguin Books. 4. Holland, M. (2015). <i>The edible atlas: Around the world in thirty-nine cuisines</i>. Canongate Books. 5. Patel, R. (2008). <i>Stuffed and starved: Markets, politics, and the hidden battle for the world's food system</i>. Melville House. 6. Helstosky, C. F. (2008). <i>Pizza: A global history</i> (Edible). Reaktion Books. 7. Parasecoli, F., & Scholliers, P. (Eds.). (2012). <i>A cultural history of food</i> (Vols. 1-6). Berg Publishers 		

V		<p>Open Ended:</p> <p>Prepare a presentation on the evolution of a particular World dish, tracing its history from ancient times to the present day. The presentation should include historical references, influences over time, and its current status.</p>	12	
		<ul style="list-style-type: none"> • The Evolution of Pizza: (Example) • From ancient to Present day: Identify how popular and beloved pizza is worldwide. • Discuss the early beginning of Pizza and explore the historical references to pizza-like dishes. 		
		<ul style="list-style-type: none"> • Evolution and influence over time: Discuss the influence of the Mediterranean region on the development of Pizza. Analyze the impact of Italian migration on the global spread of pizza. Explore the globalization of Pizza chains and their impact on local culinary traditions • Activity: Pizza topping through time <p>Divide students into small groups and assign each a specific historical period in the evolution of Pizza. Ask the groups to research and create a poster or presentation showcasing the types of toppings used during that period. Encourage creative and critical thinking by having students explain the cultural influences behind chosen toppings</p> <p>*Have students choose a specific region or country known for its unique pizza and the students should include information about the ingredients, preparation methods and cultural significance of the chosen style.</p> <p>*Provide students with a basic pizza recipe and ask them to analyze the ingredients and preparation methods. Ask students to research the historical origins and cultural influence of each ingredient used in the recipe and present their findings to the class, discussing how the ingredients and techniques have changed over time.</p> <p>Assessment</p> <p>*Group Presentation: Evaluate student group presentations based on their ability to effectively communicate the evolution and influences of pizza, as well as their</p>		

		understanding of the historical references.		
		*Group Research Project: Assign a group project where students are required to write an essay analysing the cultural significance of pizza in a specific country or region of their choice. Assess the essay based on the students' research, critical thinking and ability to articulate their findings effectively		

Note: The course is divided into five modules, with four having total 22 fixed units and one open-ended module with a variable number of units. There are total 48 instructional hours for the fixed modules and 12 hours for the open-ended one. Internal assessments (30 marks) are split between the open-ended module (10 marks) and the fixed modules (20 marks). The final exam, however, covers only the 22 units from the fixed modules.

Mapping of COs with PSOs and POs:

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7
CO1	3	1	2	1	1	2	1	1	1	2	-	1
CO2	3	1	2	2	2	3	1	1	1	3	-	1
CO3	3	2	3	3	3	2	2	1	1	3	1	1
CO4	3	1	2	2	2	2	1	1	1	3	-	1
CO5	3	1	2	2	2	3	1	1	1	3	1	1
CO6	3	1	2	2	2	3	1	1	1	3	1	1
CO7	3	3	3	3	3	2	3	2	1	3	1	1

Correlation Levels:

Level	Correlation
-	Nil
1	Slightly/Low
2	Moderate/Medium
3	Substantial/High

Assessment Rubrics:

- Quiz/ Assignment/Quiz/ Discussion/ Seminar
- MidtermExam
- FinalExam(70%)

Mapping of CO to Assessment Rubrics:

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations
CO1	✓			✓
CO2		✓		✓
CO3	✓			✓
CO4		✓		✓
CO5	✓			✓
CO6		✓		✓

Readings

1. Miller, J., & Deutsch, J. (2009). *Food studies: An introduction to research methods*. Bloomsbury Academic.
2. Pilcher, J. M. (Ed.). (2012). *The Oxford handbook of food history*. Oxford University Press.
3. Montanari, M. (2004). *Food: A culinary history*. Columbia University Press.
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6. Counihan, C., & Esterik, P. V. (2017). *Food and culture: A Reader*. Routledge.
7. Klein, J. (2016). *Handbook of food and anthropology*. Bloomsbury Academic.
8. WebLink: <https://www.rachellaudan.com/getting-started-in-food-history>

I Semester B.A (CUFYUGP) Degree Examinations October 2024
HIS1MN108 Food: A Global Perspective
Credits:4

Maximum Time: 2 hours

Maximum Marks: 70

Section A

[Answer All. Each question carries 3 marks]

(Ceiling: 24 Marks)

1. What is food history and why is it important to study?
2. How does food shape and reflect one's identity and culture?
3. Identify some of the sources of food during the Stone Age?
4. Briefly explain the culinary traditions in ancient Egypt?
5. Describe the characteristics of Byzantine dietary practices
6. Examine the significance of Columbian exchange on Food habits
7. Trace out the impacts of colonialism and imperialism on food?
8. Write in a paragraph about the implications of globalization on food?
9. How did potatoes influence Europe in the modern period?
10. Summarize some of the environmental consequences of food culture in the modern world.

Section B

[Answer All. Each question carries 6 marks]

(Ceiling: 36 Marks)

11. Explain how cookbooks can reveal information about the culture, society, and economy of a certain period or region.
12. What are some of the factors that influence food choices and preferences in different cultures?
13. Demonstrate how trade routes enabled the diffusion and adaptation of food cultures and cuisines across geographical and cultural boundaries.
14. Describe how cooking revolutionized human life in an ancient period.
15. Assess the significance and legacy of the culinary traditions in ancient Rome for the history and culture of food and gastronomy.
16. Investigate how the Crusades influenced the trade, exchange, and diffusion of food products and knowledge between different regions and civilizations.
17. Explore how the industrial revolution impacted the environment, economy, and society in relation to food and agriculture.
18. Explain how food and politics are interconnected and interdependent?