DEPARTMENT OF LANGUAGES AND CULTURES  
WESTERN UNIVERSITY  

CLC 2141A / GER 2270A  
FOOD AND HEALTH IN THE MIDDLE AGES  
Fall 2022  

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Tue 1:30-4:30pm  

COURSE CONTENT  
Discover the fascinating world of medieval food culture and explore the role nutrition played in 
the theory of health and wellness. Study the presumed medicinal properties of the foodstuffs 
available in pre-Columbian Europe, their preparation and consumption, and try your hands on 
period recipes from the different regions. 

AIMS  
- develop an understanding of food’s central importance in medieval society 
- study the close connection between food, identity, and health 
- find out what foods were available in medieval Europe before the discovery of the New World 
- explore the role ancient and medieval medicine had in food selection, preparation, and 
gastronomy 

OUTCOMES  
Upon successful completion of the course students will have 
- acquired the tools to conduct basic research in medieval food culture, and the theory of 
nutrition 
- gained an understanding of the historical, social, economic, regional, religious and medical 
influences on medieval food choices and eating habits 
- been introduced to and have applied an interdisciplinary approach to medieval food culture 
spanning the Humanities, Social and Health Sciences 

ASSESSMENTS  
Project  
Midterm  
3 Writing Assignments (500 words each)  
Attendance & Participation  
Final Exam  
15% 
20% 
15%  
15% 
35%  

COURSE MATERIAL  
Adamson, Melitta. Food in Medieval Times (Westport, CT, and London: Greenwood Press, 
2004. 

The Department of Languages and Cultures Policies which govern the conduct, standards, and expectations for 
student participation in Languages and Cultures courses is available in the Undergraduate section of the Department 
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responsibility to understand the policies set out by the Senate and the Department of Languages and Cultures, and 
thus ignorance of these policies cannot be used as grounds of appeal.