



DEPARTMENT OF LANGUAGES AND CULTURES

1. Course Information

Course Information

CLC 2141A / Ger 2270A **Food and Health in the Middle Ages** Fall 2022
Tue 1:30-4:30pm, TC - 203

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

2. Instructor Information

| Instructors | Email | Office | Phone | Office Hours |
|-----------------------------------|--|---------|-------|----------------------|
| Dr. Melitta Adamson Instructor | melitta@uwo.ca | UC 3312 | | TUE 11:30- 1:30pm |
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Students must use their Western (@uwo.ca) email addresses when contacting their instructors.

Office Hours in person or by appointment on Zoom

3. Course Syllabus, Schedule, Delivery Mode

Course Description

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.

Learning Outcomes / Course Objectives

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

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

Course Schedule

(subject to minor adjustments)

| | |
|---------------|---|
| Sept. 13 | Introduction, course outline, researching medieval food, food timeline |
| Sept. 20 | Ancient and Medieval Medicine, Humoral Theory, Dietetics |
| Sept. 27 | <i>Regimen sanitatis</i> literature |
| Oct. 4 | Medieval Foodstuffs ASSIGNMENT # 1 due (Topic: Healthy Living Then and Now) |
| Oct. 11 | Medieval Food Preparation |
| Oct. 18 | Cuisines of Medieval Europe, International Dishes, Britain, France, Spain, ASSIGNMENT # 2 due (Topic: Foodstuffs and Dishes in Europe pre- and post-Columbus) |
| Oct. 25 | Cuisines of Medieval Europe, Italy, Germany, Low Countries |
| Oct. 31-Nov.6 | FALL READING WEEK |
| Nov. 8 | Medieval Eating Habits and Food Ideas |
| Nov. 8 | MIDTERM |
| Nov. 15 | Food and Religion in the Middle Ages ASSIGNMENT #3 due (Topic: Food and Identity Medieval and Modern) |
| Nov. 22 | Food Presentations |
| Nov. 29 | Food Presentations |
| Dec. 6 | Medieval Food Culture, Course Review, Format of the Final Exam |

Important Sessional Dates

Classes begin: September 8, 2022

Fall Reading Week: October 31 – November 6, 2022

Classes end: December 8, 2022; April 10, 2023

Exam period: December 10 – 22, 2022

Contingency plan for an in-person class pivoting to 100% online learning

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, affected course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor.

4. Course Materials

Texts and Materials (required and recommended)

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

USEFUL WEBSITES

<http://www.staff.uni-giessen.de/gloning/kobu.htm>

<https://pantherfile.uwm.edu/carlin/www/> (scroll down to Research Links)

<http://www.pbm.com/~lindahl/food.html> (Society for Creative Anachronism, Caution with some translations) <http://www.pbm.com/~lindahl/food-art/>

<http://medieval-plants.org/mps-daten/>

OWL

Students are responsible for checking the course OWL site (<http://owl.uwo.ca>) on a regular basis for news and updates. This is the primary method by which information will be disseminated to all students in the class.

If students need assistance with the course OWL site, they can seek support on the OWL Help page. Alternatively, they can contact the Western Technology Services Helpdesk. They can be contacted by phone at 519-661-3800 or ext. 83800.

Technical Requirements

In case of in-person class pivoting to 100% online learning, a stable internet connection, computer with working microphone and webcam are required.

5. Methods of Evaluation

Course Requirements

The overall course grade will be calculated as listed below:

| | | |
|---|-----|-------------------------------|
| Project (PPT presented in class first)* | 20% | Due: December 6, 2022 |
| Midterm | 20% | Date: Nov 8, 2022 |
| 3 Writing Assignments (500 words each)* | 21% | Due: Oct. 4, 18, Nov.15, 2022 |
| Participation | 14% | |
| Final Exam | 30% | |

*For German students the Project will be on a German topic and two of the three Writing Assignments will be written in German.

Please note: For late submissions of course work 5% will be subtracted per workday.

6. Student Absences

If you are unable to meet a course requirement due to illness or other serious circumstances, please follow the procedures below.

Assessments worth 10% or more of the overall course grade:

For work totaling 10% or more of the final course grade, you must provide valid medical or supporting documentation to the Academic Counselling Office of your Faculty of Registration as soon as possible. For further information, please consult the University's medical illness policy at

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_medical.pdf.

The Student Medical Certificate is available at

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf.

For such valid absences an extension or make-up opportunity will be provided.

Absences from Final Examinations

If you miss the Final Exam, please contact the Academic Counselling office of your Faculty of Registration as soon as you are able to do so. They will assess your eligibility to write the Special Examination (the name given by the University to a makeup Final Exam).

You may also be eligible to write the Special Exam if you are in a "Multiple Exam Situation" (e.g., more than 2 exams in 23-hour period, more than 3 exams in a 47-hour period).

6. Accommodation and Accessibility

Religious Accommodation

When a course requirement conflicts with a religious holiday that requires an absence from the University or prohibits certain activities, students should request accommodation for their absence in writing at least two weeks prior to the holiday to the course instructor and/or the Academic Counselling office of their Faculty of Registration. Please consult University's list of recognized religious holidays (updated annually) at

<https://multiculturalcalendar.com/ecal/index.php?s=c-univwo>.

Accommodation Policies

Students with disabilities are encouraged to contact Accessible Education, which provides recommendations for accommodation based on medical documentation or psychological

and cognitive testing. The policy on Academic Accommodation for Students with Disabilities can be found at:

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/Academic_Accommodation_disabilities.pdf.

7. Academic Policies

The website for Registrarial Services is <http://www.registrar.uwo.ca>.

In accordance with policy,

https://www.uwo.ca/univsec/pdf/policies_procedures/section1/mapp113.pdf,

the centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at their official university address is attended to in a timely manner.

For in-person tests and exams no electronic devices are permitted.

Academic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf.

Statement on the use of plagiarism-checking software

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

Department Policies

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 of Languages and Cultures website at <https://www.uwo.ca/languages/undergraduate/policies.html>. It is your 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.

8. Support Services

Academic Counselling

Your Home Faculty's Academic Counselling or Academic Advising Office will support or refer whenever you have an issue that is affecting your studies, including information on adding/dropping courses, academic considerations for absences, appeals, exam conflicts, and many other academic related matters. Do not hesitate to reach out to them if you are struggling and unsure where to go for help. Contact info for all Faculties is here:

https://registrar.uwo.ca/faculty_academic_counselling.html

Mental Health Support

Students who are in emotional/mental distress should refer to Mental Health@Western (<https://uwo.ca/health/>) for a complete list of options about how to obtain help.

Gender-based and sexual violence

Western is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts at

https://www.uwo.ca/health/student_support/survivor_support/get-help.html.

To connect with a case manager or set up an appointment, please contact support@uwo.ca.

Accessible Education

Please contact the course instructor if you require lecture or printed material in an alternate format or if any other arrangements can make this course more accessible to you. You may also wish to contact Accessible Education at

http://academicsupport.uwo.ca/accessible_education/index.html

if you have any questions regarding accommodations.

Learning Development and Success

Counsellors at the Learning Development and Success Centre (<https://learning.uwo.ca>) are ready to help you improve your learning skills. They offer presentations on strategies for improving time management, multiple-choice exam preparation/writing, textbook reading, and more. Individual support is offered throughout the Fall/Winter terms in the drop-in Learning Help Centre, and year-round through individual counselling

USC

Additional student-run support services are offered by the USC, <https://westernusc.ca/services/>.