

ITA 3380A
CLC 2141A/GER 2270A

FOOD AND HEALTH IN THE MIDDLE AGES

This course outline is provisional and subject to change.

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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 played in food selection, preparation, and gastronomy

OUTCOMES

Upon successful completion of the course students will have

- acquired the tools to conduct 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 FOR ITA 3380A (TENTATIVE)

Project	30%
Midterm	20%
3 Writing Assignments (500 words each)	15%
Attendance & Participation	10%
Final Exam	25%

COURSE MATERIAL

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