



FSST 300 - Experiencing Sustainable Italian Foodways

Course Syllabus Spring Semester 2023

Instructors: Clelia Viecelli, PhD; Manuel Barbato, MA; Zachary Nowak, PhD

Credits: 1

Contact Hours: 15

Prerequisites: none

Class Meeting Days & Time: Refer to definitive schedule in Moodle

Office Hours: by appointment after a class or via Zoom

Course Type: FSE program core-course

Course Fee: included in FSE program fee

Course Description

In this mandatory one-credit course, students in the Food, Sustainability & Environmental Studies (FSE) engage in a series of experiential learning activities designed to complement their coursework. Activities and related assignments are designed to give students hands-on experiences through which they can witness ideas being put into practice. The combination of on-the-ground activities combined with critical reflection on their experiences gives students in both the Food Studies track and the Sustainability and Environmental Studies track opportunities to participate in co-curricular activities through which key topics and concepts are related to practical and applied situations; to engage in community-based learning and similar field experiences that connect classroom learning to real world problem-solving.

Learning Outcomes and Assessment Measures

Below are the course's learning outcomes, followed by the methods that will be used to assess students' achievement for each learning outcome. By the end of this course, students will be able to:

- *summarize* how the series of co-curricular course activities supplemented and integrated with their classroom and community-engaged learning;
- *generate* a list of the various human and natural systems (at various scales) and the feedback loops between them, especially in Italy;
- *articulate* how the combination of co-curricular, community-engaged, and classroom experiences could be pursued in graduate work or be put into action in the service of real-world problem solving.
- *compare* the research questions and methodologies across the disciplines represented in their classroom work.
- *articulate* how various community and institutional projects they have seen this semester can promote food sovereignty, social justice, and ecological awareness.

Course Materials

Readings

A course reader, including all the indicated readings, will be available. The course’s Moodle site is the primary location for readings and assignments.

Assessment

Attendance 50%
 Reflection Journal 50%

Grading

Students are reminded that it is their responsibility to note the dates of exams and other assignments. No alternative exam dates will be offered and professors are not required to give partial credit for any late work (they do so at their discretion: the Institute’s default policy is no extensions and a zero for any work turned in late). Students who book travel when they have an exam or other assessment will have to change their plans or accept a zero. Letter grades for student work are based on the following percentage scale:

Letter Grade Range	Numerical Score Equivalent	Student Performance
A	93% - 100%	Exceptional Excellent
A-	90% - 92%	
B+	87% - 89%	Superior
B	83% - 86%	
B-	80% - 82%	
C+	77% - 79%	Satisfactory
C	73% - 76%	
C-	70% - 72%	
D+	67% - 69%	Low Pass
D	63% - 66%	
D-	60% - 62%	
F	59% or less	Fail (no credit)

Please note: decimal numerals between 1-4 are rounded down while 5-9 are rounded up: e.g., expect 89.4 to be 89.0 while 89.5 to round up to 90.

Course Requirements

Grades are based on the following criteria:

Attendance (50%)

Attendance is an important part of this course. You have one “sick day,” per Institute policy. As long as you are at all the other meetings, you will receive the full 100% for this part of your grade. There are no make-ups offered for attendance.

Reflection Journal (50%)

Students keep a reflection journal throughout the semester. In some cases, they are given prompts that focus on specific topics and related activities. In other cases, they are asked to reflect on their own experiences and observations and to connect them to course topics. Journals are collected and graded twice during the semester, before the semester break (Week 6) and at the end of the semester (Week 12). More information about submitting journals will be provided on Moodle.

Extension & Submitting Late Work

Work submitted after the deadline will receive a grade of zero, not partial credit. Each student is allowed one extension of 24 hours over the entire semester. This can be used for any assignment but the final project.

Students need to email the instructor before the deadline and inform the instructor of their use of the extension. Any work submitted after the 24-hour extension will be marked zero. As for all policies, exceptions can be made by the Director for students with special accommodations or in case of medical emergencies, etc.

Attendance & Lateness Policy

Class attendance (in person) is mandatory. Because this is a one-credit course with limited class meetings, students are allowed one “free” absence, which does not need to be justified. However, it is considered common courtesy to inform the instructor of your absence when possible. It is the students’ responsibility to keep them in case of real necessity (sickness or any other unforeseen inconvenience that may prevent students from being in class).

More than 1 absence will affect your final grade by 15% per absence. Excessive unexcused absences (3 or more) may result in a failing grade or disciplinary action. Three late arrivals to or early departures from class will count as an unexcused absence. It is the student’s responsibility to be aware of the number of absences or late arrivals for each course, and to ask the instructor when in doubt.

If students miss class, they are responsible for obtaining class notes from other students and/or for meeting the professor during office hours. Any work missed in class because of an excused absence may be made up within one week of the return to the class. Any work missed that was a quiz or other test must be made up outside of class time and will, in the interest of intellectual honesty, be a slightly different test than the one given in class.

Presence during the capstone field trip is especially important. Missing this field trip, unless for a very serious reason that is communicated to Umbra staff in a timely manner, will be considered the equivalent of two unexcused absences. As such, absence from the co-curricular field trip will lower students’ final grade in that course by 30% (the equivalent of two unexcused absences).

Additional absences relating to illness may be approved by the Director but only if a medical certification is provided. Except in the case of medical emergencies, absences are not accepted when tests are scheduled; tests cannot be made up. Furthermore, scheduled times and dates indicated for exams, quizzes, oral presentations, and any other graded assignments cannot be changed for any reason. Even if more sections of the same class are activated, students may only take exams during the scheduled times and dates for the section they are enrolled in.

Academic Integrity

All forms of cheating (i.e., copying during exam either from a fellow student or making unauthorized use of notes) and plagiarism (i.e., presenting the ideas or words of another person for academic evaluation without acknowledging the source) will be handled according to the Institute Academic Policy, which can be found in the Umbra Institute Academic Policies and Conduct Guidelines.

Classroom Policy

Students are expected to follow the policy of the Institute and demonstrate the appropriate respect for the historical premises that the school occupies. Please note that cell phones must be set on silent mode before the beginning of each class. Computers and other electronic devices cannot be used during class lectures and discussions for anything other than note-taking, unless there has been a specific academic accommodation.

Schedule of Topics, Readings, and Assignments

- Week 1** Welcome Dinner Thursday, Jan. 26
Meet in Aula Magna at 6:00 pm
- Benvenuto
 - Review Syllabus
- Riley, Gillian. "Umbria." In *The Oxford Companion to Italian Food*, 549-53. Oxford: Oxford University Press, 2007.
- Week 2** Aperitivo Workshop Monday, Jan. 30
Meet in the Umbra courtyard at 5:45pm.
- Riley, Gillian. "Aperitivo." In *The Oxford Companion to Italian Food*, 17–18. Oxford: Oxford University Press, 2007.
- Black, Rachel. "Amaro: A Boozy, Bitter History of Digestivi from the Pharmacy to the Bar," 1–10, 2010.
- Week 4** Cheese Workshop Monday, Feb. 13
Group 1: Meet in the Umbra kitchen at 5:45 pm.
Group 2: Meet in the Umbra kitchen at 7:15 pm.
- Firebaugh, S. "Cheese," In *Encyclopedia of Food and Culture*, 359-364. New York: Scribner, 2003.
- Week 6** [last week before break—hand in course journals]
- [Semester Break]**
- Week 7** Coffee Workshop Wednesday, Mar. 15
Group 1: Meet in the Umbra kitchen at 5:45 pm.
Group 2: Meet in the Umbra kitchen at 7:15 pm.
- Morris, J. (2010) 'Making Italian Espresso, Making Espresso Italian', *Food and History*, 8(2), pp. 155–184.
- Week 7** Truffle Hunting Fieldtrip Saturday, Mar. 18
Meet at the fountain in Piazza IV Novembre at 8:30 am.

Riley, “Truffle,” 533-34.

Nowak, Zachary. *Truffle: A Global History*. Reaktion Books, 2015. Read pages 132-136.

Week 9

Beer Workshop Monday, Mar. 27

Meet in the Umbra kitchen at 5:45 pm.

Fastigi, M. and Cavanaugh, J. R. (2017) “Turning Passion into Profession: A History of Craft Beer in Italy” in *Gastronomica* 17 (2): 39-50.

Week 10

Weekend Fieldtrip to Emilia Romagna Friday-Sunday, Apr. 14-16

Important Note: You will receive the itinerary at the beginning of the week.

Pre-departure briefing Thursday, Apr. 13

Meet in the Umbra kitchen at 5:45 pm.

Fieldtrip debriefing Monday, Apr. 17

Meet in the Umbra kitchen at 5:45 pm.

Riley, “Balsamic Vinegar,” 35-37.

Riley, “Parma Ham,” 361.

Riley, “Parmesan,” 361-65

Riley, “DOC, DOP, IGP, SGT,” 160-161.

McClintock, N. (2014) “Radical, Reformist, and Garden-variety Neoliberal: Coming to Terms with Urban Agriculture’s Contradictions” in *Local Environment* 19(2): 147-171.

Week 12

Final Dinner Wednesday, Apr. 19

Details TBA

[last week—hand in course journals]

Week 13

Final and Special Academic Events Week