

Code-Course	051101 - History of Cooking and Gastronomy		
Thematic Area	History	Year	First
Course Type	Basic education	Credits	6 cr. ECTS
In-class Hours	60 hours	Hours of Individual Work	90 hours

BRIEF COURSE DESCRIPTION

The aim of this course is to make students aware of the significant role food and cooking has had in the cultural development and the process of civilization of societies. Moreover, students will discover to what extent food and cooking reflect the characteristics of every historical moment, geographic space or social context.

This course lays a particular emphasis on the evolution of cooking practices and their interrelation with the progress of material culture, the evolution of technology, the economic and social history and the history of thought, the art or the sciences, especially in western world.

Additionally, it pays special attention to the evolution of the concept of Gastronomy up to date and to its application in different areas of socio-economic and cultural activity: catering business, hospitality, tourism, literature and art among others.

GENERAL SKILLS

GS1 – Students must be able to deal with difficult situations that require new solutions.

SPECIFIC SKILLS

SS12 – Students must understand the importance of food as a conditioning factor of the population's state of health and quality of life.

LEARNING OBJECTIVES

1. Introduction: conceptual aspects. Sources and study methods.
2. Cooking in prehistory and Ancient Civilizations.
3. Food and cooking in Medieval Europe.
4. Cooking in early modern times.

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5. The birth of the concept of Gastronomy: XVII and XIX centuries.
6. Cooking and gastronomy in the contemporary world: XX and XXI centuries.

LEARNING METHODOLOGY

The aim of this theoretical course is that students acquire knowledge about the evolution of cooking techniques, as well as develop skills that help them analyse and interpret them. Moreover, this analysis will be focused on the relationship between the evolution of cooking techniques and the history of material culture; the evolution of social and economic history; the history of ideas, art, and science in western world.

The course methodology consists of:

- Lectures
- Group and individual assignments
- Implementation activities
- Problems solving exercises
- Professional visits
- Practical workshops

ASSESSMENT SYSTEM

The assessment system assesses the student's achievement of learning outcomes regarding the subject's own competences.

Students may choose between continuous assessments throughout the year or a final examination at the end of the course.

Continuous assessment: the teaching-learning process is assessed by a continuous monitoring of the work done by the students throughout the course. Students must attend to a minimum of 8' % of the classes in order to be assessed by continuous assessment.

Final examination: it assesses the students' learning outcomes by means of a final exam at the end of the course. Students who cannot come to class regularly due to justified reasons will be assessed at the end of the course.

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Assessment systems	Continuous	Final
Individual assignments	15%	40%
Mid-term written tests	20%	-
Group assignments	15%	
Final written exam	40%	60%

Course reassessment

Students who didn't achieve the learning objectives can resit assessment to demonstrate the acquisition of skills and knowledge associated with the course.

BIBLIOGRAPHY

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SYLLABUS

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