

# SYLLABUS

Code-Course	<b>051105 - Anthropology and Psychology of Food and Gastronomy</b>		
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

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Food is omnipresent and brings all aspects of human life together. It is a biological need, knowledge, techniques, practices, symbols, industry and commercial activity. It contributes, therefore, to the process of cultural construction of the peoples.

The aim of this course is to approach human food from a cultural perspective which includes the analysis of food system; the psychological, social and economic implications of consumption. It also includes the cultural construction of taste, the consumption patterns, the socioeconomic context of agri-food industry and the cultural symbols and meanings that are implicit in food.

## BASIC SKILLS

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BS1 – Students must demonstrate knowledge and understanding in a study field based on secondary school and that relies on advanced textbooks and includes some aspects that imply knowledge about the vanguard of it.

BS3 - That students have the ability to collect and interpret relevant data (usually within their area of study) to make judgments that include a reflection on relevant social, scientific or ethical issues.

## GENERAL SKILLS

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

## LEARNING OBJECTIVES

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- Know the complexity of the food act, especially in its socio-cultural dimension, and consider the multiplicity of factors that condition it.

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- Understand and know how to explain the great intercultural variability in eating behaviors based on intercultural comparison and, in this way, overcome existing prejudices when assessing the eating behaviors of others.
- Know and evaluate the polyfunctionality of food and the complex relationship between food, society and the globalism of culture.
- Acquire theoretical and methodological tools for a better understanding of eating behaviors based on a qualitative search.

## THEMATIC CONTENTS

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1. The complexity of feeding
2. Food as a system for cultural adaptation
3. Social and cultural meanings of foods
4. Food and symbolic classification systems
5. Food and perception
6. Food choices
7. Social functions of food
8. Food, gastronomy and social differentiation
9. Food, body and health
10. Globalization and food crossbreed
11. Changes and continuity in today's food
12. Homogenisation of food practices
13. Food particularities
14. Processes of making heritage of cooking and gastronomy.

## LEARNING METHODOLOGY

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This is a theoretical course where students will acquire knowledge about eating habits and behaviours as well as knowledge about how cultures and societies coped with their need for food.

Lectures and discussions about mandatory readings are combined with practical classes where students collect data on eating attitudes and practices. To complement lectures, students will have to read articles and selected chapters from books about the subjects learnt in class.

## ASSESSMENT SYSTEM

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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.

**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.

Assessment systems	Continuous	Final
Assignments	60%	40%
Final written exam	40%	60%

## Review and Reassessment of the Course

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The student has the right to review all the evidences that have been designed for the assessment of learning.

If a student fails to achieve the learning objectives of the course, in order to opt for the reassessment of the course and submit a new reassessment task, it will be mandatory to fulfil one of these conditions:

A) Students must have been awarded a mean grade of 5.0 or higher in relation to the activities carried out throughout the semester without taking into account the final exam/s (both continuous assessment and single assessment) and having attended the final exam.

B) Students must have been awarded a final minimum grade of 4.0 in the overall course.

After the reassessment, the maximum grade is 5.0 in the overall course.

## BIBLIOGRAPHY

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## Other resources:

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FLANDRIN, J. L.; MONTANARI, M. (ed.) *Histoire de l'alimentation*. Paris: Fayard, 1996.

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