

**Code: 1801 History of Food****Degree:** 2<sup>nd</sup> cycle – Gastronomical Sciences**Curricular Year:** 1<sup>st</sup>**Semester Course:** 1<sup>st</sup>**Credits:** 2 ECTS**Compulsory****Language:** Portuguese/English**Responsible:** Maria Paulina Estorninho Neves da Mata**Other lecturer(s):** -**Web Site:** <http://www.isa.utl.pt/home/node/4332>**1. Contact hours:****Lectures 21 Others 7 Total 28****2. Objectives:**

Students should be able to present the evolution of world food culture, the development of methods and culinary techniques and in particular the history and evolution of the kitchen in Portugal to modern concepts of Gastronomy. They should also understand the division of regional cuisines and the classification of Gastronomy as part of cultural heritage.

**3. Programme:**

- Food in the earliest civilizations.
- The controlled use of fire and the first cooking utensils.
- The early cooking techniques.
- Classical antiquity and the first culinary records.
- Food and food products in the Middle Ages.
- The Renaissance, the Discoveries and the introduction of new food products.
- Social and religious aspects of the traditions.
- The first globalization and cultures interchange.
- Major changes in food culture and etiquette at the table.
- The introduction and use of sugar and its consequences.
- The ostentation at the Table until the XIX century.
- The definition of new cooking techniques, and new food products.
- The appearance of the restaurant and the massification of tourism.
- The books, and the gastronomical reviews.
- The definition of regional cuisines and its expansion.
- Modernization of tradition.
- The New Cuisines, fashion and communication.
- Portuguese Regional Cuisine as food of choice in restaurants.
- The National Heritage.

**Teaching method**

The course will be given with the collaboration of specialists in the history of gastronomy and includes: Lectures introducing the different topics and discussions with students.

**4. Bibliography:****Main Bibliography**

Toussaint-Samat, M., History of Food, WileyBlackwell, 2008

Fernandez-Armesto, F., Food: A History, Pan Books, 2002

Ritchie C.I.A., Comida e Civilização, Assírio &amp; Alvim, 1995

Visser, M., The Rituals of Dinner, Penguin Books, 1993

Aguilera, C., História da Alimentação Mediterrânica, Terramar, 1997

Sampaio, A. F., Volúpia – A Nona Arte: A Gastronomia, Domingos Barreira, 1940

Lima-Reis, J. P., Algumas notas para a história da alimentação em Portugal, Campo das Letras, 2008

**5. Assessment:**

Individual project.

6. Estimated Workload:

56	Hours
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7. Last Update:

30/12/2010
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