

# SCHOOL OF FOOD AND WINE STUDIES (FW)

The School of Food and Wine Studies was opened at the founding of **APICIUS** in 1996, and today it is comprised of 7 different departments that together make up the School of Food and Wine Studies (FW):

## BAKING AND PASTRY (BP)

## CULINARY ARTS (CA)

## WINE AND CULTURE (WC) & WINE EXPERTISE (WE)

## DIETETICS AND NUTRITION (DN)

## FOOD AND CULTURE (FC)

## FOOD, FAMILY AND CONSUMER SCIENCES (FS)

## FOOD COMMUNICATIONS AND PUBLISHING (FC)

in affiliation with School of Journalism, Communication and Publishing.

All these areas have been developed and expanded with the fast growing changes in higher education and the demand for international experiences.

The School Mission is:

To provide a professional and academic environment in which students gain expertise in the areas of culinary arts and wine studies.

To go beyond classroom learning by promoting student interaction with the convergence of the multicultural societies in the city of Florence, achieved by unique practical experiences in direct contact with the various service areas and professional figures who operate in these spheres.

To redefine the idea of sustainability by rethinking how services and structures enhance local economies and culture through a respectful balance of technology, innovation, and tradition.

To positively direct Florence's position as a historic Italian cityscape in a globalized world economy in the following ways: by increasing our efforts in favor of sustainable hospitality and tourism starting from our own structures and teaching methods.

To promote student knowledge and capacity to recognize and actively participate in the conservation of the Florentine cultural and economic heritage.

To shape students for careers in a rapidly developing industry that encompasses a wide range of exciting and constantly evolving fields

The school is located in the San Lorenzo Market area, a few minutes from the Central railway station in Villa Brilli Peri and it is equipped with modern structures and equipment:

One pastry production lab

Two restaurant style line kitchens

Two individual workstation kitchens

One kitchen for private cooking classes

Two demo kitchens

Two lecture rooms equipped for food/wine appreciation

Two 40 seat capacity lecture rooms

One professional wine appreciation room

One computer and research lab classroom

Two computer and internet centers

Outdoor patio

As active professionals, the full-time and adjunct culinary arts faculty brings practical and current experience to the classroom. This passionate and international faculty is made up of highly qualified professionals, university professors, journalists, technical experts, chefs and sommeliers of international renowned status. Apicius benefits from the collaboration of chefs who are members of the association *Giovani Ristoratori d'Europa* and *Michelin Star Chefs*.

**GANZO**, located in the Sant'Ambrogio district, is the cultural and gastronomic association that unites **PALAZZI** institutions and where students and the public can enjoy meals, art shows, events, tastings, workshops and much more.

**GANZO** is a Student operated restaurant/café/exhibition space/cultural

center that features:

Magazine reading room which is open to all students and the community

Art gallery for shows created by students and the public

Lecture room

Fully operational restaurant open 6 days a week for lunch and dinner service

Beverage service

Outdoor patio and terrace

Wine cellar

Dining area open to the public

Study and hangout space for students

Free Wi-Fi access

**FEDORA** is the pastry shop operated by the students of the Baking and Pastry Department at **APICIUS**. Located in via Guelfa, it is part of the advanced, fully equipped facility for hands-on learning at the department; students gain practical experience through the professional climate of the pastry shop that is open to the public.

## PROGRAMS OF STUDY

The programs range from a variety of short term up to Career and four-year academic programs:

- Career Programs

- Study-Abroad Programs (see page 4)

## CAREER PROGRAMS

Baking and Pastry

The Baking and Pastry program is designed to train professional bakers and dessert makers with a strong background in Italian preparations.

## SEMESTER (FALL)

### CORE COURSES

Italian Language (45 lecture hours) (\*)

FW BP BC 310

Italian Classical Cakes and Tarts

FW BP BT 320

Baking Techniques

FW BP BI 325

Breads of Italy and Special Breads

FW BP PS 350

Pastry Shop

FW BP CC 360

Cookies and Petit Fours

### SEMINARS

FW FS SA 300

Food Safety and Sanitation

FW CA SC 300

Local Restaurants and Wine Bars: Signature Chefs and Sommeliers

FW BP GI 330

The Art of Gelato and Italian Ice (15 hours)

FW FC CD 314

Italian Celebrating Desserts (15 hours)

FW DN IN 305

Introduction to Nutrition (30 lecture hours)

(\*) Student enrolled in the Certificate Program are required to take a three week Italian language course before the start of their certificate program or an Italian course during the semester.

## SEMESTER I (SPRING)

### CORE COURSES

FW BP IC 440

Italian Confectionery Art

FW BP CA 450

Chocolate Artistry

FW BP PT 470

Baking Techniques II: Italian Pastry Techniques

FW BP DS 480

Dessert Styling

FW BP RD 490

Restaurant and Production Desserts

PS SP BP 495

Special Project in the Baking and Pastry Industry(\*\*)

### SEMINARS

FW CA KM 460

Kitchen Management and Brigade

FW BP SD 380

Special Diet Baking

FW CA SA 505

Sugar Artistry

FW BP IW 510

Italian Wedding and Specialty Cakes

HP FB SF 300

Sustainability in the Italian Food Industry

(\*\*) Special Project is available ONLY to continuing students, upon request, according to Italian laws and regulations. Students who successfully pass the entrance exam qualifying for intermediate level in the first semester, will be placed in Italian language. Projects may take place at **GANZO**, the non-profit cultural association and restaurant-club operated by **APICIUS** students.

## Culinary Arts

Students receive a solid foundation of Italian cuisine that covers all aspects of professional cooking with an emphasis on Italian products and, not only national, but also regional traditions. The goal of the Culinary Arts Certificate is to impart Italian taste, refinement and the origins of a cuisine with ancient and multi-cultural roots.

### SEMESTER (FALL- SPRING -SUMMER)

#### CORE COURSES

Italian Language (45 lecture hours)	
FW CA PC 330	Introduction to Professional Cooking
FW CA TF 340	Tradition of Italian Food I
FW CA RC 360	Italian Regional Cuisine
FW BP BI 325	Breads of Italy and Specialty Breads
FW WE WA 340	Wine Appreciation I

#### SEMINARS

FW FS SA 300	Food Safety and Sanitation(16 lecture hours)
FW CA PW 370	Pizza Workshop
FW CA SC 300	Local Restaurants and Wine Bars: Signature Chefs and Sommeliers
FW BP GI 330	The Art of Gelato and Italian Ice
FW DN IN 305	Introduction to Nutrition

### SEMESTER I (SPRING-SUMMER)

#### CORE COURSES

FW CA CC 450	Professional Cooking II: Italian Creative Cuisine and Decoration
FW CA TF 440	Tradition of Italian Food II
FW BP BP 430	Baking, Pastry and Confectionery I
HP FB RM 390	Restaurant Management
FW WE WA 440	Wine Appreciation II
PS SP CA 470	Special Project: Practicum in a Local Restaurant

#### SEMINARS

FW CA KM 460	Kitchen Management and Brigade
FW WC PF 335	Pairing Food and Wines
FW BP SD 380	Special Diet Baking
FW CA SA 505	Sugar Artistry
HP FB SF 300	Sustainability in the Italian Food Industry

Upon completion of the Culinary Arts or Baking and Pastry Certificates, students may continue their studies in the theoretic and practical knowledge of Culinary Arts with a two-year associate certificate. The subject of culinary arts is examined from an advanced perspective in terms of cooking techniques and preparations, scientific notions of nutrition and food knowledge, new areas such as cooking light and international cuisine offer a more expansive and exciting approach to food.

### SEMESTER II (ADVANCED FALL)

#### CORE COURSES

FW CA BP 501	Baking, Pastry and Confectionery II
FW CA CC 502	Professional Cooking III: Italian Creative Cuisine and Decoration
FW CA TF 503	Tradition of Italian Food III: The Evolution of Italian Tradition
FW CA VC 504	Cooking Light
FW DN SC 510	Science of Cooking: an Introduction to Molecular Cuisine
PS IN CA 500	Culinary Arts Internship

#### SEMINARS

FW FC FC 302	Herbs, Spices and Flavors of Tuscany
HP FB FP 360	Food Purchasing
FW DN FS 508	Introduction to Food Science

### SEMESTER V (ADVANCED I SPRING)

#### CORE COURSES

HP FB OM 400	Food and Beverage Operations and Management
FW CA NC 505	Nutritional Cooking
FW CA WC 506	Worldwide Cuisine
FW DN TF 507	Physiology of Taste and Flavours
PS IN CA 550	Culinary Arts Internship

## Wine Studies

The professional Wine Expertise curriculum trains wine experts who are qualified critics, salesman and business manager ready to enter the wine industry.

### SEMESTER (FALL)

#### CORE COURSES

Italian Language(45 lecture hours) (*)	
FW WC TW 262	Tuscany and its Wines (45 lecture hours)
FW WE RG 305	Table and Wine Grapes of Italy: An Educational Wine Tour I (***)
FW WE WA 340	Wine Appreciation I
FW WE WW 360	Wines of the World I
FW WE WS 335/336	Wine Service and Beverage Management

#### SEMINARS

FW FS SA 300	Food Safety and Sanitation
FW CA SC 300	Local Restaurants and Wine Bars: Signature Chefs and Sommeliers
FW WC IW 300	Leading Italian Winemakers
FW FC SB 306	Coffee and After Meal Beverages
FW WE WM 300	Introduction to Wine Making

(\*) Student enrolled in the Certificate Program are required to take a three week Italian language course before the start of their certificate program or an Italian course during the semester.

(\*\*\*) These courses are a combination of lectures and educational fieldtrips to wineries including the following: Querciabella, Marchesi Frescobaldi at Castello di Nipozzano, Rocca Bernarda, Tenuta La Novella, Torre Fornello, Distillerie Nardini, Prunotto, Marchesi Antinori, Montevervine, Loacker biodynamic wines, and Berlucchi. The fall program includes a hands-on grape harvesting workshop.

### SEMESTER I (SPRING)

#### CORE COURSES

FW WC PF 335	Pairing Food and Wines
HP FB WC 380	Wine Communication and Marketing
FW WE WW 460	Wines of the World II
FW WE WA 440	Wine Appreciation II
FW WE VE 450	Viticulture and Enology: An Educational Wine Tour II
PS SP WE 500	Special Project: Practicum in the Wine Industry

#### SEMINARS

FW WC PC 340	Pairing Cocktails and Food (15 hours)
FW WC PB 345	Beer Brewing and Pairing (15 hours)
FW WE GL 400	Spirits and Grappa(15 hours)
HP FB WB 540	Wine Bar Management(15 hours)
HP FB SF 300	Sustainability in the Italian Food Industry(30 hours)

## DEPARTMENT OF BAKING AND PASTRY (BP)

### FW BP BC 310

#### Italian Classical Cakes and Tarts

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours. Students enrolled in Certificate Programs: additional 45 supervised lab hours) Students will study the history and background of various national and regional cakes and tarts. The course will cover the origin of classical cakes, variations from classical methods, and customer-driven deviations from traditional preparations. Students will study a variety of doughs, batters, fillings, and glazes, with an emphasis on a thorough understanding of the techniques and proper skill execution for Italian cakes. Special attention will be paid to advanced creaming methods (separated creaming methods, creaming without leavening agents), and combination methods. Piping skills are practiced.

### FW BP BT 320

#### Baking Techniques

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours) Baking Techniques introduces the functions of baking ingredients (such as yeast, flour, and shortening), mixing methods for doughs, fermentation techniques, heat transfer methods. Focus on basic elements such as pastry dough, sponge cake, pate a choux, puff pastry, plunder, danesi, croissant, egg/butter based basic creams,

production and conservation of fruit conserves, and meringues. In this course, students taste and test the products they create and complete a research paper as well.

#### **FW BP BI 325**

##### **Breads of Italy and Specialty Breads**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours) Building on previous knowledge, students learn to mix, shape, bake, store, and distribute breads and rolls. Emphasis will be placed on increased use of traditional fermentation methods, equipment, and methods that emphasize flavor, texture, and appearance as well as techniques that increase shelf life. This course offers the opportunity to learn the principles and techniques of preparing multi-grain breads, sourdoughs, holiday or seasonal breads, and flat breads. Special emphasis will be placed on Italian regional breads; handling grains (such as soakers) for specialty breads; mixing, shaping, and finishing specialty breads; and learning innovative baking methods.

#### **FW BP GI 330S**

##### **The Art of Gelato and Italian Ice**

1 semester credit (15 lecture hours). This seminar introduces to the art of making gelato, Italian-style sorbet and ice. Seminar includes history, nutrient composition of gelato, and how to formulate flavors, displays case techniques and decoration, and recipes.

#### **FW BP GI 330**

##### **The Art of Gelato and Italian Ice**

3 semester credits (45 lecture hours) This course introduces students to the art of making gelato, Italian-style sorbet and ice. This course is also offered as a seminar for 1 semester credit, 15 lecture hours. The regular semester class will introduce the student to the subject and then focus on the area of study, while the seminar will focus on the specialized area of study. The seminar includes history, nutrient composition of gelato, how to formulate flavors, as well as display case techniques, decoration, and recipes.

#### **FW BP PS 350**

##### **Pastry Shop**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours. Students enrolled in Certificate Programs: additional 45 supervised lab hours) A study of classical desserts, French, Italian, and international pastries, hot and cold desserts. Emphasis on advanced techniques, as well as the safe and sanitary handling of equipment and food supplies. Emphasis will be placed on the production of high quality, handcrafted desserts for retail, commercial, and food service bakeries.

#### **FW BP CC 360**

##### **Cookies and Petit Fours**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours) This course provides students with a fundamental working knowledge of the traditional methods of producing cookies and petit fours. The course will explore the preparation and design of unfilled and filled cookies and mignardises. Topics covered include the creaming method, depositing cookies (sliced, dropped, spritz, rolled, and bar), as well as methods of mixing, shaping, baking, filling, finishing, storing, packaging, pricing, and distributing cookies.

#### **FW BP SD 380S**

##### **Special Diet Baking**

1 semester credit (15 contact hours) This seminar provides students with practical knowledge of ingredient substitutions for current nutritional needs, food allergies and intolerance. Students balance formulas using alternative ingredients such as fat, dairy, gluten free elements and sugar replacements currently used in baked goods.

#### **FW BP BP 430**

##### **Baking, Pastry and Confectionery I**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours) This course introduces students to the fundamentals of baking, including the production of cakes and cookies, pastries, plated desserts, and cake decorating. Also included is an introduction to the creation of confectionary items.

#### **FW BP IC 440**

##### **Italian Confectionery Art**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours) This course introduces students to classically applied mediums used in display work and decoration. Students will learn to execute specific designs in pastillage, rolled fondant, gum paste, and royal icing, as well as with poured, pulled, and blown sugar. Production, storing of all types of candied fruits and Italian mostarda. Production and storing of jams and conserves, fruit jellies, Italian croccante, sugar fondant, almond paste.

#### **FW BP CA 450**

##### **Chocolate Artistry**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours) This course introduces the principles involved in tempering chocolate, creating chocolate sculptures, forming simple centerpieces, and preparing chocolates and other confections with soft, hard, and liquid centers. Students learn to use traditional and contemporary production methods in creating confections both by hand and with special equipment. Efficient methods to increase productivity in this highly specialized field will be highlighted.

#### **FW BP PT 470**

##### **Baking Techniques II: Italian Pastry Techniques**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours) This course introduces non-yeast, laminated doughs, and the preparation of pastry products using a variety of methods-lamination, blending, creaming, foaming, and thickening. Students will combine these methods in new products, to create savory items and frozen desserts, and use basic finishing methods by applying glazes, filling pastries, creating simple sauces, and presenting products for service. The fundamentals of heat transfer as applied to pastries in the preparation of creams, custards, souffles, butter creams, meringues, and flavored whipped creams will also be studied. Students will taste and test the products created and will complete a research assignment.

Prerequisites: Baking Techniques or equivalent.

#### **FW BP DS 480**

##### **Dessert Styling**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours) Baking and dessert presentation, including sugar and chocolate decorations, creative use of sauces, pate au choux, meringue, toppings and decorations, application of different icings, fruit garnishing. By the end of the course students will be able to execute the most common decorating and styling techniques and to develop their own personal plating style.

#### **FW BP RD 490**

##### **Restaurant and Production Desserts**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours. Students enrolled in Certificate Programs: additional 45 supervised lab hours) This course covers the preparation and service of hot and cold desserts with a focus on individual desserts and the components involved in preparation. Students will learn and improve station organization, timing, and service coordination for restaurant dessert production. Products made will include fried products, tarts, soufflés, creams, frozen desserts. Both individual plated desserts, and desserts for banquets will be prepared. Students will develop a dessert menu from the perspective of variety, costs, practicality, and how well it matches the rest of the menu.

#### **FW BP BP 501**

##### **Baking, Pastry and Confectionery II**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours) The course introduces advanced students to the high quality products that characterize Italian pastry and baking including the production of special breads, mignardises, chocolate confections and meringue. After a survey of the use of basic doughs used in bakeries such as pan di spagna, dacquoise and short crust pastry, the course will introduce students to special breads baking, sugar working, and confection preparations. Through the preparation of marzipan, "pasticceria mignon", savarin and baba, the students will explore and interpret

creatively the most important examples of the traditional Italian pastry and confectionery, including the use of typical liquors. The preparation of special breads, meringues, semifreddi, bavaresi, and confections with hard, soft and liquid centers will challenge student to develop and master professional skills in pastry, bakery, confectionery and cake decoration. Prerequisites: Baking, Pastry and Confectionery I or equivalent

#### **FW BP SA 505S Sugar Artistry**

1 semester credit (15 lecture hours) Students are introduced to various sugar artistry techniques, including pastillage, poured, pulled and blown sugar. Emphasis is on the planning and production of individual showpieces using various shaping and molding methods in order to garnish dishes, buffet, cakes.

#### **FW BP IW 510S Italian Wedding and Specialty Cakes**

1 semester credit (15 lecture hours) This seminar is comprised of lecture, demonstration and hands-on activities. Students will learn the history of wedding cakes and the various techniques needed to create wedding and specialty cakes. Emphasis is placed on developing skills in making various decorative ornaments out of chocolate, marzipan.

#### **PS SP BP 550 Special Project in the Baking and Pastry Industry**

3 semester credits (150 contact hours)  
Cross-listed from school of Professional Studies (PS), department of Experiential Learning

### **DEPARTMENT OF CULINARY ARTS (CA)**

#### **FW CA SC 300 Local Restaurants and Wine Bars: Signature Chefs and Sommeliers**

1 semester credit (15 lecture hours) Industry professionals come together in a series of seminars covering their personal and professional experiences as well as offering insight and advice to participating students.

#### **FW CA PC 330 Introduction to Professional Cooking**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours. Students enrolled in Certificate Programs: additional 45 supervised lab hours). This course will introduce students to the tools, techniques and essential food preparation of this industry. Special attention will be given to sanitation and hygiene. Students will also learn how to pair ingredients in the creation of various dishes.

#### **FW CA TF 340 Tradition of Italian Food I**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours) This course focuses on the preparation of dishes that distinguish traditional Italian cuisine. Students will learn how to use different ingredients to prepare representative Italian dishes. The fundamentals of cooking methods, techniques, and preparations utilized in Italian cuisine will be thoroughly covered; these concepts will prepare students continuing on to the intermediate and advanced sections of this course (II + III). Notions of the history of these dishes will also be discussed as students prepare the various recipes.

#### **FW CA RC 360 Italian Regional Cuisine**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours. Students enrolled in Certificate Programs: additional 45 supervised lab hours) The course focuses on the different aspects of regional food in Italy. Emphasis will be placed on how food relates to the local lifestyle and culture. Regional economy and local resources will be analyzed and compared. Students will be introduced to the various local products through class demonstrations and tastings.

#### **FW CA TF 440 Tradition of Italian Food II**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours) This course continues to explore the tradition of Italian food through representative recipes. Emphasis will be given to more elaborate dishes, including the cleaning and preparation of shellfish, fresh pasta, food combinations, feast food, and banquets. Prerequisite: Tradition of Italian Food I or equivalent.

#### **FW CA CC 450 Professional Cooking II: Italian Creative Cuisine and Decoration**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours. Students enrolled in Certificate Programs: additional 45 supervised lab hours). Examines the new Italian cuisine: Traditional recipes will be examined to discover how new ingredients can be used to transform these dishes into the new, creative Italian cuisine. Attention will be given to food combinations, fusion of Italian cuisine with other types of cuisine, and the creative process in menu planning. Emphasis will also be placed on food presentation, decoration and plating. Prerequisites: Professional Cooking or equivalent.

#### **FW CA KM 460S Kitchen Management and Brigade**

1 semester credit (15 lecture hours) The kitchen brigade is the chain of command which divides the kitchen into areas of specialization. Knowing the evolution of the brigade and duties of each department, or parti, will help the professional cook to find his/her place in any kitchen. Terminology, roles and duties, management, supervising.

#### **PS SP CA 470 Special Project: Practicum in a Local Restaurant**

3 semester credits (150 contact hours)  
Cross-listed from school of Professional Studies (PS), department of Experiential Learning

#### **FW CA CC 502 Professional Cooking III: Italian Creative Cuisine and Decoration**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours. Certificate Students: additional 45 supervised lab hours) This course is intended for advanced students with a sound knowledge of Italian traditional ingredients and regional cooking. The course will further develop advanced students skills in recipe elaboration, plate presentation and decoration. The course will show students how to build and develop innovative combinations of ingredients on the legacy of Italian tradition. Each class, introduced by a short lecture, will focus on planning creative menus and on creating decorative dishes, from starters to fresh pasta, from vegetable soups to cakes, including shellfish and typical cheeses. Restaurant simulations are scheduled as integral part of the course. Prerequisites: Professional Cooking II, Italian Creative Cuisine and Decoration or equivalent.

#### **FW CA TF 503 Tradition of Italian Food III: The Evolution of Italian Tradition**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours) A survey of the major contemporary Italian chefs and their cooking philosophy. Students will learn how to read and compose a menu, and the major elements that distinguish high-level Italian cooking through the original recipes of Gianfranco Vissani, Gualtiero Marchesi, Nadia Santini and many others. This course is meant to help students understand the current Italian culinary trends as a continuous evolution of the different regional cooking traditions, while keeping in mind the importance of a healthy diet combined with the individual chef's creativity. Prerequisites: Tradition of Italian Food II or equivalent.

#### **FW CA VC 504 Cooking Light**

3 semester credits (45 hours: 15 lecture hours - 30 hands-on class hours) In the old days when rich sauces ruled and vegetables were but a garnish, chefs were not experts on low fat food. But times have changed. Over the past 20 years in response to customer demands,

many top chefs have become masters at cooking with less fat. The course will first examine contemporary perspectives on the traditional diets of the Mediterranean region, as well as the basic nutrition concepts and the role of basic nutrients (protein, carbohydrates, lipids, vitamins and minerals). The concept of food pyramid will be extensively analyzed and different food pyramids and their backgrounds compared. Low fat gourmet recipes and menus will be extensively discussed and experienced.

#### **FW CA NC 505** **Nutritional Cooking**

3 semester credits (45 hours: 15 lecture hours - 30 hands on class hours) Principles of planning, preparation and presentation of wholesome, nutritionally balanced meals. The course emphasizes designing meals on a seasonal basis following the principles of healthy cooking.

#### **FW CA WC 506** **Worldwide Cuisine**

3 semester credits (45 hours: 15 lecture hours - 30 hands on class hours) This course is meant to teach students the role of the cultural heritage on food preparation techniques and regional dishes. Students will experience gourmet food preparation from several foreign cuisines such as French, Asian, Spanish, Greek and, of course, Italian. Aspects that will be considered are: ethnic customs and heritage in relationship to global cuisine, effects of spices, herbs, and condiments to economy meal preparation and culture.

#### **FW CA MD 515** **Menu Development**

3 semester credits (45 lecture hours) An analysis of menu development for food service establishments. Topics to be covered include: menu development, descriptions, layout, design, pricing, sales mix, and station balance. Students will be involved in critiquing and creating menus from the perspective of concept, clarity, cost, price, and efficiency.

#### **FW CA RC 530** **Advanced Italian Restaurant Cooking I**

3 semester credits (90 hours: 15 lecture hours- 75 hands-on hours) The course introduces students to the preparation of modern and regional dishes in a restaurant setting and allows them to put their skills into practice in Italian restaurant settings. Emphasis will be placed on cooking techniques and ingredients used in contemporary and classical cuisine, planning and ordering for production, station organization, preparation and plating, timing, palate development and other production realities of a restaurant. Students will cover a variety of flavors and ingredient combinations in Italian restaurant cuisine while preparing them according to the learned concepts of food handling and food safety of a professional kitchen.

#### **FW CA IG 540** **Introduction to Italian Gastronomy**

3 semester credits (45 lecture hours) An introduction to the social, historical, and cultural forces that have affected the culinary, baking, and pastry professions in Italy; traditions and the way these traditions translate into the professional environment of the food service industry today. Topics include the contemporary challenges facing food professionals in the twenty-first century and etiquette as a historical, social, and professional discipline. Students will be expected to complete several written assignments.

#### **FW CA MC 550** **Mediterranean Cuisine and Ingredients**

3 semester credits (90 hours: 45 lecture hours- 45 hands-on hours) Prepare, taste, serve, and evaluate traditional, regional dishes of Europe and the Mediterranean. Emphasis will be placed on ingredients, flavor profiles, preparations, and techniques representative of the cuisines of Spain, Portugal, France, Italy, Morocco, Tunisia, Greece, and Egypt.

#### **FW CA PW 580** **Italian Pasta Workshop**

3 semester credits (90 hours: 45 lecture hours - 45 hands-on hours) The workshop objective is to provide students with fundamental knowledge

of one of the main dishes of Italian gastronomic culture. Students will appreciate how the preparation and presentation of Pasta has changed over the centuries and, through the examination of ingredients and the understanding of the evolution of cooking techniques, they will be provided with a sound understanding of the preparation of traditional Italian pasta. The course consists of lectures, workshops, and tastings. Each class includes a hands-on cooking session of about 3 hours. The course also includes personal research, assignments and interviews.

#### **FW CA RC 630** **Advanced Italian Restaurant Cooking II**

3 semester credits (90 hours: 45 lecture hours - 45 hands-on hours) The course provides a deeper insight to the preparation of modern and regional dishes in a restaurant setting and allows students to put their skills into practice in Italian restaurant settings. In addition to the concepts of kitchen organization and production, the foundations of Italian restaurant cuisine, and restaurant management, this course will also demonstrate the use of management skills training in the food service industry, the history of food and food service, and propose more complicated restaurant dish preparations during lab hours. Other topics covered include basic responsibility for food service personnel, management and HR practices, restaurant esthetics, and current/future trends in the restaurant industry.

Prerequisites: Advanced Italian Restaurant Cooking I or equivalent.

#### **FW CA GM 660** **Garde Manger**

3 semester credits (90 hours: 45 lecture hours - 45 hands-on hours) An introduction to three main areas of the cold kitchen: reception foods, plated appetizers, and buffet arrangements. Students will learn to prepare canapes, hot and cold hors d'oeuvre, appetizers, forcemeats, pates, galantines, terrines, salads, and sausages. Curing and smoking techniques for meat, seafood, and poultry items will be practiced, along with contemporary styles of presenting food and the preparation of buffets.

#### **FW CA PK 670** **Italian Product Knowledge**

3 semester credits (45 lecture hours) An introduction to the identification and use of vegetables, fruits, herbs, nuts, grains, dry goods, prepared goods, dairy products, and spices in various forms. The course explores both fresh and prepared foods and learn to identify, receive, store, and hold products. Students will also learn to evaluate products for taste, texture, smell, appearance, and other quality attributes.

#### **FW CA FC 680** **Italian Food and Culture**

3 semester credits (90 hours: 45 lecture hours - 45 hands-on hours) In this course, students will study the relationship between food and culture, with a focus on the cultural rules of food consumption and how they can be compared to the rules of music, dance, and poetry. Course topics include the relationships between food and religion, gender, folk traditions, mores, and life-cycle rituals. Emphasizing critical reading and writing, this course provides theoretical and empirical exposure to food research in anthropology, folklore, history, and sociology of Italy.

#### **FW CA LC 683** **Italian à la Carte Cuisine**

6 semester credits (30 lecture hours - 300 hours of field apprenticeship) The course provides the student with the opportunity to work in a fully operating professional restaurant kitchen at **GANZO**, the non-profit cultural association and restaurant-club operated by Apicius students. The student will experience classical and contemporary methods of cooking and presentation styles used in the Italian à la carte restaurant production. Students will also have the opportunity to create and design special menus under the supervision of the chef instructors. Cross-listed to Postgraduate Offerings (Professional Studies).

#### **FW CA IS 684** **Advanced Italian Style Restaurant Preparation Techniques**

6 semester credits (30 lecture hours - 300 hours of field apprenticeship)

This course will provide the students with the advanced theoretical knowledge of meat, fish, and shellfish utilization as it relates to the foodservice kitchen. Emphasis will be on identification of species, carcasses, bone and muscle structure, primal, sub-primal, and fabricated cuts used in the food and restaurant industries. The various types of fish and shellfish will be explored, including factors that indicate freshness, market forms, and preparation methods. Students will work on lunch menu ideas, compare with local restaurants, base and define menus on seasonality and fresh food market availability. The apprenticeship strongest component is the daily challenge that students will encounter in working with seasonal ingredients and menu improvisation. Cross-listed to Postgraduate Offerings (Professional Studies).

**FW CA CT 689**  
**The Italian Chef's Table**

(30 lecture hours - 300 hours of field apprenticeship) This partially self-directed course is designed to provide the culinary student with the opportunity to design, organize, implement, serve and evaluate a special dinner event, which will take place at the end of the 10-week apprenticeship. Emphasis will be placed on the training of the student towards effective production management, market-related menu planning, mise en place, a la carte cooking and service techniques in the context of a special event. Customer needs, case studies and weekly events will allow students to experience the balancing that existing between dreams, ideas and customer satisfaction. Cross-listed to Postgraduate Offerings (Professional Studies).

**PS IN CA 700**  
**Master Apprenticeship in a Local Restaurant**

4 semester credits (300 contact hours)  
Cross-listed from school of Professional Studies (PS), department of Internships

**PS IN CA 701**  
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4 semester credits (300 contact hours)  
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**DEPARTMENT OF DIETETICS AND NUTRITION (DN)**

The Department offers a wide variety of courses in the field of dietetics and nutrition with an emphasis on food sources and requirements of nutrients; physiological and metabolic aspects of nutrient function; food choices, selection, cultural and contemporary issues of concern to consumers.

**FW DN IN 305**  
**Introduction to Nutrition**

3 semester credits (45 lecture hours) This course introduces students to the basic nutrition concepts such as calories, nutrient density, and dietary reference intake. Through the course, the characteristics and the role of the basic nutrients (protein, carbohydrates, lipids, vitamins, and minerals) will be closely examined and different food combinations analyzed and discussed. The concept of food pyramid will be extensively analyzed and different food pyramids and their cultural and scientific backgrounds compared: the Mediterranean, the USDA, the traditional Latin American, the Asian and the Vegetarian. Menu composition and meal planning will be discussed from the nutritionist's point of view.

This course is also offered as a special seminar for 2 credits (30 hours). The regular semester class will introduce the student to the subject and focus on the area of study, while the seminar will focus on the specialized area of study.

**FW DN WW 320**  
**The Science of Water: From the Spring to the Bottle**

3 semester credits (45 lecture hours) Water is no longer simply the liquid that nourishes our bodies for survival, given the constant diversification of water as a refined food product. Restaurants nowadays serve different brands and types of H<sub>2</sub>O not unlike the service of wine, while different geographic terrains result in a myriad of choices for the expert

connoisseur. This course will examine sparkling, mineral, distilled, spring, and well waters from all over the world, examine proper serving procedures, and suggest appropriate food pairings. The chemical differences of salt and mineral content of diverse typologies will be analyzed to determine the differences in taste and finish. Bottling and production procedures throughout the world along with water treatment and filtering systems in restaurants will be considered to analyze consumption in the water industry.

**FW DN NS 350**  
**Nutrition in the Sports Industry**

3 semester credits (45 lecture hours) This course is a study of the importance of nutrition in sports and exercise in order to maximize athletic potential and performance. Covered topics include food nutrients, role of water, and bioenergetics in exercise and training, heat and fluid regulation during physical activity, weight, and eating behaviors. Encourages students to form educated and strategic regimens (exercise and dietary plans) from a scientific point of view grounded on both the molecular and holistic for serious/professional athletes and physically active individuals. Cross-listed to Sport Management (Sport and Health Sciences)

**FW DN PF 505**  
**Principles of Food**

3 semester credits (45 lecture hours) The aim of this course is to present to students the different food groups and their nutritive characteristics. The most relevant staples, including milk and dairy products, eggs, grains and legumes, fruits and vegetables, meat and fish, will be analyzed, including discussion on their role in civilization and human history. Their transformation and interaction during the different cooking processes will be examined with particular emphasis on the chemical, microbial and physical process which affect food quality and determine their transformation during the process that bring them from the producer to the consumer. Emphasis will be also placed on production standards, food safety, and sanitation.

**FW DN TF 507**  
**Physiology of Taste and Flavor**

3 semester credits (45 hours: 15 lecture hours - 30 lab hours) This is an introductory course in Food Science that explores and examines the physiology of how we taste and flavor food. From the simplicity of identifying "sour versus bitter" to the complexity of pairing food and wine, the objective of this course is to train taste buds to better understand flavors that are not generally accepted but require a deeper understanding before being appreciated.

**FW DN FS 508**  
**Introduction to Food Science**

3 semester credits (45 lecture hours) This course introduces the principles of food production and consumption, food in history, society, economics and politics, development of food industry; nutritional, physiological and psychological roles of food; and quality food products. Topical issues include: food additives, environmental impact of food processing, food marketing and education. This course is also offered as a seminar for 2 credits - 30 hours. The regular semester class will introduce the student to the subject and focus on the area of study, while the seminar will focus on the specialized area of study.

**FW DN SC 510**  
**The Science of Cooking:  
an Introduction to Molecular Cuisine**

3 semester credits (45 hours: 15 lecture hours - 30 lab hours) This science of cooking course is aimed at non-scientific students who wish to gain knowledge of the basic science behind cooking to both improve methods of cooking and avoid common pitfalls. The student will understand the ideas behind basic techniques which will aid innovation and creative impulse in the field of Gastronomy. The course will combine both theory and practice of scientific cooking. Special note: Students may earn an extra credit for a total of 3 semester credits by producing a special research paper/project coordinated with the professor at the beginning of the course.

### **FW DN DS 520**

#### **Dietetics and Nutrition in the Mediterranean**

3 semester credits (45 lecture hours) This course introduces students to the benefits of eating the "Mediterranean way", focusing on the nutritional aspects of the diet, the culinary tradition of the most significant Mediterranean countries and on the cultural relevance of the Mediterranean way of eating. Scientists and researchers have discovered that traditional Mediterranean cuisine is one of the most healthful, nutritious diets in the world, one that can help you live longer and enjoy far lower rates of coronary heart disease and other chronic conditions, including diabetes and cancer.

### **FW DN BC 525**

#### **Beyond Chocolate: Foods for Therapy**

3 credits (45 lecture hours) The therapeutic powers of foods, such as the aphrodisiac potency of chocolate and oysters, is ancient knowledge that is recently getting a major scientific makeover based on studies in the biochemistry and psychology fields. This course takes a step further by offering a deeper look at the impact all foods have on the human body from relaxing, meditative, introspective, aphrodisiac, to stimulating effects. We will study the chemical, physiological, psychological, and emotional aspects of foods in therapy and how these discoveries can contribute to a myriad of different fields from hospitals to our own personal eating habits.

### **FW DN FA 530**

#### **Understanding Food Allergy and Intolerance**

3 semester credits (45 lecture hours) Food allergies and intolerances are an everyday reality to many individuals and are becoming increasingly important topics with the industrialization of food production and packaging. The course covers types of food sensitivities, the foods that trigger them, impact on the human body, nutritional and dietetic analysis. The current market trends of food packaging and presentation of information will be examined in order to propose guidelines and preventive strategies against food allergies and intolerances.

### **FW DN MF 535**

#### **Mood Food**

3 semester credits (45 lecture hours) The key to understanding the connection between the food we eat, our mood, and level of alertness lies in understanding how the brain functions. The brain communicates by chemical substances passed from one nerve cell to the next. These chemicals, called neurotransmitters, are made in the brain from the food we eat. The neurotransmitters that are more sensitive to diet and influential in affecting mood are dopamine, serotonin and norepinephrine. This course will analyze the chemical aspects of certain foods and how they work on our brain. Classes consist of lectures and hands-on sessions including: Food for thought, Food for energy, Food for alertness, Food for joy, Food for harmony.

## **DEPARTMENT OF FOOD AND CULTURE (FC)**

Food Culture courses examine the social, economic, cultural, and psychological factors that have influenced food consumption practices and patterns in the past and present. Students research historical, sociological and anthropological aspects of food. Combining theoretical enquiry with practical insight, **APICIUS** Department of Food and Culture examines the consequences of our food choices, both societal and individual, explores the case for ethical models of food production, and challenges conventional attitudes to consumption. It requires students to apply their knowledge within business and cultural contexts, including tourism and hospitality. The learning experience is further enhanced by the time spent in the Tuscan region, which provides students with a thorough understanding of food as a product and of its place in our lives.

### **FW FC VC 245**

#### **Italian Vegetarian Cooking**

3 semester credits (45 lecture hours) These days, the demand for meatless cooking has increased extraordinarily. Throughout the course, students will learn to prepare a variety of meatless dishes using different techniques such as grilling, broiling, steaming, sautéing, baking, frying, etc. The menu includes meals prepared with fruits and vegetables,

grains and legumes, as well as pasta and other starch products. Special emphasis is placed on strategies for building flavor by using vegetable stocks, herbs, spices, oils and condiments. Lectures will be complemented by student cooking labs and tastings.

### **FW FC RC 250**

#### **Renaissance Culture through Lifestyle and Cooking**

3 semester credits (45 lecture hours) This course consists of a comparative study of the relationships between Italian culture and cookery from the Renaissance of Lorenzo de Medici, 'il Magnifico', up to the present. Other topics discussed during this course include: the effect of the discovery of America on Italian cooking and eating habits, the gastronomic contributions of famous Florentine artists and the effect they had on their works, the important role of Caterina de Medici in exporting Tuscan cuisine to France. The second part of the course deals with the examination of historic texts and recipes as an example of changing customs and the diversification of social classes. Lectures will be complemented by student cooking labs and tastings. Cross-listed to History (Liberal Arts).

### **LA CT FC 250**

#### **The Mouthwatering Movie: The Relationship Between Food and Film**

3 semester credits (45 hours)

Cross-listed from school of Liberal Arts (LA), department of Cinema and Theatre Studies

### **FW FC FF 255**

#### **Italian Culture through Festivals and Feasting**

3 semester credits (45 lecture hours) The course is designed to offer students a comparative study of the religious and social festivities in Italy, both in public and in private areas (i.e. national holidays and family events). All the main festivities are analyzed through their history, regional or national importance, and through the role they play in local culture, including rituals, celebrations, table manners, social gatherings and their evolution throughout the centuries. All the various aspects of Italian social lifestyle will be introduced, together with the cuisine and the rituals and changing customs. Lectures will be complemented by student cooking labs and tastings.

### **FW FC FT 260**

#### **Introduction to Italian Food Traditions**

3 semester credits (45 lecture hours) Italian cuisine draws from food-based traditions that have developed over the centuries spanning Italy's political, cultural, and social formation. This course will introduce the student to the foundational food traditions that unite the Italian peninsula as well as the traditions that distinguish regional differences. Key concepts focus on the development of unchanging traditions and their cultural significance in contemporary society. Lectures will be complemented by student cooking labs and tastings.

### **FW FC RP 300**

#### **Food of Italy: Regional Cultures**

3 semester credits (45 lecture hours) The course focuses on different aspects of regional food in Italy. Emphasis is placed on how food relates to the local lifestyle. Regional economy and local resources are analyzed and compared. Students are introduced to the various local products. Lectures will be complemented by student cooking labs and tastings.

### **FW FC AF 301**

#### **Food and Culture: Anthropology of Food**

3 semester credits (45 lecture hours) This course is designed to explore the diversity of food and culture around the world. It will apply the concepts and principles of anthropology to the study of human diet and nutrition. Its goal is to broaden awareness and understanding of how different cultures celebrate food through their rituals and traditions. Students will analyze the origins of the human diet, the role of the cultural heritage on food preparation techniques, identify nutritional menus for international and regional areas, interpret international recipes, customs, and lifestyles and compare ethnic customs in order to understand social/cultural meanings and implications of food behaviors. Cross-listed to Anthropology (Global Studies).



**FW FC FC 302****Herbs, Spices, and Flavors of Tuscany**

3 semester credits (45 lecture hours) Cooking with fresh, aromatic herbs, suggestive spices, and salts can make all the difference in a finished plate. This course is designed to explore the fragrant world of these ingredients that lend themselves not only as 'finishing touches' but essential flavor, aroma, and decorative components that impart freshness and particularity to dishes. The course will consist of lectures on history and lore accompanied by cooking sessions focusing on the usage, storage, and flavor combinations common to Tuscany.

This course is also offered as a special seminar for 1 credit, 15 lecture hours. The regular semester class will introduce the student to the subject and focus on the area of study, while the seminar will focus on the specialized area of study.

**FW FC GO 303****The Organic World of Italy**

3 semester credits (45 lecture hours) The arising public awareness in Italy towards genetically modified foods, pest/herbicides, and unfair labor practices has brought about drastic changes in food practices in the last few decades. Organic eating has become a conscious approach to choosing ingredients, but also a lifestyle, a trend, and a booming global market. This course will examine exactly what the 'organic' concept entails in Italy, its benefits, and impact on our diet and the overall food industry. Cooking sessions will also be held for demonstrative purposes.

**FW FC JC 305****The Jewish-Italian Community Through Its Culinary Traditions**

3 semester credits (45 lecture hours) The course focuses on the three Italian cities that have had the most important role in Jewish-Italian history: Venice, Rome, and Livorno. Each city is first introduced geographically and historically, by highlighting the role of the Jewish community and its relationship with the Catholic community. The lifestyle in the historical "ghettos" is also analyzed, with particular emphasis on their ways of celebrating Jewish holidays. Each lecture is then followed by a hands-on cooking class where the most typical Italian-Jewish dishes are prepared.

**FW FC SB 306****Coffee and After Meal Beverages**

3 semester credits (45 lecture hours) Post-prandial beverages will be examined in their historic and cultural context. Special attention will be paid to the ingredients, preparation and service of these beverages.

This course is also offered as a special seminar for 1 credit, 15 lecture hours. The regular semester class will introduce the student to the subject and focus on the area of study, while the seminar will focus on the specialized area of study.

**FW FC SB 307****Stimulating Beverages: Coffee and Tea**

3 semester credits (45 lecture hours) This course will examine different types of coffees and teas, the two principal caffeine-containing beverages sold and produced all over the world. The industrial impact over the centuries and cultural images of coffee and tea will be discussed during the lectures. Coffee beans, roasts, and preparation methods along with tealeaves, spices, and infusions will be also discussed, to be accompanied by tastings and visual demonstrations.

**FW FC EC 308****Everything Chocolate: From Therapy to Pleasure**

3 semester credits (45 lecture hours) This course will cover all aspects of chocolate from the scientific, cultural, and gastronomic points of view. Topics include its history from its Aztec origins to globalization during the Industrial Revolution, the hotly debated health and aphrodisiacal issues surrounding chocolate, the role of chocolate in literature and films. Students will be introduced to the processes of chocolate production, types of finished chocolate products, past and present trends of chocolate preparation and service, the notions of chocolate pairing, and the chemical makeup of chocolate and how this influences medical/scientific research. In addition to the theoretic part of the course, hands on workshops will be dedicated to chocolate tastings and both classic and innovation chocolate preparations.

**FW FC PB 309****The Philosophy of Bread: a Staple of Human History**

3 semester credits (45 lecture hours) Bread is a universal food staple if we consider how the cuisine of most countries includes a bread culture that's as old as its history. This course will explore the birth of breads since mythical and religious epochs, how breads vary between western and eastern civilizations, ancient techniques and traditional breads versus products of modern technological 'fabrication', and the recent return of artisan hearth baked breads. Some lessons will have an emphasis on Italian breads throughout the various regions. Lectures will be complemented by student cooking labs and tastings. During the hands on labs students will experiment methods of leavening, bake different types of sweet and savory breads, practice bread shapes, and execute recipes for dishes that involve bread as a main ingredient.

**FW FC CD 314****Fact and Fiction of Regional Folklore: Celebrating Desserts**

3 semester credits (45 lecture hours) This survey and workshop course examines the Italian peninsula through regional desserts. Italian desserts, like its cuisine, vary from region to region and often play a central role in historic festivities, regional fairs and festivals, religious celebrations, etc, such as the fried cenci fritters during Carnevale or panettone and pandoro during the Christmas and New Year season. The lessons will conduct the student through a 'sweet journey' through Italy by focusing on specific desserts and their historical and folkloristic contexts. The workshop portion of this course will offer hands practice in the preparation and presentation of regional desserts. Lectures will be complemented by student cooking labs and tastings.

This course is also offered as a seminar for 1 credit, 15 lecture hours. The regular semester class will introduce the student to the subject and focus on the area of study, while the seminar will focus on the specialized area of study.

**FW FC CD 314****Italian Celebrating Dessert**

3 semester credits (45 lecture hours) This survey and workshop course examines the Italian peninsula through regional desserts. Italian desserts, like its cuisine, vary from region to region and often play a central role in historic festivities, regional fairs and festivals, religious celebrations, etc, such as the fried cenci fritters during Carnevale or panettone and pandoro during the Christmas and New Year season. The lessons will conduct the student through a 'sweet journey' through Italy by focusing on specific desserts and their historical and folkloristic contexts. The workshop portion of this course will offer hands practice in the preparation and presentation of regional desserts. Lectures will be complemented by student cooking labs and tastings.

This course is also offered as a seminar for 1 credit, 15 lecture hours. The regular semester class will introduce the student to the subject and focus on the area of study, while the seminar will focus on the specialized area of study.

**FW FC FM 315****Food, Wine and Music:****Music and Feasting in Renaissance Europe**

3 semester credits (45 lecture hours) This course analyzes the different types of courtly music and songs that deal with themes related to the celebration of food, wine and other forms of entertainment during the Renaissance. The period covered ranges from the 13th to the 16th century. Each class will focus on the historical dishes and corresponding songs of specific European countries. The second part of the course will cover Italy and the Renaissance, in particular courts of the Medici in Florence, the Gonzaga in Mantua, the Este in Ferrara, the Pope in Rome, and the Doge in Venice. One lesson will be dedicated to the cooking art of Renaissance chef Bartolomeo Scappi and another lesson will feature the historical wines of Italy. Lectures will be complemented by student cooking labs and tastings.

**FW FC CE 320****Cuisine and Culture in Europe: the Art of Entertaining**

3 semester credits (45 lecture hours) The course focuses on the main aspects of national cuisine and the art of entertaining in the most significant European countries. It examines, through comparative

studies, the local food, economy and resources, culture, history and their interactions. The role of food in national cuisine and its evolution throughout centuries are analyzed and compared. Lectures will be complemented by student cooking labs and tastings.

#### **FW FC MD 325**

##### **The Mediterranean Diet: A Guide to Healthy Living**

3 semester credits (45 lecture hours) The course includes lectures on typical Italian products that make the Mediterranean diet the symbol of healthy living: olive oil, pasta, rice, polenta, etc. The food pyramid will be analyzed and compared with the everyday home food in Italy. Lectures will be complemented by student cooking labs and tastings. Hands-on preparation of the most typical dishes of the Mediterranean diet.

#### **FW FC DF 330**

##### **Diet and Fasting in World Religions**

3 semester credits (45 lecture hours) This course will examine the different types and reasons for food special diets and prohibitions in religions. Gender differences in fasting will be analyzed and compared. Food, symbolism, myth used as means to construct relationships between human beings and animals. Religious traditions will be deeply analyzed and compared through images of films, rituals, and many other different sources.

Cross-listed to Religious Studies (Liberal Arts).

#### **FW FC FC 340**

##### **Food, Culture and Society in Italy**

3 semester credits (45 lecture hours) This course is targeted towards students with an interest in Italian food traditions, society, and culture. The main focus consists of what is generally defined as "made in Italy" culture and style in post-war Italy. Also covered are the relationships between Italian traditions, folklore and contemporary Italian society drawing from examples including festivals, food, tourism, and economy, and the influence of foreign civilizations. Students will be asked to regard the subject of food outside of the context of ingredients and the procedures used to create a dish; we will instead examine a large scale context in which food is either featured as a main component or an integral element in cultural situations. Thus the student is asked first and foremost to observe the presented material across an anthropologic lens that roves over the entire Italian peninsula. Lectures will be complemented by student cooking labs and tastings.

#### **FW FC TO 345**

##### **The Complexity of Olive Oil: From Production to the Table**

3 semester credits (45 lecture hours) Not just a simple condiment for salads or dipping bread, olive oil is a key ingredient in all Mediterranean cuisines with complex organoleptic characteristics and sensorial qualities. The vast range of production, olive tree varieties, and historic cultures unique to the major olive oil-producing countries has brought about classification systems and profession tasting standards, which the course will introduce to students. Course activities include tasting analyses of olive oils with a particular focus on Italy and discussion of the proper usage of olive oil types in cuisine.

Cross-listed to Viticulture and Olive Tree Culture and Olive Oil Production (Horticulture).

#### **FW FC FF 347**

##### **The Florence Food and Culture Experience**

3 semester credits (45 lecture hours) The city of Florence is a veritable mine of food and cultural experiences spanning from the kitchens of the Medici family, to the rustic regional cuisine of Tuscany, to growing rituals such as aperitivo, and high profile restaurants recognized internationally. The aim of this course is to introduce students to the food, street, and culture scenes that set Florence apart from other metropolitan cities, encourage the discussion of the historical weight of its storied past on the food culture of today, and construct a topographical map that indicates the pinpoints of Florence's thriving gastro-cultural activities. Lectures will be complemented by student cooking labs and tastings.

#### **FW FC TG 349**

##### **Tuscany at a Glance: Experiencing a Dream**

3 semester credits (45 lecture hours) Tuscany has forever represented a storied land of gentle hills, strong wines and sun, and hearty natives as evidenced by its depiction in innumerable books and films. Thus this Italian region figures among the mythical destinations that immediately evoke a dream accompanied by specifically tailored images. The course will explore the diffusion of the "image" of Tuscany as experienced over time; it will also seek to expose lesser known pockets of the region such as Maremma and Bolgheri as well as contrast stereotypes with the current realities and innovations of the land, the people, the culture, and the economy.

#### **FW FC PH 350**

##### **Pasta, an Italian Staple: from History to Table**

3 semester credits (45 lecture hours) Pasta has been a part of Italian life for millennia and plays a fundamental role in Italian cuisine. This course combines lectures and workshops to provide students with a rounded knowledge of one of the main elements of Italian gastronomic culture. Students will study the history of pasta and some of the myths surrounding it, from its possible origins in Ancient Greek and Roman times, through to its diffusion into other cultures aided by Italian emigration. Particular focus will be placed on the role of pasta in Italian traditions and culture and its development over the centuries. Theoretical lectures will be complemented by hands-on workshops, where students will learn traditional techniques for the preparation of fresh pasta.

#### **FW FC CC 355**

##### **Contemporary Italian Cooking**

3 semester credits (45 lecture hours) A survey of the major contemporary Italian chefs and their cooking philosophy. Students will be taught how to read and compose a menu, and the major elements that distinguish high-level Italian cooking through the original recipes of world-famous Italian chefs including those of Giancarlo Vissani, Gualtiero Marchesi and Nadia Santini. Lectures will be complemented by student cooking labs and tastings.

#### **FW FC ET 360**

##### **Italian Etiquette Through History**

3 semester credits (45 lecture hours) The central theme is the evolution of "good manners" in Italy through the study of those books that have dealt with this subject, starting from the Middle Ages with the "Tesoretto" by Latini, or the "Reggimento e Costumi di Donna" passing through the great writings of the Renaissance like "The Courtier" and the famous "Galateo" by Della Casa up to the present. We will examine the societies and classes to which these writings were addressed, and what kind of behaviors they were trying to change. From a different perspective the history of "good manners" or "etiquette" can tell a lot about the "bad manners" and the common habits of the people of different ages. Body language and unconscious behaviors are also studied.

#### **FW FC FW 370**

##### **History of Italian Cuisine Across the Major Italian Food Writers**

3 semester credits (45 lecture hours) A survey of Italian cuisine analyzing all the major cookbooks in history. Starting from the ancient Roman Apicius cookbook, through Mastro Martino, Pellegrino Artusi and many other cookbook authors, ending up with contemporary examples. Sample recipes will be reproduced and re-interpreted. Lectures will be complemented by student cooking labs and tastings.

#### **FW FC FP 380**

##### **Food and Table Setting and Presentation**

3 semester credits (45 hours: 15 lecture hours - 30 hands on class hours) Eating is a medium of social relationships. In other words, we have turned the consumption of food - a biological necessity - into a carefully cultured phenomenon. Food presentation and decoration, table settings, specific equipment, special places and times for eating, tablecloths, silverware, and flower decoration are all a system of rules, with a complex ancient history. This course will analyze the historical, social and aesthetic reasons that have gradually evolved into systems, ideals, aesthetic and style. Lectures, practical workshops and fieldtrips will provide students the means to decorate and set tables for photography settings, buffet dinners, receptions, and special home entertaining dinners.

## DEPARTMENT OF FOOD, FAMILY AND CONSUMER SCIENCES (FS)

The Food, Family and Consumer Sciences Department mission is to prepare professionals for educational leadership roles in family and consumer sciences. Family and Consumer Studies aims to improve the quality of life for children and families through teaching and research that is focused on the development of individuals and families throughout the life span. Of particular concern are issues related to the development and utilization of food, daily resources and to the interaction between individuals and families and their environment within the context of the larger society.

The discipline of Food, Family and Consumer Sciences has as its central focus preparing individuals to promote optimal nutrition and wellness across the life span, manage resources to meet the material needs of individuals and families and to strengthen the well-being of individuals and families across daily life.

### FW FS SA 300 Food Safety and Sanitation

2 semester credits (30 lecture hours) This course introduces food production practices. Topics covered include prevention of food borne illness through proper handling of potentially hazardous foods, legal guidelines, kitchen safety, facility sanitation, safe practices of food preparation, storing, and reheating guidelines.

This course is also offered as a seminar for 1 credit - 15 lecture hours. The regular semester class will introduce the student to the subject and focus on the area of study, while the seminar will focus on the specialized area of study.

### FW FS CS 305 Introduction to Family and Consumer Sciences

3 semester credits (45 lecture hours) The course will begin with a review of the historical and current trends and issues in food, family, and consumer sciences and their implications. Theoretical frameworks for organizations will be examined in order to analyze FCS program development in a range of settings. Organizational issues such as leadership, managing change and diversity, among others, will be discussed in relation to FCS. Students will develop solutions to a problem in FCS administration, integrating the context of the field and organizational theories and issues.

### BU ER FB 310 The Art of Italian Family Business

3 semester credits (45 lecture hours)  
Cross-listed from school of Business (BU), department of Entrepreneurship Resources

### FW FS IF 320 Social and Cultural Aspects of the Italian Family

3 semester credits (45 lecture hours) The course examines the development, structure, and maintenance of the Italian family through history with the following topics: Sexuality and the development of relationships, study of individuals, groups, and families, diversity in modern families, community regulations/policies addressing issues of family change, crisis, and maintenance. Evaluation of different styles and examples of interpersonal communication behaviors. We will also compare and contrast family/individual behavior patterns associated with human life cycle transitions and examine various social issues associated with the study of Italian families.  
Cross-listed to Sociology (Life Studies and Human Services).

### FW FS IF 330 Meal Planning and Meal Management in the Italian Family

6 semester credits (45 lecture hours - 60 workshop hours, fieldtrips, meal preparation with Italian families) Understanding the meaning of foods in Italian family meals. The course examines the development, structure, and maintenance of the Italian family through history. Evaluation of different regional meals and examples of Southern, Central and Northern family dishes will be prepared during workshops. We will also compare and examine various social issues associated with the study of Italian families. Students will be accommodated with Italian families for

the whole program and they will take part in preparing nine meals with the family throughout the semester. Requirement: accommodation in double room with an Italian family, breakfast every day and the nine dinners mentioned above.

### FW FS MF 350 Consumer Issues of Italian Marriage and Family Relations

3 semester credits (45 lecture hours) Historical background of the Italian family as a social institution and analysis of marriage and family. Development and use of a sociological perspective on family and marriage issues. Overview of marriage and family relations from a cross-cultural perspective, an overview of the historical factors related to the development of the contemporary family system, and an overview of the development of gender, family and marital roles. These issues will be specifically examined by comparing Italy with different cultures.

### FW FS CM 353 Cultural Models: from the Transnational to the Family Nucleus

3 semester credits (45 lecture hours) This course examines the transformational effect of globalization on the basic family unit in diverse cultures. Family models in the east and west will be compared and contrasted and how the role of the family is connected to the rise and fall of a particular society. In addition, the effects of national policies regarding migration will be taken into account as the case of immigrant family issues are analyzed and how the growing phenomenon of transnationalism is transforming global identities.

## DEPARTMENT OF WINE AND CULTURE (WC)

### FW WC CA 260 A Cultural Approach to Wine Appreciation

3 semester credits (45 lecture hours) A cultural approach to drinking and evaluating wines goes beyond a technical analysis of flavor balance and the characteristics of the grapes and soil. This wine tasting course introduces a more profound immersion into the many external factors that contribute to what one sips from the glass - geography, history of the land, the producer's unique methods and personal story, the local cuisine, the historic and economic ties of the wine type with the area - or what may be summed up as the 'microcosm' in which a wine breathes and exists. The wines from this course will be presented in this richer context, chosen from a selection of respected cantinas, and when possible, paired with local products.

### FW WC TW 262 Tuscany and Its Wines

3 semester credits (45 lecture hours) The course will introduce students to the outstanding richness of Tuscan wine typologies focusing particularly on a presentation of the most important winegrowing areas in Tuscany. A general introduction to wine appreciation will be offered and a selection of Tuscan wines will be studied in terms of their characteristics.

### FW WC IW 300 Leading Italian Winemakers

3 semester credits (45 lecture hours) This course will introduce the student to the Italian wine industry with a focus on top producers. The historical and cultural traditions of this art will be examined in depth as well as the contemporary wine industry in the age of globalization. This course is also offered as a seminar for 1 credit, 15 lecture hours. The regular semester class will introduce the student to the subject and focus on the area of study, while the seminar will focus on the specialized area of study. Seminars will be held by noted Italian vintners.

### FW WC MW 307 The Mystery of Wine

3 semester credits (45 lecture hours) The objective of this course is not to explain the technical or scientific aspects of wine-making and wine tasting analysis but that of exploring the cultural contexts that have always accompanied wine. Whether in the courts of emperors, kings and philosophers or in the realm of common folk, discovering the myth and cult status of the beverage, and probing the deep fascination that

wine has wielded over humans since its birth. We will discuss wine as a historical and cultural player by examining texts, artistic depictions, and other sources to uncover the alluring aura that renders wine a constant companion of food and our insatiable palates.

#### **FW WC WT 310**

##### **Wine Culture and Society in Tuscany**

3 semester credits (45 lecture hours) This course is a specialized survey of the wine culture and society in Tuscany. The different wine producing zones of the region will be examined, from larger productions such as Chianti and Super Tuscans to lesser-commercialized yet upcoming areas like Montecucco towards the south. On a socio-cultural level, the role of wine on the Tuscan table, festivities, customs, and social settings constitute an integral aspect of this course in order to introduce students to the underlying human context behind the production and service of Tuscan wines.

#### **FW WC RW 330**

##### **Exploration of Wine Culture in Italy**

3 semester credits (45 lecture hours) The wine-related culture in Italy takes its origins from the successful combination of rural and noble expertise always devoted to wines. The structure of Italian wines; their harmony, and their refinement reflect the link between the farmer, who learns directly from nature, and the refined Renaissance gentleman, noble by education and tradition. The course aims to provide the student with images, feelings, and flavors of wine across the cultural, architectural, economic and historical aspects of Italian civilization that is now experiencing a second rebirth.

#### **FW WC PF 335**

##### **Pairing Food and Wine**

3 semester credits (45 lecture hours) This course presents an exploration of the pleasure of food and wine pairing. This course goes beyond a classic approach to pairing, demystifying the terminology and the methodology of matching wine and food. Whether preparing a meal at home or ordering in a restaurant, participants leave with an enhanced knowledge of pairing that can create a harmony and synergy between wine and food, providing a sublime connection of the mind, the mouth, memories and experiences. Particular focus will be given to the Italian cultural approach, "tasting" the major wine areas and classic Italian recipes.

#### **FW WC PC 340S**

##### **Pairing Cocktails and Food**

1 semester credit (15 lecture hours) In this seminar the student will learn the basics of cocktail mixology. Students will learn about a range of spirits and their compatibility with other spirits and beverages. Cocktail composition and preparation will proceed the essential rules for matching drinks and food, and how to serve mixed drinks as companions throughout the meal.

#### **FW WC PB 345S**

##### **Beer Brewing and Pairing**

1 semester credit (15 lecture hours) This seminar combines lectures and tastings as students examine the origins and history of beer (and related beverages). Similarities and differences regarding brewing, taste and essential characteristics between wine and beer will be examined as well. The principles of matching beer and different kind of food will be analyzed.

### **DEPARTMENT OF WINE EXPERTISE (WE)**

#### **FW WE WM 300**

##### **Introduction to Winemaking**

3 semester credits (45 lecture hours) This course analyzes the fundamental principles of the grapevine culture in Italy and covers production systems, harvesting, winery organization, storage and processing of grapes. Overview and sensory evaluations of the major wines produced in Italy. Students will spend one weekend in a vineyard and wine producer during the annual grape harvest. Fall semester only. This course is also offered as a seminar for 2 credits, 30 hours. The regular semester class will introduce the student to the subject and focus on

the area of study, while the seminar will focus on a week grape harvest. Cross-listed to Viticulture and Olive Tree Culture and Olive Oil Production (Horticulture).

#### **FW WE RG 305**

##### **Table and Wine Grapes of Italy: an Educational Wine Tour I**

3 semester credits (45 lecture hours - 45 field trip hours) The structure of this class is unique: students will be learning the regional cultural practices through a series of field trips. Students will learn all of the different methods of planting, training, pruning, irrigation, frost protection and harvesting directly from the wine producers. During the Fall Semester students will take part in the grape harvesting and work in a vineyard for a week. The itinerant course includes visits to: Querciabella (Tuscany - Chianti, Super Tuscans), Marchesi Frescobaldi at Castello di Nipozzano (Tuscany - Chianti Rufina), Rocca Bernarda (Friuli Venezia Giulia - biodynamic wines), Tenuta La Novella (Tuscany - Chianti Classico), and Torre Fornello (Lombardia - sparkling wines). Cross-listed to Viticulture and Olive Tree Culture and Olive Oil Production (Horticulture).

#### **FW WE WS 335**

##### **Wine Service and Beverage Management**

3 semester credits (45 lecture hours) This course will examine the figure of "the sommelier" and provide essential information about the following: stocking a cellar, storing wine, reading and composing a wine list, selecting the proper wine glasses, serving wine, decanting wine and an introduction to beverages other than wine. Cross-listed to Restaurant, Food and Beverage Management (Hospitality)

#### **FW WE WS 336**

##### **Wine Service and Beverage Management - Practicum**

3 semester credits (150 contact hours) Students enrolled in Wine Service Beverage Management will be able to put into practice their skills acquired by managing the wine and beverage service at **GANZO**, the non-profit cultural association and restaurant-club operated by **APICIUS** students. Cross-listed to Special Projects (Professional Studies)

#### **FW WE WA 340**

##### **Wine Appreciation I**

3 semester credits (45 lecture hours) This course provides the fundamental skills and a technical introduction to wine tasting beginning with the visual, olfactory, and gustatory examination. Students will learn to analyze the organoleptic components of wines, the importance and influences attributed by to territory, and finally how to distinguish as well as create excellent food and wine pairings. Lectures will be supplemented by wine tasting workshops. The objective of this class is for students to be able to recognize quality in wines from around the world and obtain a working knowledge of international wine regions and as well as the wine industry.

Cross-listed to Viticulture and Olive Tree Culture and Olive Oil Production (Horticulture).

#### **FW FC TO 345**

##### **The Complexity of Olive Oil: From Production to the Table**

3 semester credits (45 lecture hours)

Cross-listed from school of Food and Wine Studies (FW), department of Food and Culture.

#### **FW WE WW 360**

##### **Wines of The World I**

3 semester credits (45 lecture hours) This course has been designed to provide students with an in-depth knowledge of the main wine producing countries of the so-called "Old World" and to further develop skills as a wine taster. The countries to be studied are: France (with a special emphasis on Bordeaux, Burgundy and the Champagne), as well as Germany, Austria, Spain and Portugal. Through comparative tastings, students will be encouraged to offer a critical analysis of wines produced in different parts of the Old World, with emphasis on the relationship between sensory properties of the wines and factors associated with their place of origin.

Cross-listed to Viticulture and Olive Tree Culture and Olive Oil Production (Horticulture).



### **FW WE GL 400S** **Spirits and Grappa**

1 semester credit (15 lecture hours) This seminar focuses on "spirits" with a special focus on grappa. Lectures will be complemented by in-class tastings. Focus will be on the historic origins, methods of production as well as the various types of grappa and their usage (drinking and cooking).

### **FW WE WA 440** **Wine Appreciation II**

3 semester credits (45 lecture hours) This course has been designed to provide students with an advanced working knowledge of wine appreciation. Emphasis is placed on studying the most important Italian grape varieties through out the Italian territory and to learn how to assess and to evaluate the wine typologies deriving from different grapes and soils. Particular importance is given to comparative wine tasting, focusing on the different characteristics of wines coming from different regions. The course gives a complete overview of the most important Italian wine areas. Prerequisites: Wine Appreciation I or equivalent.

Cross-listed to Viticulture and Olive Tree Culture and Olive Oil Production (Horticulture).

### **FW WE VE 450** **Viticulture and Enology: An Educational Wine Tour II**

3 semester credits (45 lecture hours - 45 field trip hours) Students will be learning directly from wine procedures through a series of trips. The following types of wine will be studied: light bodied white wines, wooded and full-bodied white wines, sparkling wines, sweet table wines, light bodied red wines, medium bodied red wines, full bodied red wines, fortified wines, and oaky wines. The course will cover the chemistry and analysis of wine, the changes brought about with aging, faults in wine and the manipulation of wine. The itinerant course includes visits to: Distillerie Nardini (Veneto - Grappa), Prunotto (Piemonte - Barolo and Barbaresco), Marchesi Antinori at the Tignanello Estate (Tuscany - the first Super Tuscan), Monteverine (Tuscany - the real Sangiovese), Loacker biodynamic wines (Tuscany - Brunello Di Montalcino, Bolgheri), and Berlucchi (Lombardia - sparkling wines).

Cross-listed to Viticulture and Olive Tree Culture and Olive Oil Production (Horticulture).

### **FW WE WW 460** **Wines of The World II**

3 semester credits (45 lecture hours) This course continues the journey of world wines by focusing on the countries of the "New World" in order to further develop students' skills as a wine taster. The countries to be studied are: Hungary, United States of America (with a special emphasis on California), Australia and South Africa, as well as New Zealand, Chile and Argentina. Students will participate in comparative tastings to be able to conduct a critical analysis of wines produced in different parts of the New World, with the usual emphasis on the relationship between sensory properties of the wines and factors associated with their place of origin. Prerequisite: Wines of the World I or equivalent.

### **FW WE FW 461** **Food and Wine Pairing and Wine Service**

6 semester credits (30 lecture hours - 300 hours of field apprenticeship) Students will perform and operate firsthand Wine and Food Pairing along with Wine Service at the Apicius restaurant-club Ganzo. Tasks will range from tasting, serving, interpreting labels, wine terminology, and storage. Wine lists will be prepared under the supervision of a faculty member. In addition, the student will cover the principles of correct restaurant style food and wine pairing along with professional wine service and wine service management. Cross-listed to Professional Studies.

### **FW WE PP 470** **Professional Pairing Food and Wine Advanced**

3 semester credits (45 lecture hours) This course presents a practical and technical approach grounded in understanding the direct relationship and reactions between components, flavors, and textures. This approach uses sensory analysis to help the student identify key elements that affect pairings. Concrete examples include menu analysis and tasting notes from the **APICIUS** culinary brigade, who will prepare the recipes utilized in class. The direct food and wine pairing analysis in class will culminate in a complete eno-gastronomical, regional, and cultural context. Wines and recipes from the New and the Old Worlds will offer to students a real perspective of the identity concept in the world of eno-gastronomy.

Prerequisites: Wine Appreciation I or equivalent.

### **PS SP WE 500** **Special Project: Practicum in the Wine Industry**

3 semester credits (150 contact hours)

Cross-listed from school of Professional Studies (PS), department of Experiential Learning

### **HP FB WB 540** **Wine Bar Management**

3 semester credits (45 lecture hours)

Cross-listed from school of Hospitality (HP), department of Restaurant, Food and Beverage Management