



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Body and Food in History: Classical Sources and Popular Wisdom

2324-2-H4101D370

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#### Aims

Acquiring a historical take on the Western medical approach to healthy food and lifestyle.

Getting aware of the historical, cultural, and socio-economic entanglements of dietetic tenets and food consumption

#### Contents

Analysis, origins and historical understanding of the norms on food, body and health conveyed by popular wisdom alongside Western traditional medicine.

#### Detailed program

The course provides an analysis of the origins and a broad historical understanding of the norms on food, body and health conveyed by popular wisdom alongside academic medical knowledge. Comparison between classical sources, medical handbooks and proverbs on food. The Sixteenth Century and the public outreach of humoral dietetics.

The Seventeenth and Eighteenth Centuries facing the early food globalization: the medical debate on sugar consumption and colonial drinks.

Scientific findings, medical views and food consumption in pre-industrial Europe.

Medicine facing food crisis in the Modern Age.

Selected case studies: superfoods from the Renaissance to the present day.

### **Prerequisites**

From the 2?? year

### **Teaching form**

Face-to-face classes

### **Textbook and teaching resource**

Readings will be recommended throughout the course.

### **Semester**

2 semester

### **Assessment method**

Oral presentation

### **Office hours**

On appointment

### **Sustainable Development Goals**

RESPONSIBLE CONSUMPTION AND PRODUCTION

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