UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Healthy Food: Short History of Dietetics From Ancient Times To Nowadays

2425-2-H4101D369

Aims

Acquiring some basic knowledge of the history of dietetics by considering both the preventive as well the therapeutical purpose of the discipline and its relationship with other medical branches.

Getting basic elements for a historical understanding of dietetics as a medical branch, and its developments within the medical approach and methods

Contents

The course outlines the main breakthroughs of dietetics from Classical medicine to the current science of nutrition

Detailed program

The course outlines the main breakthroughs of dietetics from Classical medicine to the current nutritional science.

Full program: Introduction: understanding dietetic knowledge and its development within the history of medicine. The origins.

Dietetics in Hippocratic and Galenic medicine. The concept of diaeta: the sex res non-naturales. Medieval dietetics and the Arabic influence: arithmetical diets within the humoral framework. Classifying foods according to the reference texts: food in the Avicenna's Canon and in diet bestsellers Tacuina Sanitatis. Renaissance dietetics: inertia of the humoral scheme and new approaches. Paracelsus. Impact of the Medical Revolution in the renewal of

dietary models. Iatromechanics and Iatrochemistry in the interpretation of digestive processes. Santorio and the role of basal metabolism. Van Helmont, Van de Boë and acid fermentation. The progressive introduction of chemistry in the interpretation of digestive physiology. Main dietetic breakthroughs in the Age of Enlightenment: the clinical rationalization of the Eighteenth Century.

Disciplinary reductionism and the birth of modern nutritional science from the Nineteenth century to the present day. Final roundtable: understanding dietary tenets and food consumption fads according to a historical approach.

Prerequisites

From the 2?? year

Teaching form

Face-to-face lecturers (10 hours) interactive learning (4 hours)

Textbook and teaching resource

Excerpts from Mikkeli, H., Hygiene in the Early Modern Medical Tradition, Helsinki, 1999

Semester

2 semester

Assessment method

Active interplay and final interview on core information presented during the classes

Office hours

On appointment: please write to laura.prosperi@unimib.it

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | RESPONSIBLE CONSUMPTION AND PRODUCTION