UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Body and Food in History: Classical Sources and Popular Wisdom

2425-2-H4101D370

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 lecturers (10 hours) interactive learning (4 hours)

Textbook and teaching resource

Readings will be recommended throughout the course.

Semester

2 semester

Assessment method

Active interpaly and final interview on core information presented at the classes

Office hours

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

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING