

## BHOS209 International and Maltese Gastronomy

ECTS Value: 4 ECTS  
Self-Study Hours: 48

Contact Hours: 20  
Assessment Hours: 32

### Overall Objectives and Outcomes

This module is designed to inform students about the range of approaches in understanding the main principles of Gastronomy as a field which relates the choices of specific food, its preparation and cooking in relation to different cultures. The content of this module will allow the learner to develop appropriate understanding about such relationships both at international and at local level. This content will include discussion on methods of teaching this subject to students following the relevant syllabus provided by local education authorities.

By the end of this module, the learner will be able to:

### Competences

- a. critically review the role of Gastronomy in today's society and develop a comprehensive understanding of the European Classical Sequence and how did this evolve in the last century in view of traditional and current trends in gastronomy;
- b. analyse the main components of Nouvelle Cuisine and critically discuss its core principles which contribute towards the modern gastronomy;
- c. classify and categorise the key factors which lead to good menu construction, taking into consideration the diversity of local and international gastronomy through different past cultures while developing a comprehensive understanding of the popular local Maltese dishes.

### Knowledge

- a. discuss the contribution of gastronomy toward the Hospitality industry and identify the key roles within this field;

Indicative content:

- i. the definitions of gastronomy;
- ii. the roles of a Gastronomer / Gastronome;
- iii. the interpretation of gastronomy today;

- b. discuss the historical element of gastronomy, particularly with regard to the Mediterranean and European region and identify the various symbolisms which specific food is associated with;

Indicative content:

- i. gastronomy in medieval Europe and nineteenth century France, England and Germany;
- ii. food and the notion that this goes beyond nutrition;
- iii. symbolism of food and social distinctions;
- iv. the meaning of specific food;
- v. basic components of food and non-food;

- c. explain how different cultures relate to specific food and drink and their corresponding social constraints;

Indicative content:

- a. food choice in relation to social constraints;
- b. new non-alcoholic beverages; tea, coffee and chocolate.

### Skills

- a. Identify the main principles of gastronomy and draw comparisons with other related disciplines in light of different social and cultural context;
- b. outline and discuss the main reasons which indicate that 'food' is not only material sustenance but may also be a social constraint among different communities;
- c. explain what may influence food choice and food preferences and discuss how this affects the gastronomic experience of individuals;
- d. identify the role and functions that alcoholic and non-alcoholic drinks and drinking have in society and how these affect society at large;
- e. interpret the content and techniques of the history and culture of food and drink;
- f. evaluate the contemporary food system and its components;
- g. evaluate chosen topics in the general area of history and culture of food and drink;
- h. analyse and evaluate information from a wide range of sources in a planned and timely manner;
- i. propose effective, creative and innovative solutions, both independently and cooperatively, to current and future problems related to gastronomy;
- j. discuss the main components of Gastronomy with peers and the general public;
- k. use IT skills to prepare presentations and teaching resources related to Gastronomy;
- l. search for online material related to the subject matter.

### Assessment Methods

This module will be assessed through: written assignment

### Suggested Readings

#### Core Reading List:

1. Freedman, P. (ed.). 2007. *Food: The History of Taste*. Thames & Hudson: United Kingdom.
2. Sucher, K. 2016. *Food and culture*. 7th ed.:Cengage Learning Custom Publishing: United States
3. Bode, W.K.H. 2000. *European gastronomy: the story of man's food and eating customs*. John Wiley and Sons Ltd: New Jersey.
4. Pisani E. 2009. *Cookery books and Maltese national ideology*. Work in Progress Seminar, Department of Anthropological Sciences. University of Malta.
5. Cachia, K., 2016. *Maltese gastronomy: an expression of a cultural identity* (Bachelor's thesis, University of Malta).