This course will examine changing patterns of production and consumption of food in Europe from prehistoric to modern times. Our study begins and ends with an examination of food in a global perspective; for most of the semester, we will focus on the cultural context of Europe as a site of modernizing technologies, bodies of knowledge, and patterns of consumption. Students will consider the development of settled agriculture in the history of food; the use of grains, fish, and dairy in diets across Europe; the significance of geographical location, exploration and colonialism; the impact of social stratification and ideologies of taste on food consumption; changing knowledge about health and hygiene; the involvement of the state in food security; changing modes of production of basic food commodities; the place of drink in diet and social life; the development of the science of nutrition; changes in transport and technology in the fostering the rise of consumer culture and commodification; the regulation of food safety; food and social welfare in the twentieth century; mass production of food; and finally, the globalization of food production, dietary norms, and access to markets.

**Required books available at Book Culture (W. 112th St.) for purchase:**

- Rachel Laudan, *Cuisine and Empire: Cooking in World History*. (Also available as an e-book through CLIO.)

- David Gentilcore, *Food and Health in Early Modern Europe*. (Also available as an e-book through CLIO.)

Course requirements:
--- mandatory and alert attendance, participation in class discussions and in-class activities, responsible handling of assignments, 1-page paper proposal (10%).
--- two take-home essay exams on February 24 and March 31 (30% each)
--- one eight-page paper on either the history of a single commodity or the impact of technology on food consumption due on May 2nd (30%)

Learning objectives, or what you can expect to learn from taking this course:
--- an appreciation for the diversity and complexity of human experience
--- a critical understanding of the relationship between past events and modern life
--- an ability to conduct close readings of key texts, primary and secondary
--- an ability to analyze and interpret historical material
--- the skill of responding constructively and critically to the views of others
--- the skill of presenting arguments cogently and logically in writing and speaking

The use of laptops in class is conditional. Absolutely no cellphone use of any kind during class. If members of the class are found to be using their laptops inappropriately, we will institute a no-laptop policy. Effective notetaking does tend to enhance performance on exams, but research has shown that these devices significantly diminish the ability to listen and participate in class. Handwritten note-taking can be a more effective way of assimilating what is being said in class.

Please note: throughout the semester, we will be using blocks of time during class for discussion. Questions and comments are also welcome at every class, so please speak up if you need a point elaborated or wish to contribute to what is being discussed.

The dates of following units and reading assignments may change slightly as we progress through the semester. Please make an effort to complete each unit of reading by the day of the last lecture on the topic. Lecture content will overlap with assignments, but it will not duplicate the reading; we will spend time in class synthesizing both bodies of information. Texts marked with *’s will be posted on Canvas.

I. First Foods: From Mother’s Milk to Crop Harvesting (January 18, 20)

Required reading:

A useful timeline for reference (and sometimes assigned reading) throughout the semester http://foodtimeline.org/
II. Food in Ancient Times (January 25)

Required reading:

III. The Emergence of a European Food Culture (January 27, February 1, 3)

Required reading:
- David Gentilcore, *Food and Health in Early Modern Europe*, Chap. 1, pp. 10-26; Chaps. 4-7, pp. 71-155.

IV. Country Food and City Food in Early Modern Times (February 8, 10)

Required reading:
- David Gentilcore, *Food and Health in Early Modern Europe*, Chap. 3, pp. 49-73.
V. Food and the Human Body: Hygiene, Morality, and the Vegetarian Option in the Eighteenth and Nineteenth Centuries (February 15, 17)

Required reading:


Jean-Anthelme Brillat-Savarin, *The Physiology of Taste*, beginning at “Meditation Two: Taste,” to “Meditation Six,” as far as “On Fish”:
http://www.gutenberg.org/cache/epub/5434/pg5434.txt


Discussion and Review: February 22
First Take-Home Exam due on February 24
CHANGE TO EARLIER DATE??

VI. Recipe for Revolution: Bread and Potatoes (February 24, March 1)

Required reading:


Read the Food Timeline on the French Revolution:
http://www.foodtimeline.org/foodcolonial.html#frenchrevolution


VII. Gender, Food, and Households in the Victorian Age (March 3, 8, 10)

Required reading:

* Mrs. Isabella Beeton, *Mrs. Beeton's Book of Household Management*, digital link through CLIO: 
  https://babel.hathitrust.org/cgi/pt?id=mdp.39015093176843;view=2up;seq=6
  Please read the Preface, then Chaps. 1, 4, 40-41.

  Film: “Babette’s Feast” (watch by March 10)

*“A Middle Class Dinner,” from *The Woman’s Signal* (Dec. 19, 1895).

March 10: Discussion: “Babette’s Feast” and gendered food norms of the late nineteenth century

SPRING BREAK

VIII. The Urban Environment and the State: Food in a Modern Grid of Science (March 22, 24, 29)

Required reading:

IX. Public Interest and the Rights of Citizens (March 31, April 5, 7)

Required reading:

*Derek J. Oddy, “Food Quality in London and the Rise of the Public Analyst,” Food and the City in Europe since 1800.


HAND OUT IN CLASS: *Maud Pember Reeves, Round About a Pound a Week (1913), Chaps. 7-10.

Please skim the following article for its argument:


Mike Davis, Late Victorian Holocausts, one chapter.


*Martin Bruegel, “How the French Learned to Eat Canned Food” and


*sample paper on fish & chips?

XI. Nutrition and European Empires: Food in the late 19th and early 20th Centuries (April 12, 14)

Required reading:


*Corinna Treitel, “Nutritional Modernity: The German Case.”


**XII. The Nutritional Transition: The Emergence of Modern Food Consumption (April 19, 21)**

Required reading:


**XIII. From Post-War to Food Wars: Slow Food and Beyond (April 26, 28)**


*Mike Berners-Lee, How Bad Are Bananas? The Carbon Footprint of Everything* (excerpts in Canvas folder)

**Final Commodity Project Paper due May 2nd by 12 midnight make this due early April?**