**Sociology of food and health**

Prof. Carla Lunghi

***COURSE AIMS AND EXPECTED LEARNING RESULTS***

The course aims to provide students with the knowledge of the main sociological categories of food, agriculture and nutrition that are useful for observing and interpreting contemporary society and for practicing psychological professions with greater awareness.

In order to understand the multiple dimensions of social action, the most important concepts, research and issues in contemporary sociological debate will be introduced.

At the end of the course, students will be able to:

1) use the specific sociological lexicon about food, health, and agriculture

2) critically analyze some relevant contemporary phenomena such as food security/insecurity, food sovereignty, food politics and food economic

3) understand the complexity of the relationship between food and culture

4) identify the cultural and social characteristics of some dynamics of daily life related to eating, poverty, gender, ethnicity.

***COURSE PROGRAM***

The course will focus on four fundamental issues such as:

1. Food economic:

* foodscapes (past, present and future)
* food and nutrition (in)security
* the financialization of food

2. The relationships among food, community, and culture:

* Community, labor, and peasantries
* Food and culture
* Gender, ethnicity, and poverty

3. Food Politics: justice and environment

* Agro-ecosystems and the nature of the “natures”
* Food, agriculture, and the environment
* Food sovereignty – beyond food security

4. The present and the future for the relationship between food and health

* Undermining dietary advice: from eat more to eat less.
* Opposing the Food Pyramid
* Deconstructing Dietary advice
* Sustainable diets and ethical consumption
* The “traps” in agri-food studies
* Reimaging health eating

***BIBLIOGRAPHY***

M. Carolan, *The Sociology of Food and Helath,* Routledge, 2022.

M. Nestle, *Food Politics, How The Food Industry Influences Nutrition and Helath,* University of California Press*,* 2013 (10th Ed.), pp. 29/92.

***TEACHING METHOD***

Classroom instruction will take the form of lectures and guided practical work.

Explanatory slides and audio-visual materials will be used during class.

All materials will be posted on the blackboard.

***ASSESSMENT METHOD***

The exam consists of an oral examination.

The level of knowledge, the ability to revise and the critical link between the topics of the program will be assessed.

During the oral interviews, the following aspects will be specifically evaluated:

- the specific lexicon

- the logic of the topics

- the correctness of the conceptual links

- the critical ability to revise the topics.

***WARNINGS AND PREREQUISITES***

As an introductory course, there are no prerequisites. However, intellectual interest and curiosity in the study of society, food economy and food politics are assumed.

Students are encouraged to check the Blackboard platform regularly for announcements and updates, and to constantly check their unicatt mailbox.

*Hours and place of reception*

Prof. Carla Lunghi: receives by appointment by e-mail: [carla.lunghi@unicatt.it](mailto:carla.lunghi@unicatt.it).