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**APICIUS - INTERNATIONAL SCHOOL OF HOSPITALITY**

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**SCHOOL OF FOOD AND WINE STUDIES / GLOBAL STUDIES / LIFE STUDIES AND HUMAN SCIENCES**

**DEPARTMENT OF FOOD AND CULTURE / ANTHROPOLOGY / SOCIOLOGY / ENVIRONMENTAL STUDIES**

**COURSE TITLE: ETHICS AND JUSTICE IN FOOD SYSTEMS**

**COURSE CODE: FWFCFJ300 / GSAFJ300 / LSSOFJ300 / LSESFJ300**

**3 semester credits**

**1. DESCRIPTION**

Where does our food come from? How is it grown? What is actually in the food we eat? These are all important questions that we don't always want to know the answer to. Food justice is a social movement that examines the ethics of food production and food distribution, access to food, and the policies that are often a silent ingredient in our meals. Organic foods, farming, labor wages and practices, food supply distribution and waste, and sustainability are among the themes to be examined in this course. How food systems impact the health and well-being of individuals and communities, political policies and their role in food distribution in developed and developing countries, and the consequences of globalization on food ethics will be addressed through hands-on workshops, visits, and in-class discussions. A special emphasis will be placed on the cultural aspects of food supplies, the Italian traditions of food production and consumption, and the darker roles represented by food in organized crime and immigration.

**2. OBJECTIVES**

Upon successful completion of this course, students will:

- Identify and evaluate ethical elements of food production
- Assess a variety of movements towards just food systems
- Illustrate ethical modes of food production and distribution
- Characterize ethical and unethical practices in food production from a legal and moral perspective
- Recognize the cultural influences of food production
- Differentiate sustainability and justice in food ethics
- Identify the risk factors in farming and food distribution
- Analyze unfair wage practices in farming and the exploitation of workers
- Express an argument on social trends and governance of food systems
- Evaluate the political influence on food systems
- Critique food consumption as an element of well-being from an ethical, political, cultural and global perspective

**3. REQUIREMENTS**

There are no prerequisites for this course.

**4. METHOD**

This course consists of lectures, class discussions, and projects. Mediums for instruction used will

include, but are not limited to, interactive and hands-on activities which challenge thought processes, academic texts and studies, videos, slides, guided problem solving, and experiential and/or field learning activities where applicable.

## **5. TEXTBOOK – FURTHER READINGS – RESOURCES**

TEXTBOOK (Copy available at the university library):

Saryta Rodriguez (Ed.), Food Justice: A Primer, Sanctuary Publishers, 2018

The textbook is mandatory for successful completion of the course.

Where applicable, additional materials, handouts and/or notes will be provided by the instructor.

### **FURTHER READINGS**

#### **Food Justice**

Alcon, H. and Agyeman, A. Cultivating Food Justice: Race, Class and Sustainability, MIT Press paperback edition, 2011

Dieterle, J. M., Just Food: Philosophy, Justice and Food

Gottlieb, R. and Joshi, A., Food Justice, MIT Press paperback edition, 2013

Lierre, K. The Vegetarian Myth: Food, Justice and Sustainability Flashpoint Press, 2009

Pollan, M. In Defense of Food: An Eater's Manifesto. Penguin Books, 2008

#### **Sustainability**

Barrientos, S. - Dolan, C. (eds), Ethical Sourcing in the Global Food System, Earthscan 2006

Dresner, S., The Principles of Sustainability, Earthscan.

Hesterman, O.B., Fair Food, Public Affairs, 2011

Petrini C., Terra Madre, Chelsea Green Publishing, 2010

Pollan M. - The Omnivore's Dilemma: a Natural History of Four Meals - Penguin Press, 2006

Rifkin, J., Beyond Beef: the Rise and Fall of the Cattle Culture, Plume, 1993.

Roberts, P. The End of Food, Mariner Books, 2009.

Schlosser, E., Fast Food Nation, Gardners Books, 2009

Smith, A. - MacKinnon, J.B., Plenty: Eating Locally on the 100-mile Diet, NYC, Random House/ Three Rivers Press

Vandana, S., Stolen Harvest: the Hijacking of the Global Food Supply, Ecology and Green Politics Series, South End Press, 2000.

#### **Food Politics**

Bjorkhaug, H. Finance or Food: The Role of Cultures, Values and Ethics in Land Use Negotiations. University of Toronto Press, 2019

Counihan, C. and Van Esterik, P. Food and Culture: A Reader. Routledge, 2008

Nestle, M. Food Politics: How the Food Industry Influences Nutrition and Health. University of California Press 2013

Nestle M. and Nesheim, M., Why Calories Count: From Science to Politics. University of California Press 2012

#### **Italian Food Culture**

Cloutier M. - Adamson E., The Mediterranean Diet, Avon Books, 2004

David E., Child J., Italian Food, Paperback, 1998

Ganugi G., Cheese, Mc Rae Books 2001

Parasecoli, F., Food, Culture in Italy, Greenwood Press, CT 2004 Roden C., The food of Italy. Vintage, London 1989

Mueller T., Extravirginity, Atlantic Books, 2012

Romanelli L. - Ganugi G., Olive Oil, Mc Rae Books 2001 Williams – Sonoma, Essentials of Italian, Oxmoor House, 2007

Wardlaw G., Smith A., Contemporary Nutrition, McGraw Hill, 2009 (7ed.)

### **LIBRARIES IN FLORENCE**

Please consult the posted schedules for official opening times of the university library. Also note that the library is for consultation only and it is not possible to borrow materials. The library is equipped with a scanner and internet access so that you may save or email a digital copy of the pages needed.

Students may also utilize additional libraries and research centers within the local community:

#### **BIBLIOTECA PALAGIO DI PARTE GUELFA**

Located in Piazzetta di Parte Guelfa between Piazza della Repubblica and Ponte Vecchio. Please consult the library website for hours of operation:

[http://www.biblioteche.comune.fi.it/biblioteca\\_palagio\\_di\\_parte\\_guelfa/](http://www.biblioteche.comune.fi.it/biblioteca_palagio_di_parte_guelfa/)

#### **BIBLIOTECA DELLE OBLATE**

Located in via dell'Oriuolo 26. Please consult the library website for hours of operation:

[www.bibliotecadelleoblate.it](http://www.bibliotecadelleoblate.it)

#### **THE HAROLD ACTON LIBRARY AT THE BRITISH INSTITUTE OF FLORENCE**

Located in Lungarno Guicciardini 9. Please consult the library website for hours of operation. This library requires a fee-based student membership. For information: [www.britishinstitute.it/en](http://www.britishinstitute.it/en)

### **6. FIELD LEARNING**

Please consult your Official Registration for any mandatory field learning dates. Field Learning Activities cited in Official Registrations are an integral part of the course and also include an assignment that counts towards your final grade, details will be provided on the first day of class.

### **7. COURSE MATERIALS**

Students are expected to wear the apron provided by the institution.

### **8. COURSE FEES**

Course fees cover course-related field learning activities, visits, and support the instructor's teaching methodologies. Book costs are not included in the course fee. The exact amount will be communicated by the instructor on the first day of class.

### **9. EVALUATION – GRADING SYSTEM**

10% Attendance

20% Participation and Assignments (Food journal, short papers)

20% Midterm Exam / Field Learning Project (if applicable) / Special/Research Project (if applicable)

25% Final Paper/Project

25% Final Exam

A = 93-100 %, A- = 90-92%, B+= 87-89%, B = 83-86%, B-=80-82%, C+ = 77-79%, C=73-76%, C- =70-72%, D = 60-69%, F= 0-59%, W = Official Withdrawal, W/F = Failure to withdraw by the designated date.

### **10. ATTENDANCE – PARTICIPATION**

Academic integrity and mutual respect between instructor and student are central to the academic policy and reflected in the attendance regulations. Student presence is mandatory and counts toward the final grade.

**Absences** are based on academic hours: 1 absence equals 3 lecture hours.

Two absences: 6 lecture hours, attendance and participation grade will be impacted.

Three absences: 9 lecture hours, the final grade may be lowered by one letter grade.

Four absences: 12 lecture hours, constitutes automatic failure of the course regardless of when absences are incurred.

Please note:

- The above hours refer to lecture hours. Please note that the contact / credit hour policy in the academic catalog includes additional distribution ratios according to delivery category. Ex: 1 absence equals 6 FL/SL/Lab hours or 9 EL hours.

- Hours may be distributed in different formats according to the academic course schedules.

#### LATE ARRIVAL AND EARLY DEPARTURE

Arriving late or departing early from class is not acceptable. Two late arrivals or early departures or a combination will result in an unexcused absence. Travel is not an exceptional circumstance.

#### TRAVEL (OR DELAYS DUE TO TRAVEL) IS NEVER AN EXCUSE FOR ABSENCE FROM CLASS.

It is the student's responsibility to know how many absences are incurred. If in doubt, speak with your instructor!

**Participation:** Satisfactory participation will be the result of contributing to class discussions by putting forth insightful and constructive questions, comments and observations. Overall effort, cooperation during group work, proper care of work space and tools, responsible behavior, and completion of assignments will be assessed. All of the above criteria also apply to Field Learning and site visits.

## 11. EXAMS – PAPERS – PROJECTS

The Midterm exam accounts for 20% of the final course grade. For exam time and date consult the course addendum. The time and date of the exam cannot be changed for any reason.

Format: the exam is divided into three sections:

Part I: 10 Multiple choice questions. Each correct answer is worth 2 points, for a total of 20 points.

Part II: 10 short-answer questions. Each correct and complete answer (concise explanations, main ideas, key words, names, etc.) is worth 5 points, for a total 50 points.

Part III: two essay questions; each correct and complete answer is worth 15 points (based on content, vocabulary, detail, etc.) for a total of 30 points.

The final Paper/Project accounts for 20% of the course grade.

- Format: topic, length, guidelines, and due date will be provided in the course addendum.
- Material for research will be available in the FUA Library in Corso Tintori 21.

The Final exam accounts for 25% of the final course grade. For exam time and date consult the course addendum. The time and date of the exam cannot be changed for any reason. Format: the exam is divided into three sections:

- Part I: 10 Multiple choice questions. Each correct answer is worth 2 points, for a total of 20 points.
- Part II: 10 short-answer questions. Each correct and complete answer (concise explanations, main ideas, key words, names, etc.) is worth 5 points, for a total 50 points.
- Part III: two essay questions; each correct and complete answer is worth 15 points (based on content, vocabulary, detail, etc.) for a total of 30 points.
- The Final Exam is cumulative

## 12. LESSONS

Lesson 1	
Meet	In class
Lecture	Introduction to the course and the syllabus: contents, method, objectives. Information on assignments, final project and exams, What is just and ethical in food production?: An introduction to food systems Who benefits and who is excluded from current food systems Introduction to analysis of production, distribution and consumption of food
Objectives	<ul style="list-style-type: none"> <li>• Introduce students to the course contents and requirements</li> <li>• Define the critical areas of food systems</li> <li>• Introduce the principles of food justice and the relevant terminology for discussion</li> </ul>
Readings/ Assignments	Saryta Rodriguez (Ed.), <i>Food Justice: A Primer</i> , “An Overview of the Food Justice Movement 1960s-Present” (pp. 7-29) and “The Jargon Selection: Definitions & Discussions” (pp.47-63)  Cassidy R. Hayes and Elena T. Carbone, <i>Food Justice: What is it? Where has it been? Where is it going?</i> ( <a href="#">link</a> )

Lesson 2	
Meet	In class
Lecture	The politics of eating: Laws, legislations and injustices in food Migrant workers and food production Disparities in the labor market and unfair practices Government policy and undocumented labor in the EU
Objectives	<ul style="list-style-type: none"> <li>• Identify the structural causes of food injustice</li> <li>• Analyze the political aspects of “othering” in food disparities</li> <li>• Examine free-market neocolonialism in the global food industry</li> <li>• Discuss the role of migrants in food production from a political perspective</li> </ul>
Readings/ Assignments	Saryta Rodriguez (Ed.), <i>Food Justice: A Primer</i> , “Food Without Borders: Xenophobia e Global Corpotism in the U.S.-Mexico Agriculture Commerce” (pp. 153-168)  Alessando Corrado, <i>Is Italian Agriculture a ‘pull factor’ for Irregular Migration - And if so, Why?</i> ( <a href="#">link</a> )  Assignment: Submit food journal 1

Lesson 3	
Meet	In class
Lecture	Food consumption: The downsizing of cooking Reduction of food waste The tradition of reuse in Italian cuisine
Objectives	Experiment low-cost dishes of the Italian tradition that focus on the reuse of products
Lab	Lab 1 Frittata “trippata” - con pane raffermo tostato

	<ul style="list-style-type: none"> <li>• Tomato based Italian frittata stew - served with toasted stale bread</li> </ul> <p>Polpette di lesso rifatto con maionese fatta in casa</p> <ul style="list-style-type: none"> <li>• Deep-fried leftover boiled-meat balls with homemade mayonnaise</li> </ul>
Readings/ Assignments	Saryta Rodriguez (Ed.), <i>Food Justice: A Primer</i> , "Food waste, Feeding Bans and the Criminalization of Dissent" (pp.67-79)

<b>Lesson 4</b>	
Meet	In class
Lecture	<p>Food insecurities, global hunger and the environment: Greenwashing in the food industry</p> <p>The environmental impact of animal agriculture and the appropriation of resources</p> <p>The corporate impact on agribusiness</p> <p>Greenwashing and global hunger</p>
Objectives	<ul style="list-style-type: none"> <li>• Illustrate aspects of greenwashing in global food systems</li> <li>• Discuss the impact of animal agriculture on the environment</li> <li>• Analyze environmental challenges and world hunger and the influence of corporations</li> </ul>
Readings/ Assignments	<p>Saryta Rodriguez (Ed.), <i>Food Justice: A Primer</i>, "Animal Agriculture: An Injustice to Humans and Nonhumans Alike" (pp. 85-101)</p> <p>Stephan J. Scanlan, <i>Feeding the Planet or Feeding Us a Line? Agribusiness, 'Grainwashing' and Hunger in the World Food System</i> (<a href="#">link</a>)</p> <p>Assignment: Submit food journal 2</p>

<b>Lesson 5</b>	
Meet	In class
Lecture	<p>Food movements: Perspectives and obstacles</p> <p>Food regimes and political trends in food justice</p> <p>Organic, fair trade and sovereignty movements in food production</p>
Objectives	<ul style="list-style-type: none"> <li>• Establish stakeholders in current food movements</li> <li>• Differentiate between radical, progressive, reformist and neoliberal trends</li> <li>• Evaluate advantages and disadvantages of past and present food movements</li> </ul>
Readings/ Assignments	<p>Alison Hope and Julian Agyeman, <i>Cultivating Food Justice: Race, Class and Sustainability</i>, "Food Security, Food Justice, or Food Sovereignty? Crises, Food Movements, and Regime Change" (pp. 309-329)</p> <p>Robert Gottlieb and Anupama Joshi, <i>Food Justice</i> "Food Politics" (pp75-97)</p>

<b>Lesson 6</b>	
Meet	In class
Lecture	<p>Ethnicity, culture and eating</p> <p>The fairness of eating and the obstructions to just food distribution for communities and for individuals</p> <p>Philosophies on culturally-appropriate food consumption</p>

	The pros, cons, and privileges of alternative eating and non-medical special diets
Objectives	<ul style="list-style-type: none"> <li>• Recognize the ethical concerns of alternative diets</li> <li>• Identify the factors that increase inequalities in food distribution</li> <li>• Evaluate culture appropriation in food systems</li> </ul>
Visit	Visit to a local association that focuses on food distribution
Readings/ Assignments	Alison Hope and Julian Agyeman, <i>Cultivating Food Justice: Race, Class and Sustainability</i> , "The Unbearable Whiteness of Alternative Food" pp. 263-302 Assignment: Short paper 1

### Lesson 7

Meet	In class
Lecture	MIDTERM EXAM

### Lesson 8

Break	
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### Lesson 9

Meet	In class
Lecture	Myths, legislations and philosophies of organic farming: The rise of "big organic" Local food production and seasonality Ethical concerns of organic productions and food products
Objectives	<ul style="list-style-type: none"> <li>• Experiment low-cost dishes from the Italian tradition</li> <li>• Differentiate organic and the use of local products</li> <li>• Examine the impact of seasonality on food consumption and production</li> </ul>
Lab	Lab 2 "Pesce povero" Poor man's fish based on seasonal availability, prepared in two ways: <ul style="list-style-type: none"> <li>• Boiled and dressed with olive oil, chili pepper, parsley and garlic, served with tomato salad or potato purée with olive oil, according to season</li> <li>• Baked in a bread crumb crust with garlic and parsley, served with tomato salad or potato purée with olive oil, according to season</li> </ul>
Readings/ Assignments	Kerr Center, <i>A brief overview of the history and philosophy of organic framing</i> ( <a href="#">link</a> ) Alison Hope and Julian Agyeman, <i>Cultivating Food Justice: Race, Class and Sustainability</i> , "Environment and Food Justice: Towards Local, Slow, and Deep Food Systems" (pp.197-218) Assignment: Submit food journal 3

### Lesson 10

Meet	In class
Lecture	Case study: La Via Campesina and Oxfam Two approaches towards food as a human right and the elimination of food insecurities
Objectives	<ul style="list-style-type: none"> <li>• Examine an international movement towards ethical and just food production</li> <li>• Analyze an approach towards food justice by an international NGO</li> <li>• Evaluate food justice and food sovereignty in food systems</li> </ul>

	<ul style="list-style-type: none"> <li>• Compare and contrast approaches to food security</li> </ul>
Readings/ Assignments	<p>Saryta Rodriguez (Ed.), <i>Food Justice: A Primer</i>, “Case study and interview: Occupy the farm” (pp. 123-148)</p> <p><i>La Via Campesina</i> “The international peasant’s voice” (<a href="#">link</a>)</p> <p>Oxfam “History of Oxfam International” (<a href="#">link</a>)</p>

<b>Lesson 11</b>	
Meet	In class
Lecture	<p>Illicit practices in Italian food: Argromafia</p> <p>Mafia intrusion in food fraud in Italy and abroad</p> <p>The dangers of food crime and the fight against food fraud</p>
Objectives	<ul style="list-style-type: none"> <li>• Recognize the role of oppression in food production</li> <li>• Illustrate illegal practices in food systems</li> <li>• Examine elements of food fraud in Italian exports</li> <li>• Analyze approaches towards ethical food systems in Italy and Europe</li> </ul>
Visit	Vist to La Bottega di Libera Terra
Readings/ Assignments	<p>Jessica Festa <i>The Mafia’s Control of the Italian Food System (And What’s Being Done About It)</i> (<a href="#">link</a>)</p> <p>Hannah Roberts <i>How the mafia got to our food</i> (<a href="#">link</a>)</p> <p>Assignment: Submit food journal 4</p>

<b>Lesson 12</b>	
Meet	In class
Lecture	<p>Cultural traditions and ethical food preparation</p> <p>Moral consequences of food consumption</p>
Objectives	<ul style="list-style-type: none"> <li>• Experiment low-cost dishes from the Italian tradition</li> <li>• Explore culture as an element of food justice</li> <li>• Examine Italian food traditions from an ethical perspective</li> </ul>
Lab	<p>Lab 3</p> <p>Pizza di pane...avanzato</p> <ul style="list-style-type: none"> <li>• Leftover bread pizza with fresh/canned tomato, mozzarella, Parmigiano Reggiano mezzano, basil</li> </ul> <p>Ciceri e tria (pasta e ceci pugliese)</p> <ul style="list-style-type: none"> <li>• Chickpeas with water-based fresh pasta, garlic, rosemary, olive oil</li> </ul>
Readings/ Assignments	<p>Saryta Rodriguez (Ed.), <i>Food Justice: A Primer</i>, “Teachable Moments” (pp. 205-232)</p> <p>Robert Gottlieb and Anupama Joshi, <i>Food Justice</i>, “An Emerging Movement” (pp. 222-238)</p>

<b>Lesson 13</b>	
Meet	In class
Lecture	Globalization of food, health factors and community well-being



	Food as a human right and a source of well-being Movements towards more just food systems
Objectives	<ul style="list-style-type: none"> <li>• Explore food production from a holistic perspective of well-being</li> <li>• Diagram the elements that support ethical food systems globally and locally</li> <li>• Evaluate the significance of the community garden in food systems</li> </ul>
Readings/ Assignments	Saryta Rodriguez (Ed.), <i>Food Justice: A Primer</i> , "Food Justice and Race in the U.S" (pp. 175-189); "Veganic Farming" (pp. 173-201) Assignment: Short paper 2

<b>Lesson 14</b>	
Meet	Ethics and Justice: Where do we go from here? Student perspectives
Lecture	Presentations Final exam review
Objectives	Students will present the finding of their research project
Readings/ Assignments	Assignment: Submit final project

<b>Lesson 15</b>	
Meet	In class
Lecture	FINAL EXAM