

**COURSE DATA****DATA SUBJECT**

**Code:** 36372  
**Name:** Mediterranean gastronomy  
**Cycle:** Undergraduate Studies  
**ECTS Credits:** 6  
**Academic year:** 2025-26

**STUDY (S)**

Degree	Center	Acad. year	Period
1212 - Degree in Gastronomic Sciences	Facultat de Farmàcia i Ciències de L'alimentació	2	Second quarter

**SUBJECT-MATTER**

Degree	Subject-matter	Character
1212 - Degree in Gastronomic Sciences	Gastronomy	COMPULSORY

**COORDINATION**

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**SUMMARY**

Mediterranean Gastronomy is a compulsory subject of the second year of Gastronomy Science Degree, taught at the Faculty of Pharmacy of the University of Valencia. This subject has a total of 6 ECTS taught in the second term quarter.

Mediterranean gastronomy is a philosophy of life based on a form of feed, cooking food, to share the food, to enjoy the environment, to live, to generate art and culture, history and traditions linked to the typical food of this area of the world. It is a lifestyle common to people from the Mediterranean basin. Thus, in this course, historical, culinary, nutritional and culinary creations aspects of this mixture of cultures are analyzed. There will be presented the main characteristics of Mediterranean Gastronomy, from a nutritional point of view and a more culinary delights, based on the common and different ingredients and dishes of cultures that form it.

**PREVIOUS KNOWLEDGE**

**RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE**

There are no specified enrollment restrictions with other subjects of the curriculum.

**OTHER REQUIREMENTS****COMPETENCES / LEARNING OUTCOMES**

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Be able to engage in new fields of gastronomy in general through independent study.

Have knowledge and understanding in the field of gastronomic sciences.

Identificar los ingredientes claves en la gastronomía mediterránea, conocer los procesos de elaboración y difundir sus pautas de alimentación y sus efectos beneficiosos sobre la salud.

**DESCRIPTION OF CONTENTS****1. Introduction to Mediterranean Gastronomy****2. Mediterranean Diet****3. Mediterranean cooking****WORKLOAD****PRESENCIAL ACTIVITIES**

Activity	Hours
Theory	45,00
Other activities	15,00
<b>Total hours</b>	<b>60,00</b>

**NON PRESENCIAL ACTIVITIES**

Activity	Hours
Attendance at other activities	0,00



Individual or group project	0,00
Independent study and work	90,00
Preparation of lessons	0,00
Preparation for assessment activities	0,00
Resolution of case studies	0,00
<b>Total hours</b>	<b>90,00</b>

## TEACHING METHODOLOGY

The methodology for theoretical instruction will be based on lectures, combined with the possible preparation, presentation, and defense of individual or group reports. Classes will be supported by technical and audiovisual materials, which will be made available to students through the virtual classroom.

During the semester, a thematic seminar will be held in which students must give an individual or group presentation focused on a representative dish from a Mediterranean country. The main objective of the seminar is to promote a comprehensive understanding of the cultural and gastronomic richness of the Mediterranean region through the analysis of a traditional dish that reflects the culinary identity of the chosen country.

Visits to relevant centers related to the subject will be scheduled. After each visit, students will be required to submit a report to the instructor via the virtual classroom.

## EVALUATION

A written exam will be administered to ensure knowledge and understanding of the core theoretical content of the course (70%). The exam will include questions based on the lectures. A minimum score of 5 out of 10 is required to pass the course.

Continuous assessment will include the possible preparation, presentation, and defense of individual and group reports on topics proposed, explained, and discussed during lectures. The evaluation will consider the level of understanding of the content as well as the student's ability to present, defend, and discuss it effectively (10%).

Seminar work will be assessed through supervision of the tasks carried out, with special attention to originality, problem-solving skills, and the ability to produce well-organized and detailed reports (10%).

**Attendance at scheduled visits is mandatory in order to pass the course. Reports based on these visits will account for 10% of the final grade.**

## REFERENCES

- Ansón, Rafael. Cultura gastronómica del Mediterráneo, Editorial: Lunwerg Editores, 2015, 160 pp



- McGee, Harold James, La cocina y los alimentos: Enciclopedia de la ciencia y la cultura de la comida, Editorial Debate, 2014
- Comité Gastronómico dirigido por Jöel Robuchon, LAROUSSE GASTRONOMIQUE EN ESPAÑOL, Larousse, 2015