

**COURSE DATA****DATA SUBJECT****Code:** 36383**Name:** Ethnogastronomy**Cycle:** Undergraduate Studies**ECTS Credits:** 6**Academic year:** 2026-27**STUDY (S)**

Degree	Center	Acad. year	Period
1212 - Degree in Gastronomic Sciences	Facultat de Farmàcia i Ciències de l'alimentació	3	First quarter

SUBJECT-MATTER

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

COORDINATION

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SUMMARY

Gastronomy refers to the culinary preparations characteristic of a place. The root "ethnos" appeals to collective identifications and categorizations and constitutes a fundamental field of study within the Social and Human Sciences in general, and within Social and Cultural Anthropology in particular. This subject begins with the interrelationship between place, ethnicity, and culinary practices and preparations in order to offer an introduction to their socio-anthropological study. It proceeds from the consideration of culinary practices as a specific object of inquiry, but also of food behaviour in general as a sociocultural practice that calls for interpretation. Gastronomy lies in the pathways that run from nature to culture and from culture back to nature. This journey involves various principles that are constitutive of a socio-anthropological perspective and that complement the strictly nutritional approach that predominates in its scientific study.

1) Human eating must be understood within a sociocultural rationality that interprets biological limits and possibilities, and determines what the members of each society do or do not regard as part or product of what they define as "nature".

2) We begin by distinguishing dietary norms from social norms. Dietary norms are prescriptions grounded in knowledge generated by nutritional science and disseminated through medical and public-health channels. Social norms, by contrast, are the conventions that, in a given society, structure food intake -its



composition, the contexts of eating, and the conditions under which consumption takes place. Our primary interest lies in these social norms: we are keener to understand how the sociocultural construction of eating is organised than to search for universal laws that might explain it.

3) The socio-anthropological perspective rests on the application of a dual imagination. First, there is what Mills (1974) termed the "sociological imagination", which entails recognising the link between what appear to be individual practices, discourses and perceptions and a socio-historical and cultural context that is internally heterogeneous and specific. Second, there is what Hannerz (1993) called the "anthropological imagination", which involves an effort to sharpen our understanding of practices, beliefs and values by implicitly or explicitly comparing them with those found in other sociocultural contexts.

5) In this course we refer to the sociocultural environment, understood as a setting in constant transformation and linked to the structural dynamics of specific societies. We also address what Western societies have considered to be problems or particularities of eating: on the one hand, eating disorders, crises and food-related risks; on the other, dietary preferences, prescriptions and tastes. We do so while avoiding the image of the solitary individual and of food itself as the sole analytical reference, focusing instead on eating in contemporary society.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

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

OTHER REQUIREMENTS

Doesn't exist

COMPETENCES / LEARNING OUTCOMES

1212 - Degree in Gastronomic Sciences

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

Comprender la evolución histórica, antropológica y sociológica de la gastronomía.

Conocer los factores socioculturales que inciden en la selección y clasificación de alimentos e ingredientes y en las elaboraciones culinarias.

Elaborar y manejar los escritos, informes y procedimientos de actuación más idóneos para los problemas suscitados y utilizando un lenguaje no sexista.

Have knowledge and understanding in the field of gastronomic sciences.

Recognise the plurality of points of view that make up the reality of food and nutrition through different social agents and discourses.

Saber aplicar esos conocimientos al mundo profesional, contribuyendo al desarrollo de los Derechos



Humanos, de los principios democráticos, de los principios de igualdad entre mujeres y hombres, de solidaridad, de protección del medio ambiente y de fomento de la cultura de la paz con perspectiva de género.

Ser capaz de trabajar en equipo y de organizar y planificar actividades, teniendo en cuenta, siempre, una perspectiva de género.

Students must be able to apply their knowledge to their work or vocation in a professional manner and have acquired the competences required for the preparation and defence of arguments and for problem solving in their field of study.

Students must have developed the learning skills needed to undertake further study with a high degree of autonomy.

DESCRIPTION OF CONTENTS

1. Food and culture

Definition of "eating"

The concept of "culture"

The dimensions of eating from a socio-anthropological point of view

2. Gastronomy: socio-anthropological concept, history, products and uses

The socio-anthropological concept of gastronomy

A short history of gastronomy

Components of gastronomy

3. Applied Ethnography to Gastronomic Sciences

Introduction to qualitative research

Definition of ethnography

Applications to gastronomic sciences



4. Food and social differentiation

- Eating and ages
- Eating and gender
- Eating and social classes
- Eating and ethnicity

5. Gastronomy and cultural diversity

- Culinary order and eating ideology
- Intercultural processes: cultural relativism, ethnocentrism, racism and xenophobia
- Tastes and flavors
- Dietary prescriptions of a religious or magical nature
- Dietary prescriptions in secularised societies: diets, lifestyles and alternative medicines

6. The multiple faces of globalization

- General characterization of late modernity
- Gastronomic heritization and tourism
- Risks and security
- New food

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Theory	60,00
Total hours	60,00

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	50,00
Independent study and work	22,00
Preparation of lessons	18,00
Preparation for assessment activities	0,00



Resolution of case studies	0,00
Total hours	90,00

TEACHING METHODOLOGY

Three types of activities will be carried out:

Lectures: Master-class sessions led by the professor will introduce the theoretical foundations of the various topics. Students are expected to take notes and participate actively through questions and comments.

Methodological workshops: From a socio-anthropological perspective, methodological approaches to the study of food will be presented. Students will give a presentation based on the materials produced during the seminar.

Final examination: A final theoretical exam will take place on the officially scheduled date.

EVALUATION

Evaluation will be based on:

a) Individual and group reports on topics related to the material covered in class.

This component assesses students' grasp of the content and their ability to present and discuss it. It accounts for 40 % of the final grade. Attendance at the seminars is mandatory; these activities cannot be made up.

b) Written examination that evaluates students' knowledge and understanding of the theoretical content of each unit. This component accounts for 60 % of the final grade. Passing the exam is required to pass the course.

REFERENCES

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- Association for the Study of Food and Society (ASFS) <http://food-culture.org/>
- Confederation of the food and drink industries of the United States http://www.ciaa.be/pages_en/homepage.asp
- Encuesta continua de presupuestos familiares (INE) <http://www.ine.es/inebase/cgi/um?M=%2Ft25%2Fe437&O=inebase&N=&L=>
- Food Composition Databases and Tables <http://www.fao.org/infoods/COST99Inventory.doc>
- Fundación slowfood para la biodiversidad <http://www.slowfood.com/>
- International Commission on the Anthropology of Food (ICAF) <http://erl.orn.mpg.de/~icaf/>
- Ministerio de Sanidad y Consumo (estadísticas) <http://www.msc.es/estadEstudios/estadisticas/sisInfSanSNS/home.htm>
- Organización de Las Naciones Unidas Para la Agricultura y la Alimentación <http://www.fao.org/>
- Panel de Consumo del Ministerio de Agricultura, Pesca y Alimentación <http://www.mapa.es/es/alimentacion/pags/consumo/consumo.htm>
- Sociedad Española para el Estudio de la Obesidad <http://www.seedo.es/>
- Sociedad para el Estudio Interdisciplinario de la Alimentación y los Hábitos Sociales (SEIAHS) <http://www.seiahs.info/>
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