DISCIPLINE SHEET

HISTORY AND CULTURE OF FOOD

ACADEMIC YEAR

2026–2027

1. STUDY PROGRAM INFORMATION

1.1. Higher education institution	UNIVERSITY OF MEDICINE AND PHARMACY OF CRAIOVA
1.2. Faculty	**MEDICAL ASSISTANCE**
1.3. Department	2
1.4. Field of study	HEALTH
1.5. Study cycle	LICENSE
1.6. Study program/Qualification	NUTRITION AND DIETETICS/Nutritionist and dietitian

2. INFORMATION ABOUT THE DISCIPLINE

2.1. Name of the discipline			**HISTORY AND CULTURE OF FOOD**				
2.2. Discipline code			ND1221.1				
2.3. The holder of course activities			Andrei BIȚĂ				
2.4. Academic degree – course activities			Lecturer, PhD				
2.5. Employment (base norm/associate)			Base norm				
2.6. The holder of seminar activities			–				
2.7. Academic degree – seminar activities			–				
2.8. Employment (base norm/associate)			–				
2.9. Year of study	**I**	2.10. Semester	**I**	2.11. Type of discipline (content)	**DC**	2.12. Student attendance policy	**DOP**

3. TOTAL ESTIMATED TIME

3.1. Number of credits						**2**
3.2. Number of hours per week	course	1	seminar/practical work		total	**1**
3.3. Total hours in the curriculum	course	14	seminar/practical work		total	**14**
3.4. Examinations						**2**
3.5. Total hours of individual study						**44**
3.5.1. Study using textbooks, course materials, bibliographies, and notes						**15**
3.5.2. Additional documentation in the library, on specialized electronic platforms, and in the field						**13**
3.5.3. Preparation of seminars/practical works, assignments, reports, portfolios, and essays						**12**
3.5.4. Tutoring						**–**
3.5.5. Other activities (consultations)						**4**
3.6. Total hours per semester (1 credit = 30 hours)						**60**

4. PREREQUISITES

4.1. *Curriculum*	–
4.2. Competences	–

5. CONDITIONS

5.1. For conducting the course	Classroom with audio/video equipment.
5.2. For conducting the seminary/practical work	–

6. SPECIFIC COMPETENCES ACQUIRED

PROFESSIONAL COMPETENCES	**PC1**. Knowledge of diet modification techniques for individuals with different dietary and cultural habits, promotion of healthy eating among individuals/population and raising awareness of the link between nutrition and health. **PC2**. Consultancy and expertise in the design of projects to promote healthy and balanced eating.

TRANSVERSAL COMPETENCES	**TC1**. Autonomy and responsibility: • the acquisition of moral marks, the formation of professional and civic attitudes, allowing students to be correct, honest, non-conflict, cooperative, available to help people, interested in community development; • to know and apply the ethical principles related to specifics of professional qualification; • to recognize a problem when it comes out and to provide solutions responsible for solving it. **TC2**. Social interaction: • to have respect for diversity and multiculturalism; • to develop teamwork skills; • to communicate orally and in writing the requirements, the way of work, the results obtained; • to engage in volunteering, to know the essential issues of the community. **TC3**. Personal and professional development: • to have openness to lifelong learning; • to become aware of the need for individual study as a basis for personal autonomy and professional development; • to capitalize optimally and creatively their own potential in the collective activities; • to use the information and communication technology.

7.1. DISCIPLINE OBJECTIVES

GENERAL OBJECTIVE OF THE DISCIPLINE
The discipline aims to provide informational support to Ist Year students for: ▪ Knowledge of the historical evolution of human nutrition; ▪ Correlating the culture of various peoples and civilizations with their nutrition and eating habits.
SPECIFIC OBJECTIVES
▪ Acquiring knowledge regarding identifying the influence of food history and culture on eating habits correlated with lifestyle.

7.2. LEARNING OUTCOMES

KNOWLEDGE
▪ The student/graduate identifies, describes, explains and understands the historical periods in the evolution of human nutrition correlated with lifestyle.
SKILLS
▪ The student/graduate describes, defines and discusses aspects regarding the correlation of the culture of various peoples and civilizations with their food and eating habits.
RESPONSIBILITY AND AUTONOMY
▪ The student/graduate integrates information on diet modification techniques for individuals with different eating habits and the design of projects to promote healthy and balanced eating.

8. CONTENTS

8.1. Course (content units)	**No. of hours**
1. Historical development of science food. Naturalistic stage. Chemical-analytical stage. Technological-legal stage.	1
2. Variations in diet throughout history. Prehistory. Neolithic period. Modern era. Diet and evolution. Eating habits. Food groups and civilization. The historical evolution of cultivation, growth and food processing. The presence and the share of different food groups throughout history in the diets of people depend on their culture.	3
3. Influence on social position and religious beliefs on nutrition. The influence of regional factors on the structure of the diet and aspects related to accessibility.	1
4. Food culture in European countries (Spain, France, Italy, Greece, Austria, Germany, Bulgaria, Hungary, Nordic countries, England). History and food culture of Romanians.	4
5. Nutritional specifics population from various continents: Asia (Russia, India, Japan, China, Korea, Thailand), Arab States, North America, Central America, South America, Australia, North Africa, Central Africa, South Africa.	4
6. Current problems of human nutrition.	1
Total	**14**

REFERENCES

1. Coenders. *Quimica culinaria, estudio de lo que sucede a los alimentos, durante y despues de cocinados*. Ed. Acribia, Zaragoza, España, 1996.
2. Contreras J., Gracia-Arnaiz M. *Alimentación y Cultura: perspectivas antropológicas*. Ed. Ariel, Barcelona, España, 2005.
3. Fernández-Armesto F. *Historia de la comida: alimentos, cocina y civilización*. Tusquets Editores S.A., Barcelona, España, 2004.
4. Freedman P (coord). *Istoria gustului*. Ed. Vellant, Bucureşti, 2008.
5. Gutierrez J.G. *Ciencia Bromatologica – principios generales de los alimentos*. Ed. Diaz de Santos, Madrid, España, 2000.

6. Mozaffarian D., Rosenberg I., Uauy R. *History of modern nutrition science-implications for current research, dietary guidelines, and food policy*. British Medical Journal, 2018, 361:k2392.
7. Seignalet J. *L'alimentation ou la troisieme medicine*. 4eme édition, revue et augmentée, Collection „Ecologie Humaine", Ed. Francois-Xavier de Guilbert, Paris, 2001.
8. Standage T. *O istorie a lumii în 6 pahare*. Ed. House of Guides, Bucureşti, 2007.
9. Trüeb R.M. Brief history of human nutrition. In: Trüeb R.M., *Nutrition for healthy hair*. Springer, Cham, Switzerland, 2020, pp. 3–15.
10. Vollmer G., Josst G., Schenker D., Sturm W., Vreden N. *Elementos de Bromatologia descriptiva*. Ed. Acribia, Zaragoza, España, 1999.

9. CORROBORATING THE DISCIPLINE CONTENT WITH THE EXPECTATIONS OF EPISTEMIC COMMUNITY REPRESENTATIVES, PROFESSIONAL ASSOCIATIONS AND EMPLOYEE REPRESENTATIVES RELATING TO THIS PROGRAM

In order to outline the contents, choose the teaching/learning methods, the subject holder followed the content of the curriculum for the Nutrition discipline of other European Nutrition and Dietetics undergraduate study programs, as well as the recommendations of the European Federation of the Associations of Dietitians (EFAD). The concepts studied are in accordance with the regulations in force and are compatible with the activities carried out at national level in the health and nutrition segment.

10. METHODOLOGICAL GUIDELINES

Types of activity	Teaching/learning techniques, materials, resources: lectures, interactive courses, group work, problem-based/project-based learning, etc. Learning, teaching, research, and practical application activities within the discipline are conducted in a blended format.
Course	The following methods are used in combination: lectures, debates, problem-solving.
Individual study	Before each course and each practical assignment.

11. EVALUATION

Type of activity	Evaluation forms	Evaluation methods	Weight of final grade
Lecture	Formative assessment through tests during the semester Summative assessment during the exam	Verification (written exam). Grades are given on a scale of 1–10. The minimum passing grade is 5.	80%
Assessment of stage knowledge	Tests during the semester	Test (written). Grades are given on a scale of 1–10. The minimum passing grade is 5.	10%
Individual performance evaluation	Formative assessment through essays, projects, worksheets, applied discussion	Applied discussion	10%
Minimum performance standard	Identifying historical periods in the evolution of human nutrition correlated with lifestyle.		
Appeals	According to the Student Examination Methodology.		

12. CONSULTATIONS

	No. of hours	Place of deployment	Period	In charge	Scheduling of topics
Consultation schedule	2 hours/week	Headquarters of the Discipline	Weekly	Course instructor	Theme of the week

Date of approval: 18th September 2026

Dean,	**Department Director,**	**Discipline Holder,**
Prof. univ. dr. Dana Maria Albulescu	Prof. univ. dr. Cătălina Gabriela Pisoschi	Şef lucrări univ. dr. Andrei Biţă