
Course title: CULINARY HERITAGE

ECTS credit allocation (and other scores): 2.5 ECTS

Semester: spring

Level of study: ISCED-6 - first-cycle programmes (EQF-6)

Branch of science: Social sciences

Language: English

Number of hours per semester: 30

Course coordinator/ Department and e-mail: dr hab. inż. Małgorzata Woźniak, prof. UWM

Type of classes: classes and lectures

Substantive content

CLASSES: Tradition, origin and history of selected regional products in Poland. Traditional and regional food quality systems in Poland and Europe. Health quality of traditional and regional products. Development of traditional food production based on local raw materials using traditional methods. Local food products as an element of tourism development in Polish and Europe regions. Examples of Polish and European culinary routes. Tradition, origin and history of selected regional products in the selected country.

LECTURES: The specificity of Polish traditional cuisine - the most important Polish food products. Cuisine and table culture as the basis for the development of civilization and society. Culinary heritage as an element of tourist attractiveness and one of the manifestations of national identity in Poland and Europe. Culinary routes, food museums as an innovation of the regional tourist offer in Poland and Europe. Building local traditional culinary products. Activities of the international Slow Food and Slow City organizations.

Learning purpose: To familiarize students with quality systems of traditional and regional food products.

On completion of the study programme the graduate will gain:

Knowledge: characterizes local raw materials and regional products in the context of tourism development

Skills: has the ability to prepare traditional culinary products based on local raw materials

Social Competencies: acts in accordance with the principles of occupational health and safety

Basic literature: n1) Gasik D., Polskie kuchnie regionalne, wyd. wyd. Rocznik Dydaktyczny WSTH Warszawa, 2005 ; 2) Gąsiorowski M., O produktach tradycyjnych i regionalnych - możliwości a polskie realia, wyd. wyd. Fundacja Fundusz Współpracy Warszawa, 2005 ; 3) Lis H., Lis P., Kuchnia Słowian czyli o poszukiwaniu dawnych smaków, wyd. wyd. Nasza Księgarnia, 2015 ; 4) Ogrodowska B., Tradycje polskiego stołu, wyd. wyd. Sporti turystyka Muza SA warszawa, 2010 ; 5) Palich P., Kuchnia -element dziedzictwa kulturowego jako produkt turystyczny. W kuchni i za stołem, wyd. wyd. Arche, 2003

Supplementary literature: 1) Jankowska-Buttitta, Niezapomniana kuchnia Warmii i Mazur, wyd. wyd. Jaworowy Dwór, 2007; 2) Lemnis M. Vitry H., W staropolskiej Kuchni i przy polskim stole, wyd. wyd. Interpress, 1985; 3) Ostojski T, Wolski R., Smak Mazur, wyd. wyd. BAOBAB Retman, 2006; 4) Szymanderska H., Polskie tradycje świąteczne, wyd. wyd. Świat Książki, 2003; 5) Adamczewski P., Tańce wokół stołu, czyli polskie tradycje kulinarne, wyd. wyd. Videograf II Katowice, 2010

The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 1.28 ECTS

Student's independent work: 1.22 ECTS