

COLLEGE OF HUMANITIES - GREEK AND ROMAN STUDIES

EATING AND DRINKING IN CLASSICAL ANTIQUITY  
CLCV 3003 A

Tuesday and Thursday 8:35-9:55, Room: Southam Hall 409

Professor: Laura Banducci

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Office hours: Tues. 11:30-12:30 and Wed. 11:30-1 pm, or by appointment

**Description**

This class investigates eating and drinking in the ancient Mediterranean and explores these practices as both environmental and cultural phenomena. Much more than mere sustenance, foodways have the potential to reveal one's origins, status, ideas about health and the body, and personal taste and style. The class is divided into three parts. First, we will consider the types of evidence we have for ancient food. Next we will progress chronologically as we look more closely at this evidence. We will read about archaeological investigations in Greece and Italy, and alternate these material examinations with readings from ancient authors to see what textual sources reveal about eating and dining practices in the Greek and Roman worlds. Finally, we will look more broadly at the social and cultural themes we can gain insight to using food.

No textbook covers all of the topics to be covered in this class, thus it is very important to attend lectures. The **readings** have been chosen from among scholarly research to provide in depth coverage of some topics and overviews of other topics. These readings will be available on CuLearn. You are expected to have read the assigned readings and thought about them before you arrive in class. The class will be mostly lecture-based, but expect to have some group discussions – in particular during the classes marked “*Focus on a Primary Text.*”

Useful books **on reserve** in the MacOdrum Library

Garnsey, P. 1999. *Food and Society in Classical Antiquity*. Cambridge: Cambridge University Press.

Nielsen, I., and H. Sigismund-Nielsen. Editors. 1998. *Meals in a social context: aspects of the communal meal in the Hellenistic and Roman world*. Aarhus: Aarhus University Press.

Wilkins, J., F.D. Harvey, and M.J. Dobson. Editors. 1995. *Food in antiquity*. Exeter: University of Exeter Press.

**Evaluation**

Participation 5%

Assignment 1 (analysis of your food) (1,000 words): 15%

Mid-term exam: 20%

Assignment 2 (written response to a primary text) (1,500 words): 20%

Research Essay (3,000 words): 25%

Final Exam (take home): 15%

## Class Schedule

### **Preamble: Background and Introduction**

Sept 6<sup>th</sup>

Class introduction and outline: Perspectives on the importance of Food

Wragham, R. 2001. "Out of the *Pan*, into the fire: Becoming Human" In *Tree of Origin*. Edited by F. B. M. de Waal. pg 136-143

Sept 11

The Ancient Mediterranean: Food, Diet, Subsistence

Edmunds, L. 1980. "Ancient Roman and Modern American Food. A comparative sketch of two semiological systems." *Comparative civilizations review* 5: 52–69.

Garnsey, P. 1999. "Introduction" In *Food and Society in Classical Antiquity*. pg 1-11

Optional (and useful for Assignment 1):

Douglas, M. 1972. "Deciphering a Meal." *Daedalus* 101 1: 61–81.

Sept 13<sup>th</sup>

Crash Course on Mediterranean History

<http://www.timemaps.com/history/ancient-greece-1000bc> < start here and read through to 500 AD

<http://www.timemaps.com/history/italy-500bc> < start here and read through to 500 AD

### **PART 1: The evidence: How do we learn about food in the ancient world?**

Sept 18<sup>th</sup>

Archaeological evidence – Ecofacts: plant, animal, and human remains

Seetah, K. 2005. "Butchery as a Tool for Understanding the Changing Views of Animals: Cattle in Roman Britain." In *Just Skin and Bones? New Perspectives on Human-Animal Relations in the Historical Past*, edited by, A. Pluskowski. pg 1–8.

Sept 20<sup>th</sup>

Archaeological evidence – Artefacts: ceramics and other objects

Day, P. M., and D. E. Wilson. 2004. "Ceramic change and the practice of eating and drinking in early Bronze Age Crete." In *Food, cuisine and society in prehistoric Greece*, Edited by, P. Halstead and J. C. Barrett. pg 45–62.

Sept 25<sup>th</sup>

Archaeological evidence – domestic architecture and iconography

Dunbabin, K. M. D. 1998. "Ut Graeco More Biberetur: Greeks and Romans on the Dining Couch." In *Meals in a Social Context: aspects of the communal meal in the Hellenistic and Roman world*. Edited by, I. Nielsen and H. Sigismund-Nielsen. pg 81–101.

Sept 27<sup>th</sup>

Textual evidence – Didactic authors on food quality and health concerns

Cato on cabbage in *on Agriculture* 156-157

Pliny on wine in *Natural History* 14.6-8

Galen on fruit in Grant, M. 2000. "On the Powers of Foods: Book II." In *Galen on Food and Diet*. pg 109-131.

Oct 2<sup>nd</sup>

Textual evidence – comedy: hunger and metaphor

Gilula, D. 1995. "Comic food and food for comedy." In *Food in antiquity*. Edited by, J. Wilkins, F. D. Harvey, and M. J. Dobson. pg 386–399.

Plautus' *Menaechmi* lines 165-226. *Stichus* lines 484-496 and 632-637. *Pseudolus* lines 790-892.

## **PART 2: Foodstuffs and food behaviours in Antiquity**

Oct 5<sup>th</sup>

Important Ancient Foodstuffs: The Mediterranean Triad

Foxhall, L. 2007. "The olive tree." In *Olive Cultivation in Ancient Greece: Seeking the Ancient Economy*. pg 5-7, 85-91.

Curtis, R.I. 2001. "The Greek World: Wine" (pg 294-303) "Rome: Wine" (pg 372-380) In *Ancient Food Technology*.

## **Thanksgiving Weekend**

Oct 9th

*Focus on primary texts*

Bronze Age Greece – real and legendary

Homer's *Odyssey* – Odysseus in Polyphemus' cave (Book 6, 82-562), Telemachos at Helen and Menelaus' house (Book 4, 1-304)

Oct 11<sup>th</sup>

Bronze Age Greece from the archaeology

Stocker, S. R., and J. L. Davis. 2004. "Animal Sacrifice, Archives, and Feasting at the Palace of Nestor." *Hesperia: The Journal of the American School of Classical Studies at Athens* 73: 179–195.

## **Monday October 15<sup>th</sup> – Assignment 1 due by noon**

October 16th

Archaic Greece and Italy – the role of the symposium

Garnsey, P. 1999. "You are with whom you eat." In *Food and Society in Classical Antiquity*. pg 128-131.

Small, J. P. 1994. "Eat, Drink, and Be Merry: Etruscan Banquets." In *Murlo and the Etruscans: Art and Society in Ancient Etruria*. Edited by R. De Puma and J. P. Small. pg 85–94.

Oct 18th

*Focus on primary texts*

Greece – perspectives and scenes of dining and diet

Athenaeus' *The Learned Banqueters* "Epitome" (Book 1, section 1-3), "Attic Banquets and Feasts" (Book 4, section 12-14), "Conversations at Banquets" (Book 5, section 16)

Xenophon's *Symposium* Chapter 1-3.

Plato's *Symposium* Section 204-223D

## **Monday October 22<sup>nd</sup> – first chance for Assignment 2 – due by noon**

Oct 23<sup>rd</sup>

Greece – public consumption and ritual feasting

Rotroff, S. I., and J. H. Oakley. 1992. “The Social Context: The Menu.” In *Debris from a Public Dining Place in the Athenian Agora*. pg 46-50.

Bookidis, N. “Ritual Dining in the Sanctuary of Demeter and Kore at Corinth: Some Questions.” In *Symptica: A Symposium on the Symposion*. Edited by O. Murray, pg 86-94.

Oct 25<sup>th</sup>

Maybe cancelled, or Roman Italy - basics

MacKinnon, M. 2001. “High on the Hog: Linking Zooarchaeological, Literary, and Artistic Data for Pig Breeds in Roman Italy.” *American Journal of Archaeology* 105 4: 649–673.

## **Fall Break**

Nov 6<sup>th</sup>

Maybe cancelled, or Roman Italy – basics (see above)

Nov 8<sup>th</sup>

Roman Italy – domestic consumption

*(both of these seem long but they both have lots of images and tables – so don’t despair!)*

Dunbabin, K. M. D. 1993. “Wine and Water at the Roman convivium.” *Journal of Roman Archaeology* 6: 116–141.

## **Nov 13<sup>th</sup> – Midterm**

Nov 15<sup>th</sup>

*Focus on primary texts*

Roman perspectives on dining etiquette

Catullus, Poem 12

Juvenal *Satire* 5

Horace *Satire* 2.8

Martial *Epigrams* Book 2.14, 2.27, Book 3.82, Book 11.52

Nov 20<sup>th</sup>

*Focus on primary texts*

Petronius’ *Satyricon* 26-78.

Screening of the dinner scene in Fellini’s film *Satyricon* (1969)

## **PART 3: Ancient Food Meanings and Messages**

Nov 22<sup>nd</sup>

Ideals and Realities of Health and Nutrition

Garnsey, P. 1999. “Famine and shortage” In *Food and Society in Classical Antiquity*. pg. 36-42.

Prowse, T. L. 2011. “Diet and Dental Health through the Life Course in Roman Italy.” In *Social Bioarchaeology*, Edited by S. C. Agarwal and B. A. Glencross. pg. 410–437.

**Thursday Nov 22<sup>nd</sup>, 5:30-7pm**  
**Roman eating exercise – location TBD**

**Friday Nov 23<sup>rd</sup> – Last chance for Assignment 2 – due by noon**

Nov 27<sup>th</sup>

Food, Dining, and Gender

Burton, J. 1998. “Women’s Commensality in the Ancient Greek World.” *Greece & Rome* 45:  
143–165.

Nov 29<sup>th</sup>

Food as an ethnic marker

*Readings TBD*

Dec 4<sup>th</sup>

Conclusions and Review

Dec 6<sup>th</sup>

Extra class

**Dec 7<sup>th</sup> - Research essay due by 11:59 pm**

**Final exam is a take-home exam essay question - due December 21<sup>st</sup>, 2018, 12 pm**

### **Plagiarism**

Two definitions of plagiarism which are useful for our subject area are: “Failing to acknowledge sources through the use of proper citations when using another’s works and/or failing to use quotation marks” and “using ideas or material without appropriate acknowledgment in any academic assignment.” (As defined in Carleton’s Academic Integrity website.)

If I suspect that you have plagiarized, I will treat it very seriously, as is the policy of the Faculty of Arts and Social Sciences and the university.

Resources to learn about plagiarism: <https://carleton.ca/csas/learning-support-workshops/>

Take a quiz to figure out if you are plagiarizing:

<http://carleton.ca/csas/wp-content/uploads/integrity-quiz.swf>

## Guidelines for Class Dialogue

- 1) **Confidentiality.** We want to create an atmosphere for open, honest exchange.
- 2) **Our primary concern is to learn from each other.** We will listen to each other and not talk at each other. We acknowledge differences amongst us in backgrounds, skills, interests, and values. We realize that it is these very differences that will increase our awareness and understanding through this process.
- 3) **We will not demean, devalue, or “put down” people** for their experiences, lack of experiences, or difference in interpretation of those experiences.
- 4) **We will trust that people are always doing the best they can.**
- 5) **Challenge the idea and not the person.** If we wish to challenge something that has been said, we will challenge the idea or the practice referred to, not the individual sharing this idea or practice.
- 6) **Speak your discomfort.** If something is bothering you, please share this with the group (or with the instructor). Often our emotional responses to this process offer the most valuable learning opportunities.
- 7) **Step Up, Step Back.** Be mindful of taking up much more space than others. On the same note, empower yourself to speak up when others are dominating the conversation.

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## Digital Multitasking Affirmation

I, \_\_\_\_\_, do solemnly affirm that should I decide to bring my computer to *Eating and Drinking in Classical Antiquity*, I will restrict my activities to a note-taking program and a pdf reader, and unless otherwise directed, will not allow myself to wander on to the internet or into other applications for any reason whatsoever: not to check email or facebook, not to look over my notes or finish an assignment for another class, not even once, from this day until the last day of class.

Affirmed aloud.

Signed:

Date:



## University Regulations for All Humanities Courses

### Copies of Written Work Submitted

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Always retain for yourself a copy of all essays, term papers, written assignments or take-home tests submitted in your courses.

### Academic Integrity at Carleton

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Plagiarism is presenting, whether intentionally or not, the ideas, expression of ideas, or work of others as one's own. Plagiarism includes reproducing or paraphrasing portions of someone else's published or unpublished material, regardless of the source, and presenting these as one's own without proper citation or reference to the original source. Examples of sources from which the ideas, expressions of ideas or works of others may be drawn from include but are not limited to: books, articles, papers, literary compositions and phrases, performance compositions, chemical compounds, art works, laboratory reports, research results, calculations and the results of calculations, diagrams, constructions, computer reports, computer code/software, and material on the internet. More information can be found [here](#).

### Academic Accommodation Policy

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#### **Academic Accommodation**

You may need special arrangements to meet your academic obligations during the term. For an accommodation request the processes are as follows:

**Pregnancy obligation:** write to the instructor with any requests for academic accommodation during the first two weeks of class, or as soon as possible after the need for accommodation is known to exist. For more details see the [Student Guide](#)

**Religious obligation:** write to the instructor with any requests for academic accommodation during the first two weeks of class, or as soon as possible after the need for accommodation is known to exist. For more details see the [Student Guide](#)

**Academic Accommodations for Students with Disabilities:** The Paul Menton Centre for Students with Disabilities (PMC) provides services to students with Learning Disabilities (LD), psychiatric/mental health disabilities, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorders (ASD), chronic medical conditions, and impairments in mobility, hearing, and vision. If you have a disability requiring academic accommodations in this course, please contact PMC at

613-520-6608 or [pmc@carleton.ca](mailto:pmc@carleton.ca) for a formal evaluation. If you are already registered with the PMC, contact your PMC coordinator to send me your Letter of Accommodation at the beginning of the term, and no later than two weeks before the first in-class scheduled test or exam requiring accommodation (if applicable). After requesting accommodation from PMC, meet with me to ensure accommodation arrangements are made. Please consult the [PMC website](#) for the deadline to request accommodations for the formally-scheduled exam (if applicable).

## Grading System at Carleton University

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Standing in a course is determined by the course instructor, subject to the approval of the faculty Dean. Standing in courses will be shown by alphabetical grades. The system of grades used, with corresponding grade points and the percentage conversion is below. Grade points indicated are for courses with 1.0 credit value. Where the course credit is greater or less than one credit, the grade points are adjusted proportionately.

[Grading System](#)

## Course Sharing Websites and Copyright

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Classroom teaching and learning activities, including lectures, discussions, presentations, etc., by both instructors and students, are copy protected and remain the intellectual property of their respective author(s). All course materials, including PowerPoint presentations, outlines, and other materials, are also protected by copyright and remain the intellectual property of their respective author(s).

Students registered in the course may take notes and make copies of course materials for their own educational use only. Students are not permitted to reproduce or distribute lecture notes and course materials publicly for commercial or non-commercial purposes without express written consent from the copyright holder(s).

## Statement on Class Conduct

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The Carleton University Human Rights Policies and Procedures affirm that all members of the University community share a responsibility to:

- promote equity and fairness,
- respect and value diversity,
- prevent discrimination and harassment, and preserve the freedom of its members to carry out responsibly their scholarly work without threat of interference.



## Deferred Term Work

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In some situations, students are unable to complete term work because of illness or other circumstances beyond their control, which forces them to delay submission of the work.

Students who claim illness, injury or other extraordinary circumstances beyond their control as a reason for missed term work are held responsible for immediately informing the instructor concerned and for making alternate arrangements with the instructor and **in all cases this must occur no later than three (3.0) working days after the term work was due.**

The alternate arrangement must be made before the last day of classes in the term as published in the academic schedule. Normally, any deferred term work will be completed by the last day of term. More information is available [in the calendar](#).

## Deferred Final Exams

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Students who are unable to write a final examination because of a serious illness/emergency or other circumstances beyond their control may apply for accommodation. Normally, the accommodation for a missed final examination will be granting the student the opportunity to write a deferred examination. In specific cases when it is not possible to offer a deferred examination, and with the approval of the Dean, an alternate accommodation may be made. [More information.](#)

The application for a [deferral](#) must:

1. be made in writing or online to the Registrar's Office no later than **three working days** after the original final examination or the due date of the take-home examination; and,
2. be fully supported by appropriate documentation and, in cases of illness, by a medical certificate dated no later than one working day after the examination, or by appropriate documents in other cases. Medical documents must specify the date of the onset of the illness, the (expected) date of recovery, and the extent to which the student was/is incapacitated during the time of the examination. The University's preferred medical form can be found at the Registrar's Office [forms and fees page](#).

Any questions related to deferring a Final Exam or Final Assignment/Take Home Examination should be directed to the [Registrar's Office](#).

## Withdrawal From Courses

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Withdrawn. No academic credit, no impact on the CGPA. WDN is a permanent notation that appears on the official transcript for students who withdraw after the full fee adjustment date in each term (noted in the Academic Year section of the Calendar each term). Students may withdraw on or before the last day of classes.

Important dates can be found [here](#):

## Financial vs. Academic Withdrawal

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**Make sure that you are aware of the separate deadlines for Financial and Academic withdrawal!**

Making registration decisions in Carleton Central involves making a financial and academic commitment for the courses you choose, regardless of attendance. If you do not attend – you must withdraw in Carleton Central within the published deadlines to cancel your registration. [More information](#)

## Department Contact Information

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**College of the Humanities** 300 Paterson Hall (613)520-2809

[CollegeOfHumanities@cunet.carleton.ca](mailto:CollegeOfHumanities@cunet.carleton.ca)

Drop box for CLCV, HUMS LATN GREK Term Papers and assignments is outside 300 P.A.

**Greek and Roman Studies** 300 Paterson Hall (613)520-2809

[GreekAndRomanStudies@cunet.carleton.ca](mailto:GreekAndRomanStudies@cunet.carleton.ca)

Drop Box is outside of 300 P.A.

**Religion** 2A39 Paterson Hall (613)520-2100

[Religion@cunet.carleton.ca](mailto:Religion@cunet.carleton.ca)

Drop box for RELI and SAST Term Papers and assignments is outside of 2A39 P.A.

**Registrar's Office** 300 Tory (613)520-3500

<https://carleton.ca/registrar/>

## Student Resources on Campus

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[CUKnowHow Website](#)

[Academics: From registration to graduation, the tools for your success.](#)