

EUS 3937 European Applied Language

Culinary traditions in Poland: every day and holiday meals and dishes

(Polish title – *Tradycje kulinarne w Polsce: dania i potrawy codzienne i świąteczne*)

Spring 2023

1 credit

Course Description

In Polish cuisine, there are dishes known to all, such as chicken broth with noodles, pork chop, marinated herring, and "pierogi". The real richness and variety of flavors, however, are hidden in regional cuisines. Throughout the centuries, Polish cuisine was influenced by various national groups living in the country. Polish cuisine has elements of kitchens from German and Ruthenia, Tatar, and Jewish influences. The availability of individual products, people from different cultures, and the wealth of Poles living in a given region also had an impact on the development of Polish regional cuisine.

In the course, we will use five (out of several) areas of Poland with unique histories of developing cuisine that are now distinctly recognized in the culinary environment of Poland. The course will be divided into theoretical and practical segments. The practical segment will follow a meeting introducing the region. The course is developed for 11 class meetings, which will cover 16 hrs. of contact.

Theoretical segment - 6 class meetings (1 class period each)

In that part of the course, we will be discovering the history and diversity of the region, from environmental conditions that allowed the farmers to grow specific foods to the history of people who lived in the area, the economy and trade that allowed (or did not) for the area to develop (or not) and resulting cuisines that are most popular and/or distinctive for the region.

Each meeting will introduce a new culturally area. The instructor will provide an introduction to the region. Students (1 or 2 depending on the size of the course) will summarize the culinary characteristics of a specific cuisine from the region (assignment of the region and cuisines will be done in advance of the meetings, homework assignments)

Practical segment – 5 class meetings (2 class periods each)

Each practical meeting will demonstrate methods for creating at least one dish from the region. The instructor will demonstrate preparation and cooking techniques. Students (the same 1 or 2 students who researched the culinary history of the region) will describe the history of the dish(es), ingredients, and quantities, and provide the narration for the demonstration. All students, in small groups, will participate in the preparation of the dish(es).

During the practical segments, students will be encouraged to share observations and reflections about the dishes and/or experiences specific to the region. The meetings will be enhanced by listening to regional songs and music.

The course and the course materials will be in Polish.

Course Objectives

- After completing the course, students will be able to:
- identify several culinary regions in Poland.
- discuss the diversity of modern Polish cuisine.
- list predominant spices and flavoring agents of Polish gastronomy.
- follow the basic food safety procedures.
- locate reliable culinary resources.
- expand and accurately use cultural and culinary vocabulary.

Meetings Time and Place

Wednesdays, period 10th or 11th (TBD)

Classroom: class will meet in two different locations. Theory lectures (TBD) and practical/lab meetings in Dietetics lab (5 meetings).

Instructor

Agata Kowalewska, PhD, RDN

Turlington Hall, room 2326A <http://campusmap.ufl.edu/#/index/0267>

Phone: (352) 273-3473

Email: agatak@ufl.edu

Office Hours and Communication

Office hours are for you. It is a time to bring any concerns, problems and anything that you want me to know about. This is not a time for me to test you or quiz you. If you would like to talk about your carrier, fellowships or methods to study, the office hours are the perfect time to do so. You are always welcome to send me an email.

Office hours are Mondays and Wednesdays 11:00 a.m. – 12:30 p.m. EST and by appt.

If you would like to call me, the best time to do so is during my office hours.

Course Required Textbooks

There are no materials required for the course. All resources will be posted on Canvas or provided by the instructor.

Grading

- Class attendance
- Class participation - – contribution to discussion prompts and participation in conversation in Polish
- Homework – written summaries of the assigned material, short presentations
- Presentations – the presentations will follow the introduction of the culinary region (1 or 2 students per region)

Attendance:

- 100% attendance on that day – came to class on time.
- 50% attendance on that day – came to class after 5 minutes
- 0% attendance on that day - was absent from class with no excuse
- Everybody is allowed one unexcused absence all others need to follow UF policy.

Participation (for any assigned work):

- 2pts - prepared for class activity by having assigned homework done.
- 1pt - participate but not well prepared.
- 0pt - forgot to do the assigned homework.

Homework: posted on Canvas

In-class presentations: posted on Canvas

Grade Distribution

Grade	Range:	
A	100%	to 90.0%
A-	< 90.0%	to 86.0%
B+	< 86.0%	to 83.0%
B	< 83.0%	to 80.0%
B-	< 80.0%	to 76.0%
C+	< 76.0%	to 73.0%
C	< 73.0%	to 70.0%
C-	< 70.0%	to 66.0%
D+	< 66.0%	to 63.0%
D	< 63.0%	to 60.0%
D-	< 60.0%	to 56.0%
F	< 56.0%	to 0.0%

Absence Policy: Whether excused or unexcused, after 5 absences (other than that one allowed), your final grade will be docked 5%. After 10 absences, you will be given a failing grade for the class. No excuses, no exceptions. In a language class, you must be present and participate in class. Of course, this policy will be amended to accommodate religious holidays. Please speak with me if this concerns you.

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

REQUIRED POLICIES

UF Honesty Policy

UF students are bound by The Honor Pledge, which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honorcode/>) specifies the number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class

Students Requiring Accommodations

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center by visiting <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

UF Evaluation Process

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

Counseling and Wellness Center

Contact information for the Counseling and Wellness Center: <https://counseling.ufl.edu/>, 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

The Writing Studio

The writing studio is committed to helping University of Florida students meet their academic and professional goals by becoming better writers. Visit the writing studio online at <http://writing.ufl.edu/writing-studio/> or in 2215 Turlington Hall for one-on-one consultations and workshops.

In-Class Recording

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, and clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, and exams), field trips, and private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third-party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

Comportment Policy

While you should feel free to express your ideas, slurs and epithets based on race, ethnicity, gender, sexual orientation and preference, religious practice, etc. will not be tolerated. Any disruptive, obnoxious, or disrespectful behavior may result in dismissal from the classroom and other disciplinary actions. I trust that we can all avoid such situations and create a safe classroom environment. This can be easily achieved through mutual respect for one another.

CAMPUS RESOURCES

Health and Wellness

U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care](#) website to refer or report a concern and a team member will reach out to the student in distress.

Counseling and Wellness Center: Visit the [Counseling and Wellness Center](#) website or call 352-392-1575 for information on crisis services as well as non-crisis services.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need or visit the [Student Health Care Center](#) website.

University Police Department: Visit [UF Police Department](#) website or call 352-392-1111 (or 9-1-1 for emergencies).

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the [UF Health Emergency Room and Trauma Center](#) website.

Academic Resources

E-learning technical support: Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at helpdesk@ufl.edu.

Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

Library Support: Various ways to receive assistance with respect to using the libraries or finding resources.

Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.

Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

Student Complaints On-Campus: Visit [the Student Honor Code and Student Conduct Code](#) webpage for more information.

On-Line Students Complaints: View [the Distance Learning Student Complaint Process](#).

Other Information

Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may be subject to disciplinary action under the University's Student Conduct Code. Only students formally registered for the course are permitted to attend and participate in class.

Disclaimer

Any part of this syllabus is subject to change according to the needs and/or progression of the class. This syllabus is not exhaustive; I reserve the right to implement any reasonable methods not included in the syllabus if they serve the pedagogical purpose of the class.

Tentative Course Schedule

Week	Topic and activity	Class meetings and assignments
1 Jan 11	Course introduction Reading and writing requirements of the assignments	1 class period

2 Jan 18	Region 1 Introduction of the Podlasie region	1 class period Homework 1 (1 or 2 students prepare assigned material)
3 Jan 25	Region 1 Characteristics of dishes from the Podlasie region	2 class periods Cooking activity
4 Feb 1	Region 2 Introduction of the Lublin region	1 class period Homework 2 (1 or 2 students prepare assigned material)
5 Feb 8	Region 2 Characteristics of dishes from the Lublin region	2 class periods Cooking activity
6 Feb 15	Region 3 Introduction of the Podkarpacie region	1 class period Homework 3 (1 or 2 students prepare assigned material)
7 Feb 22	Region 3 Characteristics of dishes from the Podkarpacie region	2 class periods Cooking activity
8 Mar 1	Region 4 Introduction of the Kujawy region	1 class period Homework 4 (1 or 2 students prepare assigned material)
9 Mar 8	Region 4 Characteristics of dishes from the Kujawy region	2 class periods Cooking activity
Spring Break		
10 Mar 22	Region 5 Introduction of the Kraków region	1 class period Homework 5 (1 or 2 students prepare assigned material)
11 Mar 29	Region 5 Characteristics of dishes from the Kraków region	2 class periods Cooking activity