What’s good to eat? How do we eat well? These are the questions that go to the heart of gastronomic practice and reflect the rules, norms and meanings associated with food and, in particular, what is defined as “good food”. Gastronomy as a discipline encompasses the study of what we eat and drink, and why, from a cultural, historical, political, sociological, anthropological and culinary perspective. Students will engage critically with gastronomic texts and different understandings of food-related “goodness”, undertake sensory evaluation and analyse different forms of gastronomic communication including literature, menus, guidebooks and television. The field of gastronomy is nothing without the words to communicate our food experiences so students will need to be prepared to read, write and discuss.

By the end of the subject, students will have an understanding of gastronomy as both a field of study and an ever-evolving cultural and industry practice. This subject provides students with the opportunity to broaden and deepen their appreciation and knowledge of gastronomy, building on knowledge acquired in Culture and Cuisine and incorporates material from Food Issues in the 21st Century.