



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

200
1822 - 2022

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Foreign languages & cultural awareness Italiano – Italian **BMIH5003**

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Before we start

As there are quite a few of us here, please ensure that your microphone is muted during all teaching until you are asked a question or there is a group discussion to prevent background noise.

You should attend every class and have a private space to work so that you can concentrate fully on the lesson.

You should not be at work, shopping, driving or caring for children.

Your camera must be always on during lectures please. -Use the Teams university background to protect your privacy.

YOU must join via a laptop or PC/MAC –No attendance permitted on phones or tablets

You will be removed from the session and logged as absent if you fail to adhere to these criteria.

This and all sessions will be recorded so that you can watch it again

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Why is this important?

- This is a Full Time University course and as such the University definitions of engagement and decorum apply as they would in a physical classroom.
- Your Cameras must remain 'On' for the duration of the session in order to ensure equal engagement and for your lecturers to observe your full attendance of the session which is a condition for student loans/maintenance to be authorised.
- You should be using a **desktop or laptop device** with a camera, speakers and a microphone so that you will be able to engage in the session on equal footing with your classmates.
- You will be asked to share your screen and “present” your work, access documents, engage in writing activities use websites and create presentations which are either difficult or impossible on a phone.

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Get a laptop!

- Therefore, we ask you to purchase a laptop if you don't already own one, **by the end of Week 2**.
- Failure to do so within this time period will result in you being reported to the Level Lead in Week 3.
- The University offers bursaries that can provide a suitable device and/or contribute towards connectivity costs if you need some financial help with this.

-Digital Connectivity Bursary Application Form

-Undergraduate Bursaries

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Recap

Last week gave an overview of...

- PROGRAMMA
- ESSERE PLURALE
- L'APPUNTAMENTO
- MESI
- I GIORNI DELLA SETTIMANA
- IL TEMPO
- QUANTO COSTA?
- 4TH ASSESSMENT (HOTEL EVENT AD)

Colazione in Italia



Typical Italian Breakfast

1. Pane, burro e marmellata (bread, butter and jam)

- Description: Bread usually with a thin spread of butter and jam on top. The type of bread used varies from region to region and each family has their favourite type however, bread in Italy tends to be fresh rather than packaged.
- Cultural significance: A simple yet iconic breakfast staple in Italy, showcasing the country's love for fresh ingredients and traditional flavours.

2. Latte e biscotti: (latte with breakfast biscuits)

- Description: Italy's breakfast biscuits are known as **frollini**. These are shortcrust-based biscuits made of flour, butter, sugar, and eggs. Nowadays, there are many dozens of biscuit varieties sold in Italy. The biscuits are dipped in the latte.
- Cultural significance: While eating biscuits for breakfast may sound quite wonderful, bear in mind that the Italians are very strict about portion control. Hence, traditionally, they only have a couple of biscuits for breakfast. Definitely, not the whole pack!

3. Cornetto e brioche: (croissant)

- Description: A **brioche** is a croissant-shaped pastry. Unlike a croissant though, it's quite big in size, it's much less flaky, it can be made of different types of flour (from white to wholemeal), and it's sold either plain (**vuoto**) or stuffed with many different fillings. Some of the most popular *brioche* fillings are: chocolate spread, **crema pasticcera** (known as creme patisserie in English), jam, and pistachio cream.
- Cultural significance: **Pasticcini** (pastries) are the most widely available breakfast food in Italy when you eat breakfast outside of the house. This is a breakfast pastry that is freshly baked in Italian bakeries and patisseries each morning and can be bought in a bar to have with espresso.

Typical Italian Breakfast

4. Frutta: (fruit)

- Description: Fruit is often eaten as part of Italian breakfasts.
- Cultural significance: Italy has very well-developed agriculture and fresh, seasonal fruit is very easy to buy and savour at its best. **Mele** (apples) from Trentino, kiwis and **pesche** (peaches) from Lake Garda, **ciglie** (cherries) from Marostica, **agrumi** (citrus fruit) from Sicily, many local varieties of fruit... You will be spoiled for choice!

5. Spremuta e succo di frutta: (fruit juice)

- Description: Freshly squeezed fruit juices and fruit juices from a box are a popular complement to the typical Italian breakfast. You will find a big selection of fruit juices sold in every Italian supermarket. At the same time, Italian bars and patisseries are traditionally equipped with a juicing machine to serve **spremuta** freshly squeezed juices.
- Cultural significance: Reflecting Italian abundant fruit production, these refreshing juices are a common way to start the day with natural flavours.



Cosa ti piacerebbe? Mi piacerebbe...

Orario della colazione

Breakfast Schedule

- Typical breakfast time in Italy:
- 7:00 AM to 10:00 AM
- Image of a clock showing breakfast hours
- Explanation of the importance of a leisurely breakfast in Spanish culture



1. A che ora è la colazione il lunedì?
2. A che ora è la colazione il sabato?
3. A che ora finisce (end) la colazione il sabato?
4. A che ora inizia la colazione il giovedì?

Dialogo e Esercizio

- Cameriere: Buongiorno! Come posso aiutarla?
- Cliente: Buongiorno. Vorremmo fare colazione, per favore.
- Cameriere: Certo, ecco il menu della colazione. Cosa vorreste ordinare?
- Cliente: Per me una brioche con la crema inglese e un latte, per favore.
- Cameriere: Perfetto. E per Lei?
- Cliente: Vorrei un cornetto alle mandorle e un succo d'arancia.
- Cameriere: Va bene, qualcos'altro? (any thing else)
- Cliente: No, tutto qui. (È tutto)
- Cameriere: Molto bene. Il totale è di 10 euro, per favore.
- Cliente: Ecco qua. Grazie!



Quanto costa? Questo/questa (this)...

- Pane con marmellata - 4 euro
- Cappuccino e cornetto - 5 euro
- Latte e caffè - 2 euro
- Spremuta d'arancia - 3 euro

Menù della colazione

The breakfast board must include the following:

- Make a hotel breakfast board.
- Name of the hotel and Logo
- Time for breakfast.
- The price for food and breakfast for non-guest.
- Both Spanish and English translation
- Neat and tidy design is required.
- DO NOT COPY BOARDS FROM THE INTERNET!!

mattina!

bar e colazioni

www.sitobellissimo.it

colazioni a chilometro zero

Due uova a piacere con, a scelta, € 4,00
Bacon, bacon di tacchino, salsicce,
salsiccia di pollo o prosciutto

Uova e pancetta € 6,95
Uova strapazzate con
pancetta e toast

Colazione americana € 6,95
Uova strapazzate, bacon, pomodori,
formaggio

specialità della casa

Pancake alla frutta € 10,45
Pancake soffici con miele e frutta
fresca di stagione

Florence benedict € 10,45
Muffin, pancetta a cubetti, spinaci,
uova in camicia

le bevande

Spremuta d'arancia € 3,50
Espresso € 3,50
Caffè filtrato € 4,50
Latte fresco € 2,00



ASSESSMENT BREAKFAST BOARD

Design a Hotel Breakfast Board:

It should include the name of the hotel restaurant, **times of breakfast service**, the range of breakfast available e.g. cold buffet, hot buffet, vegan, vegetarian and whether this is also available within room service. Remember to include the prices for each section and present in a professional format.

The Breakfast board must be translated into English.

MUST BE: Italian first – English second.

Currency and prices must be on the **LOCAL** currency.

Research all aspects of any Hispanic speaking country's breakfast routine.

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DUE DATE: 9th June 2023

Cultural Awareness: Exploring Food Clusters

- Significance of Food in Shaping Cultural Identity
- Fostering Intercultural Understanding
- Recognizing Culinary Traditions
- Food reflects cultural identity and values
 - Example: Japanese cuisine reflects values such as simplicity, balance, and respect for nature through dishes like sushi and miso soup



Food Clusters Around the World

Overview of different food clusters and their characteristics:

- **Mediterranean:** Emphasis on olive oil, vegetables, grains, and seafood
 - ✓ Example: Highlight dishes like Greek salad, Italian pasta, and Spanish paella as representative of this cluster
- **Asian:** Rice, noodles, and stir-fried dishes as staples
 - ✓ Example: Chinese fried rice, Thai pad Thai, and Japanese ramen as iconic dishes in this cluster
- **Latin American:** Corn, beans, and spices as foundational ingredients
 - ✓ Example: Mexican tacos, Peruvian ceviche, and Brazilian feijoada as popular dishes within this cluster
- **Middle Eastern:** Pita bread, hummus, and aromatic spices as key elements
 - ✓ Example: Lebanese falafel, Turkish kebabs, and Israeli shawarma as notable foods in this cluster



Cultural Significance of Food

Social bonding and community gatherings around meals

- Example: Italian tradition of Sunday family meals brings loved ones together to share food and stories

Symbolism and rituals associated with certain foods

- Example: Chinese New Year feast symbolizes luck, prosperity, and family unity with dishes like dumplings and fish

Connection between food and traditional celebrations or religious practices

- Example: The Hindu festival of Diwali is celebrated with sweets like **Ladoo** and savoury snacks like samosas



Embracing Food Diversity

- Encouragement of embracing and appreciating diverse food cultures:
- Importance of trying new cuisines and exploring different flavours
 - ✓ Why: Encourage people to experiment international recipes or eat/try ethnic restaurants to broaden their culinary horizons
- Promoting cultural exchange through food experiences
 - ✓ **How can you promote exchange? What can you benefit from this?**
- Tips for respectful engagement with other cultures' food traditions
 - ✓ Why: It is important to understand dietary restrictions, respecting food taboos, and being open-minded when experiencing new flavours and textures

Food Taboos and Dietary Restrictions

- Cultural Examples:
- **Hinduism:** Many Hindus follow a vegetarian or plant-based diet due to beliefs in non-violence and respect for all living beings.
- **Islam:** Muslims adhere to Halal dietary guidelines, which prohibit the consumption of pork and the consumption of meat that is not slaughtered according to specific ritual practices.
- **Judaism:** Jewish dietary laws, known as Kashrut, include restrictions on certain foods such as pork and shellfish, and the separation of meat and dairy products.
- **Buddhism:** Some Buddhist traditions advocate for a vegetarian or vegan diet as a means of promoting compassion and minimizing harm to animals.
- **Indigenous cultures:** Some indigenous communities have traditional food taboos based on spiritual beliefs, environmental sustainability, or the need to preserve natural resources.



Reasons for Food Taboos and Restrictions:

Spiritual and religious beliefs: Food choices may be influenced by religious doctrines, cultural customs, and spiritual practices.

Health and well-being: Some dietary restrictions may be based on health reasons or ancient wisdom regarding the benefits and harms of certain foods.

Environmental and ecological considerations: Food taboos can also be influenced by the need to protect ecosystems and maintain ecological balance.

Cultural Sensitivity:

It is important to respecting cultural food practices and being mindful of dietary restrictions when engaging with diverse cultures.

Next Week!

Clusters of Culture

Greetings

Hotel Handbook

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I look forward to seeing you next week.

If you have any questions in the meantime, please send an email from your student account

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