

Italian language and culture: focus on Italian regional specialties (0-A1)

Lecturer: Luisa Palestra

Language

English

Course description and objectives

This course is designed for absolute beginners and A1-level students according to the Common European Framework of Reference for Languages (CEFR). It offers an engaging introduction to the Italian language by exploring the country's culinary traditions and regional specialties. Through the lens of food culture, students will gradually acquire essential linguistic structures while discovering the rich diversity of Italy's regions.

By working with authentic recipes, descriptions of traditional dishes, and short multimedia materials, students will develop basic vocabulary, fundamental grammar, and the communicative skills needed to understand and produce simple utterances related to food and everyday life. The course also provides opportunities to compare culinary traditions, share personal experiences, and engage in intercultural exchanges.

The primary objective is to build students' confidence in interacting in everyday situations, describing simple recipes and procedures, expressing likes, dislikes, and basic opinions, and recognizing key cultural elements from various Italian regions. Food becomes a springboard for developing basic communicative abilities and gaining authentic insights into both contemporary and traditional Italian culture.

Audience

The course is open to all Bocconi students.

Prerequisites

There are no prerequisites for this course.

Guidelines

Registration:

You can sign up for the course only through the yoU@B student Diary, in the "sign-up for various activities" box (please note: this box appears only when registrations open. It will not be visible before then).

Cancellations must also be submitted through the Diary **by the registration deadline**.

No other cancellation methods will be accepted.

Registration will be confirmed a few days before the course starts via a message in the yoU@B student Diary.

Attendance:

- Attendance of **75% or more** of class hours: obtainment of the **Open Badge**
- Attendance of **less than 25%** of class hours: **Exclusion List**

Duration

24 hours

Teaching mode

This course will take place exclusively in **synchronous, in-person sessions**. Remote participation will not be offered.

Calendar

Lecture	Date	Time	Room
1	Thu 05/02/2026	18.15 - 19.45	N31 (L. Del Vecchio)
2	Thu 12/02/2026	18.15 - 19.45	N31 (L. Del Vecchio)
3	Fri 13/02/2026	14.45 - 16.15	N31 (L. Del Vecchio)
4	Thu 19/02/2026	18.15 - 19.45	N31 (L. Del Vecchio)
5	Fri 20/02/2026	14.45 - 16.15	N31 (L. Del Vecchio)
6	Thu 26/02/2026	18.15 - 19.45	N31 (L. Del Vecchio)
7	Fri 27/02/2026	14.45 - 16.15	N31 (L. Del Vecchio)
8	Fri 06/03/2026	14.45 - 16.15	N31 (L. Del Vecchio)
9	Fri 13/03/2026	14.45 - 16.15	N31 (L. Del Vecchio)

10	Fri 27/03/2026	14.45 - 16.15	N31 (L. Del Vecchio)
11	Fri 03/04/2026	14.45 - 16.15	N31 (L. Del Vecchio)
12	Fri 17/04/2026	14.45 - 16.15	N31 (L. Del Vecchio)

Syllabus of the course

Lecture	Grammar	Topics
1	Il genere e il numero; gli articoli determinativi; I verbi essere e avere	Lombardia (il risotto alla milanese e la cotoletta) Mi piace/Non mi piace; dare una ricetta semplice
2	I verbi essere e avere C'è / ci sono	Valle d'Aosta (fonduta); Piemonte (bagna cauda) Descrivere un procedimento
3	Il presente dei verbi regolari (-are, -ere, -ire)	Veneto (polenta e baccalà); Emilia-Romagna (lasagne) Verbi e strumenti utili per cucinare
4	Consolidamento del presente dei verbi regolari (-are, -ere, -ire)	Toscana (ribollita); Liguria (trofie con il pesto) Scrivere una ricetta
5	I verbi irregolari e gli articoli indeterminativi	Umbria (torta al testo); Marche (olive all'ascolana) Ordinare al ristorante
6	Consolidamento dei verbi irregolari e degli articoli indeterminativi	Lazio (carbonara); Abruzzo (arrosticini) Invitare e accettare/rifiutare un invito
7	I verbi modali (potere, volere, dovere)	Campania (pizza); Puglia (orecchiette alle cime di rapa) Invitare e accettare/rifiutare un invito
8	I pronomi diretti (lo, la, li, le)	Calabria ('nduja); Sicilia (pasta alla norma) Fare la spesa
9	Gli indefiniti: Molto/poco/troppo	Sardegna (seadas); Molise (pallotte cacio e uova) Esprimere opinioni sul cibo

10	Ripasso dei tempi verbali studiati	Trentino Alto-Adige (canederli); Friuli-Venezia Giulia (frico)	Descrivere una ricetta completa
11	Ripasso dei articoli, dei verbi modali e dei pronomi	Il cibo delle feste (colomba, pandoro, torrone, zeppole, panettone)	Raccontare una tradizione, confrontare culture
12	Consolidamento generale	Presentazioni degli studenti: una ricetta della loro cultura	Presentazioni finali e confronto interculturale

Course bibliography

The course materials will be uploaded to Blackboard.

As supplementary support, the recommended resource is:

- Nocchi S., *Grammatica pratica della lingua italiana*, ALMA Edizioni

Available seats

This activity is limited to 110 participants. Further registrations will not be carried out once this number has been reached or after closing of the registration period. Please remember that you can unsubscribe from the course only before the registration deadline.