

DEPARTMENT OF MODERN LANGUAGES AND LITERATURES  
WESTERN UNIVERSITY

CLC 2141B/Med. Studies 2024B  
**FOOD AND HEALTH IN THE MIDDLE AGES**  
WINTER 2020

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Professor Melitta Adamson  
e-mail: [melitta@uwo.ca](mailto:melitta@uwo.ca)  
M 12:30-2:30pm  
W 12:30-1:30pm

Office: University College, Room 3312  
Tel. 519-661-2111 #85861

**COURSE CONTENT**

Discover the fascinating world of medieval food culture and explore the role nutrition played in the theory of health and wellness. Study the presumed medicinal properties of the foodstuffs available in pre-