



# Culinary Sciences and Health Benefits: From Field to Plate

May 25 – June 23, 2021

Optional work placement:  
June 24 – July 17, 2021

## Course Catalogue

### Key:

L= Lecture

E = Exams

W= Seminar

PW = Practical Work (Experiential Learning)

SL = scheduled self-study

UPSL= unscheduled self-study

EXT = curriculum related excursion

CC = ongoing assessment

SW = Homework

ECTS = European Credit Transfer and Accumulation System

- 1 ECTS = 1/2 US credit
- 2 ECTS = 1 US credit

<b>FOOD AND HEALTH</b>		<b>CULINARY SCIENCES AND HEALTH BENEFITS: FROM FIELD TO PLATE</b>		<b>737381</b> <b>2020-2021</b>
<b>FRENCH LANGUAGE AND FOOD CULTURE</b>				
<b>Faculty:</b> Martine REY	<b>Module:</b> FRENCH	<b>Time :</b> 20 contact hrs. 10 hrs. interactive assignments 10 hrs. class prep	<b>2 ECTS credits</b> <b>1 US credits</b>	
<b><u>Numerus clausus</u> : 16</b>				
<b><u>Prerequisite:</u></b> French 101 or equivalent is recommended but not required				
<b><u>Objective:</u></b> To gain an understanding of French food ways and to acquire the basic skills to use French when traveling and in the kitchen (food & beverage, cooking techniques, menus).				
<b><u>Description:</u></b> French is the international language of fashion, dance and cooking. <i>French Language and Food Culture</i> introduces students to French foodways from a <u>cultural</u> point of view. Through readings, films and especially their own experience while in France, students are going to explore ways in which the French think and talk about food and why they use it the way they do. The aim is to help students reflect on their own opinions, values and (food) culture and by contrast gain a better understanding of French values and beliefs as expressed through food.  In addition, the course will provide <u>students without prior knowledge of French language</u> with the necessary language tools to interact successfully in a professional cooking environment. Students will also continue to learn French in the three weeks of experiential learning by practicing their acquired skills and adding new ones, for example by reading the recipes in French, or asking questions at Farmers ' markets and at local food growers. At the end of the three weeks of experiential learning, students will prepare a menu for an assigned patient. They will introduce themselves in French and present the dish they prepared in French.				
<b>Course material</b> includes:				
<ul style="list-style-type: none"> <li>▪ Music (e.g. Nino Ferrer, Charles Aznavour)</li> <li>▪ Food art</li> <li>▪ Excerpts from French literature in translation (e.g Emile Zola, <i>Le Ventre de Paris</i>)</li> <li>▪ Film &amp; video (e.g. <i>La Soupe aux Choux</i>; <i>Les Saveurs du Palais</i>),</li> <li>▪ Menus and excerpts from cookbooks.</li> </ul>				
<b>Instructor:</b> Martine Rey, Associate Professor of Languages and Cultural Studies				
<b><u>Assessment:</u></b>				
<b>Assignments:</b>	<b>Method:</b>	<b>Time limit (for supervised tests):</b>	<b>Weighting:</b>	
Reflection paper	Personal reflection	N/A	50%	
Culinary presentation	Presenting your menu in French	N/A	50%	

<b>FOOD AND HEALTH</b>		<b>CULINARY SCIENCES AND HEALTH BENEFITS: FROM FIELD TO PLATE</b>		<b>BE 0200 2020-2021</b>
<b>FOOD SYSTEMS</b>				

<b>Faculty:</b> Cécile BUCHE - FOISSY	<b>Module:</b> FOOD SYSTEMS	<b>Time division :</b> PW : 7 EXT: 28	<b>2 ECTS credits 1 US credit</b>
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**Numerus clausus :** 16

**Required entry level:** juniors or seniors in nutrition, agriculture, food sciences, food marketing, public health or related majors

**What you will learn in this course:** We will highlight selected foods and culinary cultures.

**Program :**

The experiential learning (EL) programme comprises the following topics (8 hours a day including lunch):

**Food Representations and Psychic Process:** Through various experiments in the sensory analysis lab, you will explore the psychological aspects of food in food choices. Sensory analysis is used in marketing as well as in workshops for patients with eating disorders.

- Cooking Techniques:** Using simple recipes with locally sourced products, students compare the effects of different cooking techniques on nutritional value and texture.
  - Locavore Movement –Field Trips:** Discover where gourmet chefs source their products. Spend **2 days in Paris and Versailles** with a chef who works with Alain Ducasse. You will discover markets, chocolate shops and heirloom gardens. This is an introduction to the supply chain of quality products for top restaurants. You will visit suppliers for the Alain DUCASSE restaurants before taking a behind-the-scenes look at his restaurants.
  - Chocolate workshop:** this workshop will introduce students to the different cacao producing regions and the characteristics of different chocolates. Students will have the opportunity to taste a wide panel of chocolates.
  - Wine workshop:** students will learn about the viticulture and grape quality and be presented with the technical side of wine making, from the vine to storage and aging.
- <http://www.alain-ducasse.com/en/the-books>
  - <http://www.alain-ducasse.com/fr/restaurant/alain-ducasse-au-plaza-ath%C3%A9n%C3%A9>
  - <http://www.potager-du-roi.fr/site/potager/index.htm>

In addition, students will continue to practice **FRENCH** in a culinary setting.

**Instructors :** Philippe Pouillart, Cécile Buche-Foissy, Béatrice Breil, Julie Branchu

**Assessment:** Report on sessions

Number of assignments:	Method:	Length of test Time limit (for supervised tests):	Weighting:
Exam # 1	Class discussion		50%
Exam #2	Analysis of a cooking technique		50%

<b>FOOD AND HEALTH</b>		<b>CULINARY SCIENCES AND HEALTH BENEFITS: FROM FIELD TO PLATE</b>		<b>BE 0201 2020-2021</b>
<b>MAKING CHEESE &amp; YOGHURT</b>				
<b>Faculty:</b> Sofia NESTORA	<b>Module:</b> CHEESE & YOGHURT	<b>Time division :</b> PW : 28	<b>2 ECTS credits 1 US credit</b>	

**Numerus clausus** : 16

**Required entry level:** juniors or seniors in nutrition, agriculture, food sciences, food marketing, public health or related majors

**What you will learn in this course:**

Students will learn how to prepare French cheeses and yoghurt, applying the basic knowledge about the use of fermentation in food processing.

**Program outline:** The course comprises a 3 h lecture followed by practical application sessions:

**CHEESE & YOGHURT**

1. **Lecture:** Presentation of the historical and economic importance of fermented dairy products in France and especially, the art of cheese making in France. Presentation of the mechanisms of milk coagulation and the main steps for yogurt and cheese making. Focus on the fermentation and the role of the microorganisms used. Panorama of representative AOC French cheeses and cheese tasting including:
  - a) Fresh cheese: Chèvre
  - b) Soft cheese: Camembert, Maroilles
  - c) Semi-hard cheese: Tomme, Ossau Iraty
  - d) Hard cheese: Emmental, Comté, Mimolette
  - e) Blue cheese: Roquefort

2. **Workshop:**

The objective of the lab training is to initiate the students to the standard fabrication methods for yogurts and soft cheeses (fresh curds without ripening). This workshop aims to illustrate the differences between the lactic and enzymatic coagulation, in terms of the characteristics of the final product and the control of the processing parameters. In addition, students will follow the pH evolution throughout the processing steps, evaluate the textural characteristics of the final products and observe the characteristics of the microorganisms found in cheese and yogurt. The workshop concludes with a sensory evaluation of the products prepared by the students.

**Instructor:** Sofia Nestora, David Marier, et al.

**Assessment:**

Number of assignments	Method	Length of test Time limit (for supervised tests)	Weighting:
# 1	Written report		50%
#2	Lab skills (cheese workshop)		50%

<b>FOOD AND HEALTH</b>		<b>CULINARY SCIENCES AND HEALTH BENEFITS: FROM FIELD TO PLATE</b>		<b>BE 0203 2020-2021</b>
<b>TRADITIONAL CUISINE AND PUBLIC HEALTH</b>				
<b>Faculty:</b> Philippe POUILLART	<b>Module:</b> TRADITIONAL CUISINES AND PUBLIC HEALTH	<b>Time division :</b> L : 5 - W : 15 - PW : 20 - E : 0 - SL : 0	<b>2 ECTS credits 1 US credit</b>	

**Numerus clausus : 16**

**Required entry level:** juniors or seniors in nutrition, food sciences, food marketing, public health or related majors

**What you will learn in this course:** Students will acquire the concepts and incorporate the core practical skills necessary for culinary innovation for health purposes

**Program outline:**

- French paradox:** Under "French Paradox", we understand the [epidemiological](#) observation that [French people](#) seem to have relatively low [incidence](#) of [coronary heart disease](#), despite having a diet relatively rich in [saturated fats and alcohol](#).. Specific traditional products and French recipes will be presented including wine tasting.
- Cancer disease:**
  - How to prevent cancer by preparing dishes including starters, main courses, desserts using specific natural products (lecture, EL).
  - How to use specific spices and aromatic plants to prevent side effects induced during treatment of chronic forms of cancer, (loss of appetite and taste, immune disorders, intestinal transit... ) (lecture, EL).
- Metabolic Diseases and Obesity:**
  - How to prepare deserts with low glycemic index sugars and without sweeteners.
- Cooking with seaweeds:**
  - How to prepare dishes including starters, main courses and desserts to prevent cardiovascular events. (lecture, EL).
- Immune disorders:** Allergen and gluten free cooking to help people with allergies or persons with celiac disease (lecture and EL)

In addition, students will continue to practice **FRENCH** in a culinary setting.

**References:**

- 1 - De Leiris, J., Boucher, F., Ducimetière, P., Holdsworth, M., Tunstall-Pedoe, H., 2008, « *The French Paradox: Fact or Fiction?* », *Dialogues in Cardiovascular Medicine*, 13 (3), 155-208.
- 2 - **Pouillart P**, Mauprivez H, Ait-Hameur L, Cayzeel A, Lecerf JM, Tessier F, Birlouez-Aragon I. Strategy for the study of health impact of dietary Maillard products in clinical studies. *Ann. NY Acad Sc.*, 1126-173-176, 2008.
- 3 - <http://www.france5.fr/sante/le-magazine-de-la-sante/emission/2013-01-25> **Pouillart P** television show: How to prevent side effects induced by the cancer chemotherapy using specific recipes.
- 4 - [http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_mediterranean\\_recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_mediterranean_recipes)

**Instructors:** Philippe Pouillart, Cécile Buche-Foissy, Béatrice Breil, Julie Branchu

**Assessment:**

Number of assignments	Method	Length of test Time limit (for supervised tests)	Weighting:
#1	Written report		50%
#2	Create and cook a recipe for selected health issues		50%

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<b>4-WEEK WORK PLACEMENT</b>		

<b>Faculty:</b> Martine REY / P. POUILLART	<b>Module:</b> Internship	<b>Time division :</b> up to 35hrs / week working hours	<b>8 ECTS credits</b> <b>4 US credit</b>
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**Numerus clausus : N/A**

**Pre-requisite:** completion of the 4-week summer program at LaSalle.

A good physical condition is required as well as the willingness to share a way of life and to commit to the place and to the people who live there. This includes sharing housework (cooking, washing-up) and generally clearing up after yourself.

For restaurant internships, prior experience in a professional restaurant setting is essential and required.

**Objectives:** The main objectives are to **be immersed in working & living conditions** in small farms and food-related ventures in France. UniLaSalle is a member of the WOOF FRANCE network, which allows us to benefit from a large panel of placements throughout France. Through hands-on experience, you are getting to know the real side of France and develop cross-cultural communication skills. By learning about other lifestyles, ideas, other cultures, you should gain a new perspective on the working & living environment in your own country.

**Learning outcomes:** In general, you will develop a deeper understanding of "culture" and learn how to avoid making assumptions.

By being confronted to cultural differences in work styles and personal interactions, you will develop your ability to observe, to ask questions and to write reports. As a result, you will develop entry level skills to make recommendations for niche markets in your home country.

**Placement types:**

1. *Small family farms:* From stable to table - discover short supply chains and local food systems. Local food transformation for local food consumption. Tasks may include: assisting with food transformation but also weeding, animal care, farming or gardening. Depending on the farm, you may be asked to assist in hosting guests or helping with summer camps, assisting with cooking meals and general kitchen chores.
2. *Vineyards:* small vineyards and wineries. Get involved in the entire process, from working in the vineyard to filling orders. Please note the June/July is a time of intense work where you might be asked to work in the vineyard, tying up and trimming vines. Additional tasks may include weeding, mowing, labeling bottles, helping in the boutique, or general maintenance.
3. *Restaurants:* please be aware that working in a professional restaurant setting can be stressful and physically demanding. But it is also an enriching experience. You will be working as a kitchen help, perform various cleaning duties, assist in food preparation and learn about French food and food preparation. The Chef does not expect highly skilled students; the most important thing for him are a real interest in what you are doing, a motivation to learn and good work ethics.

**A word about locations:** Please be aware that some placement sites are remote. If you enjoy nature, good food, wine, unwinding and old fashioned French country living, you will like it there

**Logistics:** Travel expenses to and from your internship site are included in the program fee. Travel is usually by train. For more remote locations, internship supervisors will meet the students at the closest train or bus station.

Housing and meals are provided by the internship location. The internships are not paid.

**Instructor:** Martine Rey, Cécile Buche-Foissy, Philippe Pouillart, et al.

**Assessment:**

Number of assignments	Method	Length of test Time limit (for supervised tests)	Weighting:
# 1	Group debriefing of internship experience		30%
# 2	Oral presentation	What did you observe? What did you learn about food? What were the results of your project, What did you learn about yourself? What recommendations would you make for home niche markets?	70%

