

An experiential learning approach to culinary arts and health

Culinary Sciences and Health Benefits: From Field to Plate



Summer School 2018 in France:
4 weeks of interactive workshops and lectures followed by an optional one-month work placement

Objectives

The culinary workshops and lectures in this program are based on research conducted by LaSalle chefs and faculty engaged in research on nutrition and cancer. In 2017, the team received the *Grand Prix Spécial 2017 du Salon International de l'Hôtellerie et de la Restauration (SIRHA)* for their Internet site and mobile app *Vite Fait Bienfaits!*. This culinary research in oncology is financed by the French Department of Agriculture and the Department of Health.

Dates

On Campus Program: May 15 - June 13, 2018
Work placement Program: June 14 - July 13, 2018

Admission requirements

Juniors, Seniors or Master degree students in Food Sciences, Life Sciences, Nutrition, Dietetics, Public Health etc,

For non-native speakers of English: 87 lbt TOEFL or 6.5 IELTS. *French* is not required, but basic French is recommended for the work placement option.

Credits

Up to 8 US Credits:

4 US Credits for the on-campus program and

4 US Credits for the one-month work placement

Costs

PARTNER UNIVERSITIES:

On Campus Program:2000€On Campus & work placement::2400€

NON-PARTNER UNIVERSITIES:

On Campus Program only (no work placement): 4800€

INCLUDED:

- All field visits and excursions, incl. transportation + overnight accommodation
- One Way transportation from CDG Airport to LaSalle
- On campus housing
- RT transportation from LaSalle to work placement
- Work placement administration fee

NOT INCLUDED:

- RT travel from country of origin & passport/visa fees
- Mandatory health and liability insurance coverage
- All meals (optional meal plan available at approx. 10€/day)
- Personal expenses, incl. personal travel on long week-ends
- Return transportation from LaSalle to airport at the end of the program
- *All dishes in the photos were carried out by students participating in previous summer programs







2018 CULINARY SCIENCES AND HEALTH BENEFITS

Please note that the final schedule may vary slightly. 2 parallel groups possible.

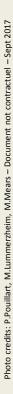
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_	Monday		Tuesday 5/15		MAY Wednesday 5/16		Thursday 5/17		Friday 5/18		Sat & Sun
			fuesda	ıy 5/15	AM PM		Group 1 Group 2		Group 1 Group 2		5/19-5/20
Week 1: French for Culinary Purposes			ARRIVAL & Check in		Orientation day	French for Culinary Purposes	French for Culinary Purposes	French for Culinary Purposes	Visit landmarks of *** Chef Alain Ducasse in Paris	Cooking Techniques	Pentecost WE OFF
					М	AY					
	Monday 5/21		Tuesday 5/22		Wednesday 5/23		Thursday 5/24		Friday 5/25		Sat & Sun 5/26-5/27
			AM	PM	Group 1 Baking bread	Group 2	Group 1	Group 2 Baking bread	Group 1	Group 2 Visit	
Cheese and Breads	Pentecos	t WE OFF	Lecture on bread baking theory	Lecture on cancer and nutrition	and croissants in a professional kitchen	Food Systems Psycho / Cuisine	Food Systems Psycho / Cuisine	and croissants in a professional kitchen	Cooking Techniques	landmarks of *** chef Alain Ducasse in Paris	
MAY											
	Monday 5/28		Tuesday 5/29		Wednesday 5/30		Thursday 5/31		Friday 6/1		Sat & Sun 6/2-6/3
	Lecture on miccrobiology of cheese fermentation process		Visit a regional farmers' market and working cattle	Cheese making workshop 1	Cheese making workshop 1	French for culinary purposes	Group 1 Visit a medieval fish farm and King's vegetable garden at	Culinary workshop: French Paradox	DAY OFF		
	F1		farm				Versailles				
JUNE											Sat & Sun
		ay 6/4	Tuesd		Wednes Group 1		Thurso			ny 6/8	6/9-6/10
Week 4: Traditional Cuisines &	Group 1 Visit a medieval fish farm and	Group 2 Culinary	Group 1 Visit a regional	Group 2 Cheese	Cheese	Group 2 French for	Cooking	Group 2 Cooking	Group 1 Cooking	Group 2 Cooking	
Public Health	King's vegetable garden at Versailles	workshop: French Paradox	farmers' market and working cattle farm	making workshop 2	making workshop 2	culinary purposes	workshop for cancer	workshop for cancer	workshop to prevent heart disease	workshop to prevent heart disease	
					JU	NE					
Week 5:	Monday 6/11		Tuesday 6/12		Wednesday 6/13		Thursday 6/14		Friday 6/15		Sat & Sun 6/16-6/17
Trad'l Cuisines & Public Health ct'd	Cook to prevent diabetese and obesity Group 2 Cook to prevent diabetese and obesity		Cooking with immune disorders	Cooking with immune disorders	depart for work placement		Work placement in France		Work placement in France		
					JU	NE					
Week 6:	Monday 6/18		Tuesday 6/19		Wednesday 6/20		Thursday 6/21		Friday 6/22		Sat & Sun 6/23-6/24
work placement	Work placement in France										
					JU	ILY					
Week 7:	7: Monday 6/25		Tuesday 6/26		Wednesday 6/27		Thursday 6/28		Friday 6/29		Sat & Sun 6/30-7/1
work placement					Work placem	ent in France					
	JULY										
Week 8: work	Monday 7/2		Tuesday 7/3		Wednesday 7/4 Work placement in France		Thursday 7/5		Friday 7/6		Sat & Sun 7/7-7/8
placement					work placem	ent in France					
	Monday 7/9		Tuesday 7/10		JULY Wednesday 7/11		Thursday 7/12		Friday 7/13		Sat & Sun 7/14-7/15
	AM PM Work placement in France		AM PM Work placement in France		AM PM Return to LaSalle		Work placement debriefing and individual oral presentations		Check out & depart home		Sat 7/14: Bastille Day
				FRENCH IS	TAUGHT THRO	DUGHOUT THE					
	Arrival/departu	ire			Nat'l Holiday /	day off			group 1 group 2	Workshops & I	ectures

WE / no program

Work placement

group 2

groups 1 & 2









Study in France and participate in an intensive, interdisciplinary program that combines culinary arts, health sciences and their application for health benefits. The optional work placement provides you with an immersive experience in the French ways of living and working.







ADMISSIONS:

Application deadline:

FEB 15, 2018

Download application forms :

http://international.unilasalle.fr/programs-taught-in-english/

CONTACT: incoming@unilasalle.fr

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