



INSTITUT POLYTECHNIQUE LASALLE-BEAUVAIS

Cooking for Health: From Field to Plate

May 17 – June 16, 2017

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

FOOD AND HEALTH		COOKING FOR HEALTH: FROM FIELD TO PLATE		LY4102 2016-2017
WEEK 1: FRENCH FOR CULINARY PURPOSES				
Faculty: Martine REY	Module: French for Culinary Purposes	Time : 20 contact hrs. 10 hrs. interactive assignments 10 hrs. class prep	3 ECTS credits 1.5 US credits	
Numerus clausus : 16				
Prerequisite: French 101 or equivalent is recommended but not required				
Objective: Students will acquire the basic skills to use French as a professional language (kitchen, food & beverage, cooking techniques, menus).				
Description: French is the international language of cooking. This one-week intensive language course aims at providing students with the necessary language tools to interact successfully in a professional cooking environment. After the week-long language course, students will 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.				
4 hours per day will be devoted to classroom instruction. In addition, students will realize interactive assignments, such as conducting a survey on eating habits. At the end of the three weeks of experiential learning, students will prepare a dish assigned by a French chef. They will introduce themselves in French and present the dish they prepared in French.				
Course content : Day 1: Introducing yourself in a culinary setting Day 2: (Super)markets and products Day 3: A well-stocked kitchen Day 4: Understanding a recipe / a menu				
Course material includes: <ul style="list-style-type: none">▪ Music (e.g. Nino Ferrer, Charles Aznavour)▪ Food art▪ Excerpts from French literature (e.g Emile Zola, <i>Le Ventre de Paris</i>)▪ Film & video (e.g. <i>La Soupe aux Choux</i>; <i>Les Saveurs du Palais</i>),▪ Menus and excerpts from cookbooks.				
Instructor: Martine Rey, Associate Professor of Languages and Cultural Studies				
Assessment:				
Assignments:	Method:	Time limit (for supervised tests):	Weighting:	
Class participation	Preparation for class and class discussion	N/A	50%	
Communication tasks	Interactive, real life assignments using French	N/A	30%	
Final Exam	Assessing reading and listening comprehension	N/A	20%	

FOOD AND HEALTH		COOKING FOR HEALTH: FROM FIELD TO PLATE		B37382 2016-2017
WEEK 2: FRENCH BREAD & CHEESE				
Faculty: Pascale GADONNA	Module: Cooking for Health	Time division : PW : 28	2 ECTS credits 1 US credit	
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 a crusty loaf of French bread as well as some basic knowledge about the use of fermentation in food processing. In a second part of the course, students will also learn how to prepare French cheese and yoghurts, applying the basic knowledge about the use of fermentation in processing food.				
Progam outlineThe course comprises a lecture followed by practical application sessions:				
FRENCH BREAD				
<div>1. Lecture : Learn about French artisan bread techniques</div> <div>2. Practical application in a bakery:<div>a) Learn how to prepare the dough</div><div>b) Find out why yeast is so important</div><div>c) How much salt is needed in bread baking?</div><div>d) Discover the other ingredients</div><div>e) What is the role of sourdough?</div><div>f) Kneading the dough</div><div>g) How do you get the best texture for your loaf?</div><div>h) Become a pro in obtaining the best color and texture for the crust</div></div>				
FRENCH CHEESE				
<div>1. Lecture : Different kinds of cheese and the main steps for cheese making</div> <div>2. Practical lab work:<div>a) Prepare curd</div><div>b) What are the differences between lactic curd and enzymatic curd?</div><div>c) How much time is necessary to obtain the best curd?</div><div>d) What is the role of calcium chloride in cheese?</div><div>e) What are the other ingredients that go into chees making?</div></div>				
Students will also conduct some measurements of texture, pH and observe the microorganisms used in cheese dairy products.				
Instructor: Pascale Gadonna, David Marier				
Assessment:				
Number of assignments	Method	Length of test Time limit (for supervised tests)	Weighting:	
# 1	Written report		50%	
#2	Lab skills		50%	

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COOKING FOR HEALTH: FROM FIELD TO PLATE

WEEK 3: FOOD SYSTEMS

B
2016-2017

Faculty: Cécile FOISSY

Module:
Cooking for HealthTime division :
PW : 7
EXT: 282 ECTS credits
1 US credit**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 these 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 Foissy, Béatrice Breil, Martine Rey

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%

FOOD AND HEALTH

COOKING FOR HEALTH: FROM FIELD TO PLATE

WEEK 4: TRADITIONAL CUISINES AND PUBLIC HEALTH:
FROM HISTORICAL CONCEPTS TO MODERN MESSAGEB
2016-2017

Faculty: Philippe POUILLART

Module:
Cooking for HealthTime division :
L : 5 - W : 15 - PW : 20 -
E : 0 - SL : 02 ECTS credits
1 US credit**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:**

- 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.
- Pouillart P**, Mauprivez H, Ait-Hameur L, Cayzele 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.
- <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.
- http://www.eatingwell.com/recipes_menus/collections/healthy_mediterranean_recipes

Instructors: Philippe Pouillart, Cécile Foissy, Béatrice Breil, Martine Rey**Assessment:**

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

FOOD AND HEALTH

COOKING FOR HEALTH: FROM FIELD TO PLATE

WEEK 5-8:
4-WEEK WORK PLACEMENTB
2016-2017

Faculty: Martine REY / P. POUILLART

Module:
InternshipTime division :
up to 35hrs / week working hours8 ECTS credits
4 US creditNumerus clausus : N/A**Pre-requisite:** completion of the 4-week summer program at LaSalle.

You should be in good physical condition and be willing to share a way of life and to commit to the place and 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. In that sense, our internships are closer to a WOOFING or WORKAWAY experience than to a formal, academic internship. Through hands-on experience, students are getting to know the real side of France and develop cross-cultural communication skills. By learning about other lifestyles, ideas, other cultures, students should gain a new perspective on the working & living environment in their own country.

Learning outcomes: In general, students will develop a deeper understanding of "culture" and learn how to avoid making assumptions. By taking into account cross-cultural differences in work styles and personal interactions, students will develop their ability to observe, to ask questions and to write reports. As a result, they will develop entry level skills to make recommendations for niche markets in their 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. *Research internship at LaSalle:* Currently, LaSalle has one place focusing on nutrition for patients undergoing chemotherapy. The student intern will conduct bibliographic research, develop recipes that counteract the side effects of cancer treatment and that restore the patient's "taste" for cooking and for food consumption. The Student will also take photographs of the recipes. **Please be aware** that this type of placement lacks the family feel of a farm placement.

A word about locations: Students need to be aware that some placement sites are a bit remote. If they enjoy nature, good food, wine, unwinding and old fashioned French country living, they 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 Foissy, Philippe Pouillart, Marie Lummerzheim,**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 market?	70%

MAY			JUNE			JULY		
1			1	Week 2	Field trip : Versailles	1		
2			2		Field trip : Ducasse in Paris	2		
3			3			3	INTERNSHIP	
4			4			4		
5			5		Pentecost	5		
6			6	Week 3	Cooking Techniques	6		
7			7		Locavore Movement	7		
8			8		Dairy Products	8		
9			9		Dairy Products	9		
10			10			10	INTERNSHIP	
11			11			11		
12			12	Week 4	French Paradox	12		
13			13		Cancer	13		
14			14		Heart disease	14	Bastille Day	
15			15		Metabolism & Obesity	15		
16			16		Immune disorders	16		
17	Week 1	Orientation day	17			17	Return to LaSalle	
18		French for Culinary Purposes	18			18	Debrief / Presentation	
19			19		INTERNSHIP	19	Check out / departure	
20			20			20		
21			21			21		
22		French for Culinary Purposes	22			22		
23			23			23		
24			24			24		
25		Ascension	25			25		
26			26		INTERNSHIP	26		
27			27			27		
28			28			28		
29	Week 2	Bread baking	29			29		
30			30			30		
31		Cooking Techniques				31		

FRENCH IS TAUGHT THROUGHOUT THE PROGRAM

WE / Free time

National Holiday

Workshops & internship