Experiential learning in culinary arts and health science

2020 Summer School in France

Culinary Sciences for Health Benefits: From Field to Plate

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 25 – June 23, 2020
Work placement : June 24 – July 17, 2020

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

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

credits:
Up to 6 US Credits:
4 US Credits for the on-campus program and
2 US Credits for the one-month work placement

COST
PARTNER UNIVERSITIES :
On Campus Program only: 2000€
On Campus Program AND work placement : 2400€

OTHER UNIVERSITIES :
On Campus Program only : 4800€
(No work placement option)

INCLUDED:
♦ All field visits and excursions, incl. transportation + overnight accommodation
♦ One Way transportation from CDG Airport to LaSalle on arrival
♦ On campus housing
♦ RT transportation from LaSalle to work placement
♦ Room + board during work placement

NOT INCLUDED:
♦ RT travel from country of origin & passport / visa fees
♦ Mandatory health and liability insurance coverage
♦ 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
### 2020 Culinary Sciences for Health Benefits

Sample class schedule. Please note that the final schedule may vary depending on student numbers; possibility of 2 parallel student groups, with alternate schedules.

#### May

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday May 18</th>
<th>Tuesday May 19</th>
<th>Wednesday May 20</th>
<th>Thursday May 21</th>
<th>Friday May 22</th>
<th>Sat/Sun May 22-23</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>ARRIVAL &amp; Check-in</strong></td>
<td>Orientation</td>
<td>French L &amp; C</td>
<td>Psychological factors in food choice and sensory analysis lab</td>
<td>Lecture on cancer diet</td>
<td>Lecture on bread baking</td>
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<tr>
<td>2</td>
<td>Pancake Wed.</td>
<td>Visit to a regional farm and working cattle ranch</td>
<td>French Bread and Baking Workshop</td>
<td>Cooking in Paris</td>
<td>Wine and chocolate</td>
<td>French L &amp; C</td>
</tr>
</tbody>
</table>

#### June

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday June 1</th>
<th>Tuesday June 2</th>
<th>Wednesday June 3</th>
<th>Thursday June 4</th>
<th>Friday June 5</th>
<th>Sat/Sun June 6-7</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td><strong>DIN OFF</strong></td>
<td>Cooking cardiovascular diseases and diabetes</td>
<td>Cooking: immune disorders</td>
<td>French L &amp; C</td>
<td>Wine and Chocolate</td>
<td>French L &amp; C</td>
</tr>
<tr>
<td>4</td>
<td>Lecture: microbiology of disease transmission</td>
<td>Cheese making workshop</td>
<td>Cheese making workshop (continued)</td>
<td>Visits medieval fish farm and King's vegetable garden at Versailles</td>
<td>Mediterranean cuisine (French paradise)</td>
<td></td>
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</tbody>
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#### June/July

- **June 22, 23 - Mon, July 13:** Work placement in France
- **June 26, 27:** Basque Day Off

#### July

- **Week 9: Final Evaluation**
  - Monday July 13: Departure from your work placement
  - Tuesday July 14: Bastille Day Off
  - Wednesday July 16: NO check-out & departure
  - Thursday July 17: Prepare PPT presentation
  - Friday July 18: Check out & departure

### Notes

- **Arrival/departure**
- **Workplace**
- **Weekend / day off**
- **Workplace / no program**
- **Lectures**
Cook and study in France:

Be part of an intensive, interdisciplinary program that combines culinary arts, health sciences and their application for health benefits.

The optional work placement gives you the opportunity to immerse yourself in French culture and to expose yourself to new ideas and ways of working.

Our Beauvais Campus:

You will live in UniLaSalle’s International student residence hall, located on a safe, 10-acre pedestrian campus, just North of downtown.

Beauvais is a lovely mid-size town located at an hour away by train from Paris. Beauvais is also the Paris airport for low-cost and charter airlines, with international destinations such as Rome, Vienna or Dublin, to name only a few.

Contact us:

Incoming@unilasalle.fr

International Relations
UniLaSalle Campus de Beauvais
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F-60026 BEAUVAIS Cedex

Application forms:
Download here *

Admissions:
Application deadline:
February 15, 2020
www.unilasalle.fr