Culinary Sciences and Health Benefits: From Field to Plate

May 25 – June 23, 2020

Optional work placement:
June 24 – July 17, 2020

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**  
**CULINARY SCIENCES AND HEALTH BENEFITS: FROM FIELD TO PLATE**  
**FRENCH LANGUAGE AND CULTURE**  

<table>
<thead>
<tr>
<th>Faculty: Martine REY</th>
<th>Module: FRENCH</th>
<th>Time: 20 contact hrs. 10 hrs. interactive assignments 10 hrs. class prep</th>
<th>2 ECTS credits 1 US credits</th>
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**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:
- Music (e.g. Nino Ferrer, Charles Aznavour)
- Food art
- Excerpts from French literature (e.g Emile Zola, *Le Ventre de Paris*)
- Film & video (e.g. *La Soupe aux Choux*; *Les Saveurs du Palais*),
- Menus and excerpts from cookbooks.

**Instructor**:
Martine Rey, Associate Professor of Languages and Cultural Studies

**Assessment**:

<table>
<thead>
<tr>
<th>Assignments</th>
<th>Method</th>
<th>Time limit (for supervised tests)</th>
<th>Weighting</th>
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<tbody>
<tr>
<td>Class participation</td>
<td>Preparation for class and class discussion</td>
<td>N/A</td>
<td>50%</td>
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<tr>
<td>Communication tasks</td>
<td>Interactive, real life assignments using French</td>
<td>N/A</td>
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<td>Final Exam</td>
<td>Assessing reading and listening comprehension</td>
<td>N/A</td>
<td>20%</td>
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</table>
Faculty: Sophia NESTORA
Module: FRENCH BREAD & CHEESE
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.

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

FRENCH BREAD
1. Lecture: Learn about French artisan bread techniques
2. Practical application in a bakery:
   a) Learn how to prepare the dough
   b) Find out why yeast is so important
   c) How much salt is needed in bread baking?
   d) Discover the other ingredients
   e) What is the role of sourdough?
   f) Kneading the dough
   g) How do you get the best texture for your loaf?
   h) Become a pro in obtaining the best color and texture for the crust

FRENCH CHEESE
1. Lecture: Different kinds of cheese and the main steps for cheese making
2. Practical lab work:
   a) Prepare curd
   b) What are the differences between lactic curd and enzymatic curd?
   c) How much time is necessary to obtain the best curd?
   d) What is the role of calcium chloride in cheese?
   e) What are the other ingredients that go into cheese making?

Students will also conduct some measurements of texture, pH and observe the microorganisms used in cheese dairy products.

Instructor: Sophia Nestora, David Marier et al.

Assessment:

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<th>Number of assignments</th>
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<tr>
<td>#1</td>
<td>Written report</td>
<td>Time limit (for supervised tests)</td>
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<td>#2</td>
<td>Lab skills</td>
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Food and Health Culinary Sciences and Health Benefits: From Field to Plate

**FOOD SYSTEMS**

**BE 0200**
2019-2020

**Faculty:** Cécile BUCHE - FOISSY

**Module:** FOOD SYSTEMS

**Time division:**
PW : 7
EXT: 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:** We will highlight selected foods and culinary cultures.

**Program:**

The experiencial learning (EL) programme comprises the following topics (8 hours a day includind 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.

1. **Cooking Techniques:** Using simple recipes with locally sourced products, students compare the effects of different cooking techniques on nutritional value and texture.
2. **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.
3. **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.
4. **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/fr/restaurant/alain-ducasse-au-plaza-ath%C3%A9n%C3%A9e](http://www.alain-ducasse.com/fr/restaurant/alain-ducasse-au-plaza-ath%C3%A9n%C3%A9e)

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

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<tbody>
<tr>
<td>Exam #1</td>
<td>Class discussion</td>
<td>Time limit (for supervised tests):</td>
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<tr>
<td>Exam #2</td>
<td>Analysis of a cooking technique</td>
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### Food and Health Culinary Sciences and Health Benefits: From Field to Plate

**Culinary Arts and Public Health**

|----------------------------|-----------------------------------------------|--------------------------------------------------|-------------------|

**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**:

1. **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.

2. **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).

3. **Metabolic Diseases and Obesity**:
   - How to prepare deserts with low glycemix index sugars and without sweeteners.

4. **Cooking with seaweeds**:
   - How to prepare dishes including starters, main courses and desserts to prevent cardiovascular events. (lecture, EL).

5. **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**:


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

**Assessment**:

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<td>#1</td>
<td>Written report</td>
<td>Time limit (for supervised tests)</td>
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<td>#2</td>
<td>Create and cook a recipe for selected health issues</td>
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**FOOD AND HEALTH**

**CULINARY SCIENCES AND HEALTH BENEFITS: FROM FIELD TO PLATE**

**4-WEEK WORK PLACEMENT**

<table>
<thead>
<tr>
<th>Faculty: Martine REY / P. POUILLART</th>
<th>Module: Internship</th>
<th>Time division: up to 35hrs / week working hours</th>
<th>8 ECTS credits</th>
<th>4 US credit</th>
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<td><strong>Numerus clausus</strong>: N/A</td>
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**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 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 placement throughout France. 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 being confronted to 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 Buche-Foissy, Philippe Pouillart, Marie Lummerzheim, et al.

**Assessment**:

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<tbody>
<tr>
<td># 1</td>
<td>Group debriefing of internship experience</td>
<td>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?</td>
<td>30%</td>
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<td># 2</td>
<td>Oral presentation</td>
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<td>70%</td>
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# 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 1: Food Systems</th>
<th>Monday May 25</th>
<th>Tuesday May 26</th>
<th>Wednesday May 27</th>
<th>Thursday May 28</th>
<th>Friday May 29</th>
<th>Sat &amp; Sun May 30-31</th>
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**Arrival & Check-in**

**Orientation**

**French L & C**

**Visit landmarks of Chef Alain Ducasse in Paris**

**Psychological factors in food choice and sensory evaluation**

**Lecture on cancer and diet**

**Lecture on bread baking**

<table>
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<tr>
<th>Week 2: Cooking Techniques</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 &amp; Sun June 6-7</th>
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**Penbrock WE OFF**

**Visit a regional farmers market and working cattle farm**

**Experiment with various cooking techniques**

**French bread and croissants baking workshop**

**Cooking: cancer patients**

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<tr>
<th>Week 3: French Cheese and Wine</th>
<th>Monday June 8</th>
<th>Tuesday June 9</th>
<th>Wednesday June 10</th>
<th>Thursday June 11</th>
<th>Friday June 12</th>
<th>Sat &amp; Sun June 13-14</th>
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**DAY OFF**

**Cooking: cardiovascular diseases and diabetes**

**Cooking: immune disorders**

**French L & C**

**Work on case study and final exam**

**Wine and Chocolate**

**French L & C**

## June

<table>
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<tr>
<th>Week 4: Culinary Arts &amp; Public Health</th>
<th>Monday June 15</th>
<th>Tuesday June 16</th>
<th>Wednesday June 17</th>
<th>Thursday June 18</th>
<th>Friday June 19</th>
<th>Sat &amp; Sun June 20-21</th>
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<td>AM</td>
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**FREE**

**Lecture: microbiology of cheese fermentation**

**Cheese making workshop**

**Cheese making workshop (continued)**

**French L & C**

**Visit a medieval fish farm and King's vegetable garden at Versailles**

**Cooking: Mediterranean cuisine (French seabass)**

## July

<table>
<thead>
<tr>
<th>Week 5: Placement in France</th>
<th>Monday July 13</th>
<th>Tuesday July 14</th>
<th>Wednesday July 16</th>
<th>Thursday July 17</th>
<th>Friday July 18</th>
<th>Sat &amp; Sun July 19-20</th>
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**Arrival/Departure**

**HA STELLA DAY OFF**

**Prepare PPT presentation**

**Final presentation**

**Check out & Departure**

**Work placement in France**

## June/July

**TUE, JUNE 23 - MON, JULY 13**

**Work placement in France**

## July

**TUE, JUNE 24 - MON, JULY 13**

**Work placement in France**

Legend:
- **Arrival/Departure**
- **Week/No Holiday / Day off**
- **Work placement**
- **Jet / no program**
- **DEC/CON**
- **CANCELLATION**
- **FLEX/SLP**