



# Culinary Sciences for Health Benefits: From Field to Plate

May 19 – June 20, 2022

Optional work placement:  
June 21 – July 19, 2022

## Course Catalogue

### Key:

- L = Lecture
- PW = Practical Work - workshops
- S = Seminar
- E = Exam
- EXT = curriculum related excursion
- HW = Homework / class preparation

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	
FOOD IN TEXT AND IMAGE			737381 2021-2022
Faculty: Martine REY	Module: FRENCH FOR CULINARY PURPOSES	Time : S = 10 hrs HW = 10 hrs	2 ECTS credits 1 US credits
<b>Numerus clausus</b> : 16			
<b>Prerequisite:</b> English 101			
<b>Objective:</b> to explore the place of food in selected communities and to reflect on the link the representation of food in various texts and images and between students' own culinary practice			
<b>Description:</b>			
<p>This tutorial explores the role of food in selected North American, Asian and European communities. We will analyze the space between food in fiction (text and image) and real food. To this end, we will look critically at how food is related to its representation in texts and images, including literature, cookbooks , non-fiction food writing , food related films and web sites.</p> <p>We are also going to explore the relationship between:</p> <ul style="list-style-type: none"> <li>- issues of audience, medium, and form</li> <li>- food / food representations and aspects of our mental life,</li> <li>- food / food representations and our social, political, and national culture.</li> </ul>			
<b>Texts</b>			
<p>Hildegard of Bingen - <i>Physica</i>  Proust -  DF Wallace – <i>Consider the Lobster</i>  Maya Angelou,  Howard Nemerov  Ian McEwan - <i>Saturday</i>  Barbara Kingsolver: <i>Animal, Vegetable, Miracle: a Year of Food Life</i>  Adam Gopnik: <i>Cooked Books</i> (The New Yorker); <i>The Table Comes First: Family, France, and the Meaning of Food.</i></p>			
<b>Blogs</b>			
The Salt (NPR)			
<b>Films</b>			
<p>Gabriel Axel - <i>Babette's Feast</i>  David Gelb - <i>Jiro Dreams of Sushi</i> (documentary)  Ang Lee - <i>Eat, Drink, Man, Woman</i>  Stanley Tucci - <i>Big Night</i>  Ritesh Batra – <i>The Lunch Box</i>  Lasse Hallström - <i>The Hundred-foot Journey</i></p>			
<b>Instructor:</b>			
Martine Rey, Associate Professor of Languages and Cultural Studies			
<b>Assessment:</b>			
<b>Assignments:</b>	<b>Method:</b>	<b>Time limit (for supervised tests):</b>	<b>Weighting:</b>
Class participation	Preparation for class and class discussion	N/A	50%
Reading / viewing journal		N/A	20%
Reflexive paper	Food memory story	N/A	30%

<b>FOOD AND HEALTH</b>		<b>CULINARY SCIENCES AND HEALTH BENEFITS: FROM FIELD TO PLATE</b>	
<b>FRENCH BREAD &amp; CHEESE</b>			<b>BE 0201 2021-2022</b>
<b>Faculty:</b> Sophia NESTORA	<b>Module:</b> FRENCH BREAD & CHEESE	<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 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:**

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

FOOD AND HEALTH

CULINARY SCIENCES AND HEALTH BENEFITS: FROM FIELD TO PLATE

## FOOD SYSTEMS

BE 0200  
2021-2022

Faculty: TBA

Module:  
FOOD SYSTEMSTime division :  
PW : 7  
EXT: 282 ECTS credits  
1 US creditNumerus 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.

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/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%

FOOD AND HEALTH		CULINARY SCIENCES AND HEALTH BENEFITS: FROM FIELD TO PLATE		BE 0203 2021-2022
TRADITIONAL CUISINES AND PUBLIC HEALTH				
Faculty: Philippe POUILLART	Module: TRADITIONAL CUISINES AND PUBLIC HEALTH	Time division :	2 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, 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.
- <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](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		
#2	Create and cook a recipe for selected health issues		

<b>FOOD AND HEALTH</b>	<b>CULINARY SCIENCES AND HEALTH BENEFITS: FROM FIELD TO PLATE</b>	<b>737381</b> <b>2021-2022</b>
<b>4-WEEK WORK PLACEMENT</b>		

<b>Faculty:</b> Martine REY / P. POUILLART	<b>Module:</b> Internship	<b>Working hours :</b> up to 35hrs / week	<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.

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, 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 market?	70%

