



INSTITUT POLYTECHNIQUE LASALLE-BEAUVAIS

Cooking for Health: From Field to Plate

May 17 – June 17, 2016

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		SUSTAINABLE FOOD SYSTEMS AND CULINARY PRACTICE	
WEEK 1: FRENCH FOR CULINARY PURPOSES			LY4102 2015-2016
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
<u>Numerus clausus</u> : 20			
<u>Prerequisite:</u> French 101 or equivalent is recommended but not required			
<u>Objective:</u> Students will acquire the basic skills to use French as a professional language (kitchen, food & beverage, cooking techniques, menus).			
<p><u>Description:</u> 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.</p> <p>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.</p> <p><u>Course content :</u> 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</p> <p><u>Course material</u> includes:</p> <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; Les Saveurs du Palais</i>), ▪ Menus and excerpts from cookbooks. 			
<u>Instructor:</u> Martine Rey, Associate Professor of Languages and Cultural Studies			
<u>Assessment:</u>			
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	SUSTAINABLE FOOD SYSTEMS AND CULINARY PRACTICE	WEEK 2 & 3: MAKING FRENCH BREAD & FRESH DAIRY PRODUCTS	B37382 2015-2016
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Faculty: Pascale GADONNA

Module:
Cooking for HealthTime division :
PW : 282 ECTS credits
1 US credit**Numerus clausus** : 20**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 outlineThe 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 dairies.

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%

FOOD AND HEALTH	SUSTAINABLE FOOD SYSTEMS AND CULINARY PRACTICE	WEEK 3: FOOD SYSTEMS	B37381 2015-2016
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Faculty: Philippe POUILLART	Module: Cooking for Health	Time division : PW : 7 EXT: 28	2 ECTS credits 1 US credit
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Numerus clausus : 20

Required entry level: Knowing basic cooking techniques.

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.

Field Trips:

1. Visit a traditional **trout and sturgeon farm** at Villette Manor. Discover traditional smoking and filet slicing techniques. For lunch we will sample local products.
2. Explore the **locavore movement**: visit a farmers' market, a working cattle farm raising Charolais cows, as well as a dairy farm and their signature cheese production.
3. 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.

- <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, Mylène Pouillart, Pascal Chesnais, Cécile Foissy, Martine Rey

Assessment: Report on sessions

Number of assignments:	Method:	Length of test Time limit (for supervised tests):	Weighting:
Exam # 1	Class participation		50%
Exam #2	Create your own bibliography		50%

FOOD AND HEALTH		SUSTAINABLE FOOD SYSTEMS AND CULINARY PRACTICE	
WEEK 4: TRADITIONAL CUISINES AND PUBLIC HEALTH: FROM HISTORIC CONCEPTS TO MODERN MESSAGE – PART 1			B37383 2015-2016
Faculty: Philippe Pouillart	Module: Cooking for Health	Time division : L : 5 - W : 15 - PW : 20 - E : 0 - SL : 0	2 ECTS credits 1 US credit
Numerus clausus : 20			

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 acquire and incorporate the core practical skills necessary for culinary innovation.

Program outline:

- Cooking Techniques:** Using simple recipes with locally sourced products, students compare the effects of different cooking techniques on nutritional value and texture.
- Medieval cooking:** A medical historic concept correlated with modern healthy eating messages (EL + visit of the medicinal herb gardens).
- French Family Cooking and Mediterranean cuisine:** Prepare a full meal, using fresh, local ingredients. Discover health benefits and sunny flavors from foods and culture adjacent to the mediterranean region / Greek-Turkish-Arab cuisine and Northern African-Spanish-Italian-Portuguese cuisine. (EL)
- 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.
- Chocolate workshop:** this workshop will introduce students to the different cacao producing regions and the characteristics 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.

In addition, students will continue to practice **FRENCH** in a culinary setting.

References:

- 1 - 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.
- 2 - **Mylène et Philippe Pouillart**. Manger comme au Moyen Âge : 150 recettes adaptées aux cuisines d'aujourd'hui, Editions PRIVAT, 2010.
- 3 - http://www.eatingwell.com/recipes_menus/collections/healthy_mediterranean_recipes

Instructors: Philippe Pouillart, Mylène Pouillart, Cécile Foissy, Pascal Chesnais, Martine Rey

Assessment:

Number of assignments	Method	Length of test Time limit (for supervised tests)	Weighting:
#1	Translation of a recipe		
#2	Analysis of a cooking technique		
#3	Report on session		

FOOD AND HEALTH		SUSTAINABLE FOOD SYSTEMS AND CULINARY PRACTICE	
WEEK 5: TRADITIONAL CUISINES AND PUBLIC HEALTH: FROM HISTORIC CONCEPTS TO MODERN MESSAGE – PART 2			B37384 2015-2016
Faculty: Philippe POUILLART	Module: Cooking for Health	Time division : L : 5 - W : 15 - PW : 20 - E : 0 - SL : 0	2 ECTS credits 1 US credit

Numerus clausus : 20

Required entry level: juniors or seniors in nutrition, agriculture, food sciences, food marketing, public health or related majors

What students will learn in this course: We will highlight some of the diet-related pathologies which can be prevented or alleviated by culinary gestures and a specific diet.

Program outline:

The experiential learning (EL) programme comprises the following topics (8 hours a day):

1. **Fusion cuisine:** How the fusion cuisine concept can be applied to give culinary solutions for taste disorders (lecture and EL).
2. **Metabolic Diseases and Obesity:**
-How to prepare deserts with low glycemic index sugars and without sweeteners.
3. **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).
4. **Immune disorders:** Allergen and gluten free cooking to help people with allergies or persons with celiac disease (lecture and EL)
5. **Cooking with seaweeds:** How to prepare dishes including starters, main courses and desserts to prevent cardio vascular events (lecture, EL).

In addition, students will continue to practice **FRENCH** in a culinary setting.

References:

- 1 - <http://www.livestrong.com/article/18578-health-benefits-eating-seaweed/>
- 2 - **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.
- 3 - <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.
- 4 - http://www.eatingwell.com/recipes_menus/collections/healthy_diabetic_dessert_recipes

Instructor: Philippe Pouillart, Pascal Chesnais, Cécile Foissy, Martine Rey

Assessment:

Number of assignments	Method	Length of test Time limit (for supervised tests)	Weighting:
# 1	Translation of a recipe		
# 2	Final report due		

COOKING FOR HEALTH IN FRANCE: FROM FIELD TO PLATE Experiential Learning - 5 weeks of interactive workshops and a one-month internship (optional)

ON CAMPUS PROGRAM					ONE-MONTH INTERNSHIP
	Week 1: May 17 - 20	Week 2: May 23 - 27	Week 3: May 30 - June 02	Week 4: June 06 - 10	Week 5: June 13 - 17
	INTENSIVE FRENCH FOR CULINARY PURPOSES 2ECTS=1US Credit	BAKE FRENCH BREAD & CROISSANTS 2ECTS=1US Credit	FOOD SYSTEMS 2ECTS=1US Credit	TRADITIONAL CUISINE AND PUBLIC HEALTH: FROM HISTORIC CONCEPTS TO MODERN MESSAGE 2ECTS=1US Credit	SELECTED OPPORTUNITIES 10ECTS=5US Credits
Monday	FRENCH PUBLIC HOLIDAY PARTICIPANTS ARRIVE IN BEAUVAIS	FOOD REPRESENTATIONS AND PSYCHIC PROCESS: Know yourself through food	EXCURSION: visit a trout and sturgeon farm on a medieval site	COOKING TECHNIQUES: Discover a wide array of modern cooking techniques	FRENCH FUSION CUISINE: Try your hand at cooking fusion cuisine
Tuesday	MAKING FRENCH BREAD (part 1) Theoretical course	HOW TO BE A LOCAVORE: visit a Farmers market, a working cattle farm and a dairy farmer producing his own signature cheese	MEDIEVAL COOKING: Learn the secrets of French medieval cooking	COOKING FOR CANCER patients: Learn how to prevent cancer and therapy induced side effects during treatment of chronic forms of cancer	- Farm internships - Vineyards - Gourmet restaurants (with prior experience working in a restaurant kitchen only) - Culinary research lab - Artisan cheese producer - Traditional bakery
Wednesday	FRENCH FOR CULINARY PURPOSES: REQUIRED FOR THE INTERNSHIP 5 hours of language classes per day. Previous completion of French 101 or equivalent recommended (especially for internship participants), but not required	MAKING FRENCH BREAD (part 2) : In food technology lab : French Baguette, Croissant, and Pain au Chocolat Taste your own production	FRESH DAIRY PRODUCTS (part 1) Theoretical course Visit of the Experimental Dairy Farm of Lasalle	FRENCH FAMILY COOKING AND MEDITERRANEAN CUISINE: prepares a full meal, using fresh, local ingredients	THURSDAY July 21 & FRIDAY July 22 Final internship evaluation and oral presentation of internship project at Lasalle Beauvais
Thursday		DISCOVER PARIS AND VERSAILLES WITH a FRENCH CHEF: Where do gourmet chefs source their products? Find out by touring Paris and Versailles with a trusted colleague of Chef Alain Ducasse	FRESH DAIRY PRODUCTS (part 2) Making fresh yogurth and fresh cheese	WINE WORKSHOP: Technical Approach of the Vine / Wine making Viticulture & grape quality Wine making - Storage & aging CHOCOLATE WORKSHOP: find out about the different chocolate producing regions and taste the difference	GOOD FOR YOUR HEART: prepares a full menu based on seaweeds and other selected products to prevent cardiovascular diseases
Friday		Applied French: language integrated into the visits	NO CLASSES OR WORKSHOPS	FRENCH PARADOX: Discover the "French Paradox" and use its principles in your culinary practice	IMMUNE DISORDERS: discover how to support immune disorders by preparing allergen and gluten free meals

