



Summer Program 2016 « Cooking for Health in France: From Field to Plate »

**Experiential learning:
5 weeks of interactive workshops
and a one-month internship (optional)**

Objectives

Participate in an intensive, interdisciplinary program that combines culinary art, health sciences and professional practice while discovering French sustainable food production. Gain practical, international experience in your field while earning college credits. Immerse yourself in French culture.

Dates

On Campus Program: **May 16 - June 17 2016**
Internship: **June 22 – July 22, 2016**

Admission requirements

Juniors, Seniors or Master degree students in Life Sciences, Agriculture, Food, Nutrition, Public Health, Dietetics etc. from an accredited institution.

English: an advanced intermediate level is required: 750 TOEIC, 550 TOEFL paper (or 215 TOEFLcibt, 80 TOEFLibt), 6.5 IELTS.

French: not required but basic French would be useful.

Credits

1 US Credits/week and 5 US Credits for the one-month internship.

Costs

For students from partner universities:

- On Campus Program: **1850€**
- On Campus + internship: **2450€**

For students from non-partner universities:

- Only On Campus Program: **4600€**

These costs cover all expenses: transport Airport LaSalle, room, board, culinary platform fee, transportations to and from internship, internship administration fee, etc.

Not included: travel from and to country of origin, passport/visa, mandatory health insurance coverage, personal expenses, room & board from June 18-21 for internship participants

** All pictured dishes were carried out by students participating in the summer program 2015*



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	Week 6 through Week 10: Wed June 22 - Fri July 22
	INTENSIVE FRENCH FOR CULINARY PURPOSES <i>2 ECTS=1US Credit</i>	BAKE FRENCH BREAD & CROISSANTS <i>2ECTS=1US Credit</i>	FOOD SYSTEMS <i>2ECTS=1US Credit</i>	TRADITIONAL CUISINE AND PUBLIC HEALTH: FROM HISTORIC CONCEPTS TO MODERN MESSAGE <i>2ECTS=1US Credit</i>		SELECTED OPPORTUNITIES <i>10ECTS=5US Credits</i>
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	- Farm internships - Vineyards - Gourmet restaurants (<i>with prior experience, working in a restaurant kitchen only</i>) - Culinary research lab - Artisan cheese producer - Traditional bakery
Tuesday	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 1) Theoretical course	HOW TO BE A LOCAVORE: visit a Farmer's market, a working cattle farm and a dairy farmer producing his own signature cheese	FRENCH 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	
Wednesday		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: prepare a full meal, using fresh, local ingredients	FRENCH GOOD FOR YOUR HEART: prepare a full menu based on seaweeds and other selected products to prevent cardiovascular diseases	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	METABOLISM AND OBESITY: Prepare desserts with low-glycemic index suggests	
Friday		Applied French: language integrated into the visits	NO CLASSES OR WORKSHOPS	FRENCH 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	

Study in France

The "Grandes Ecoles" are unique to France. They were created in the late 18th century in order to offer outstanding education to the country's future engineers. LaSalle Beauvais, founded in 1854, belongs to this tradition. This summer program crosses our historical B.S./M.S. degrees in Agriculture and in Geology. Foreign students will benefit of our links with partners universities and with invited speakers from public and private sectors.

The proximity with Paris provides a prime example of large urban areas that demand increasing amounts of drinking water quality to sustain their growing population. This constitutes an accurate opportunity to study future water challenges and find new way to manage them.



Discover France while earning college credits



LaSalle★

Beauvais • Institut Polytechnique

Admissions

- **Deadline for sending application:**
March 18, 2016
- **Application forms are available on our website:** www.lasalle-beauvais.fr/-Study-at-LaSalle-Beauvais-
- **Contact:**
incoming@lasalle-beauvais.fr

International Relations

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**Institut Polytechnique
LaSalle Beauvais**
19, rue Pierre Wagué
BP 30313
60026 Beauvais Cedex
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We are already looking forward to welcoming you on our campus!

Beauvais is located in northern France, 50 miles to the north of Paris.

Trains to Paris depart every hour.

Beauvais is an ideal base for exploring Europe. From Paris Beauvais international airport (5 minutes from LaSalle campus), low cost companies offer regular flights to exciting destinations such as: Italy (Rome, Milan, Venice, Pisa), Spain (Barcelona, Madrid), Great Britain (Manchester), Ireland (Dublin), Sweden (Stockholm), Norway (Oslo), Portugal (Porto), Romania (Bucharest), Poland (Warsaw), or Czech Republic (Prague)...



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La Salle
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