



Culinary Sciences and Health Benefits : **From Field to Plate**

Summer School 2018 in France :
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 15 - June 13, 2018

Work placement : June 14 – July 13, 2018

ADMISSION REQUIREMENTS

Juniors, Seniors or Master degree students in **Food Sciences, Life Sciences, Nutrition, Dietetics, Public Health etc,**

For non-native 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 8 US Credits :

4 US Credits for the on-campus program and

4 US Credits for the one-month work placement

COSTS

Partner universities :

- On Campus Program : 2000 euros
- On Campus & work placement : 2400 euros

Non-partner universities :

- On Campus Program only (no work placement) : 4800 euros

Included :

- All field visits and excursions, incl. transportation + overnight accommodation
- One Way transportation from CDG Airport to LaSalle
- On campus housing
- RT transportation from LaSalle to work placement
- Work placement administration fee

Not included :

- RT travel from country of origin & passport/visa fees
- Mandatory health and liability insurance coverage
- All meals (optional meal plan available at approx. 10 euros/day)
- Personal expenses, incl. personal travel on long week-ends
- Return transportation from LaSalle to airport at the end of the program

** All dishes in the photos were carried out by students participating in previous summer programs*

2018 CULINARY SCIENCES FOR HEALTH BENEFITS

MAY											
Week 1 FRENCH FOR CULINARY PURPOSES	Monday 5/14		Tuesday 5/15		Wednesday 5/16		Thursday 5/17		Friday 5/18		5/19-20
			Arrival & Check in		AM	PM	GROUP 1	GROUP 2	GROUP 2	GROUP 1	Pentecost WE OFF
					Orientation day	French for Culinary Purposes	French for Culinary Purposes	French for Culinary Purposes	French for Culinary Purposes	Visit landmarks of *** Chef Alain Ducasse in Paris	
MAY											
Week 2 FRENCH CHEESE AND BREADS	Monday 5/21		Tuesday 5/22		Wednesday 5/23		Thursday 5/24		Friday 5/25		5/26-27
	Pentecost WE OFF		AM	PM	GROUP 2	GROUP 1	GROUP 1	GROUP 2	GROUP 1	GROUP 2	WE
			Lecture on bread baking theory	Lecture on cancer and diet	Baking bread and croissants in a pro- fessional kitchen	Sensory analysis lab: psy- chological factors in food choice	Sensory analysis lab: psychologi- cal factors in food choice	Baking bread and croissants in a pro- fessional kitchen	Experi- ment with various cooking techniques	Visit landmarks of *** chef Alain Ducasse in Paris	
MAY											
Week 3 FOOD SYSTEMS	Monday 5/28		Tuesday 5/29		Wednesday 5/30		Thursday 5/31		Friday 6/1		6/2-3
	AM	PM	GROUP 2	GROUP 1	GROUP 2	GROUP 1	GROUP 2	GROUP 1	Day OFF		WE
	Lecture on microbiologi- gy of cheese fermentation process	French for Culinary Purposes	Visit a regional farmers' market and working cattle farm	Cheese making workshop 1	Cheese making workshop 1	French for Culinary Purposes	medieval fish farm and King's vegetable garden at Versailles	Culinary workshop: French Paradox			
JUNE											
Week 4 TRADITIONAL CUISINES & PUBLIC HEALTH	Monday 6/4		Tuesday 6/5		Wednesday 6/6		Thursday 6/7		Friday 6/8		6/9-10
	GROUP 2	GROUP 1	GROUP 2	GROUP 1	GROUP 2	GROUP 1	GROUP 2	GROUP 1	GROUP 2	GROUP 1	WE
	Visit a me- dieval fish farm and King's vege- table garden at Versailles	Culinary workshop: French Paradox	Visit a regional farmers' market and working cattle farm	Cheese making workshop 2	Cheese making workshop 2	French for Culinary Purposes	Cooking for cancer patients	Cooking for cancer patients	Cooking to prevent heart disease	Cooking to prevent heart disease	
JUNE											
Week 5 TRAD'L CUISINES & PUBLIC HEALTH CT'D	Monday 6/11		Tuesday 6/12		Wednesday 6/13		Thursday 6/14		Friday 6/15		6/16-17
	GROUP 2	GROUP 1	GROUP 2	GROUP 1	Check out & depart home or depart for work placement		Work placement in France				WE
	Cook to prevent diabetes and obesity	Cook to prevent diabetes and obesity	Cooking with immune disorders	Cooking with immune disorders							
JUNE											
Week 6	Monday 6/18		Tuesday 6/19		Wednesday 6/20		Thursday 6/21		Friday 6/22		6/23-24
	Work placement in France										WE
JUNE											
Week 7	Monday 6/25		Tuesday 6/26		Wednesday 6/27		Thursday 6/28		Friday 6/29		6/30-1
	Work placement in France										WE
JULY											
Week 8	Monday 7/2		Tuesday 7/3		Wednesday 7/4		Thursday 7/5		Friday 7/6		7/7-8
	Work placement in France										WE
JULY											
Week 9 WP & FINAL EVALUATION	Monday 7/9		Tuesday 7/10		Wednesday 7/11		Thursday 7/12		Friday 7/13		7/14-15
	Work placement in France				Return to LaSalle		Work placement debriefing and individual oral presentations		Check out & depart home		Bastille Day (14)

FRENCH IS TAUGHT THROUGHOUT THE PROGRAM

Sample class schedule. Please note that the final schedule may vary slightly. / 2 parallel groups possible

■ Arrival/Departure	■ National Holiday	■ Workshops & lectures GROUP 1	■ Workshops & lectures GROUP 2	■ Workshops & lectures GROUP 1&2
■ Work placement	■ WE			



STUDY IN FRANCE

and participate in an intensive, interdisciplinary program that combines culinary arts, health sciences and their application for health benefits. The optional work placement provides you with an immersive experience in the French ways of living and working.



ADMISSIONS

Application deadline :
February 15, 2018



UniLaSalle
Terre & Sciences

International relations



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Download application forms :

<http://international.unilasalle.fr/programs-taught-in-english/>

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