UniLaSalle
Terre & Sciences

An experiential learning approach to culinary arts and health

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 Program: **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€**
On Campus & work placement:: **2400€**

NON-PARTNER UNIVERSITIES:
On Campus Program only (no work placement): **4800€**

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€/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*

SIRHA INNOVATION AWARDS 2017







2018 CULINARY SCIENCES AND HEALTH BENEFITS

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

MAY

	Monday	Tuesday 5/15	Wednesday 5/16		Thursday 5/17		Friday 5/18		Sat & Sun 5/19-5/20
			AM	PM	Group 1	Group 2	Group 1	Group 2	
Week 1: French for Culinary Purposes		ARRIVAL & Check in	Orientation day	French for Culinary Purposes	French for Culinary Purposes	French for Culinary Purposes	Visit landmarks of *** Chef Alain Ducasse in Paris	Cooking Techniques	Pentecost WE OFF

MAY

	Monday 5/21	Tuesday 5/22		Wednesday 5/23		Thursday 5/24		Friday 5/25		Sat & Sun 5/26-5/27
		AM	PM	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	
Week 2: French Cheese and Breads	Pentecost WE OFF	Lecture on bread baking theory	Lecture on cancer and nutrition	Baking bread and croissants in a professional kitchen	Food Systems Psycho / Cuisine	Food Systems Psycho / Cuisine	Baking bread and croissants in a professional kitchen	Cooking Techniques	Visit landmarks of *** chef Alain Ducasse in Paris	

MAY / JUNE

	Monday 5/28		Tuesday 5/29		Wednesday 5/30		Thursday 5/31		Friday 6/1	Sat & Sun 6/2-6/3
	AM	PM	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2		
Week 3: Food Systems	Lecture on miccrobiology 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	Visit a medieval fish farm and King's vegetable garden at Versailles	Culinary workshop: French Paradox	DAY OFF	

JUNE

	Monday 6/4		Tuesday 6/5		Wednesday 6/6		Thursday 6/7		Friday 6/8		Sat & Sun 6/9-6/10
	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	
Week 4: Traditional Cuisines & Public Health	Visit a medieval fish farm and King's vegetable 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 workshop for cancer	Cooking workshop for cancer	Cooking workshop to prevent heart disease	Cooking workshop to prevent heart disease	

JUNE

	Monday 6/11		Tuesday 6/12		Wednesday 6/13	Thursday 6/14	Friday 6/15	Sat & Sun 6/16-6/17
	Group 1	Group 2	Group 1	Group 2				
Week 5: Trad'l Cuisines & Public Health ct'd	Cook to prevent diabetese and obesity	Cook to prevent diabetese and obesity	Cooking with immune disorders	Cooking with immune disorders	Check out & depart home or depart for work placement	Work placement in France	Work placement in France	

JUNE

	Monday 6/18	Tuesday 6/19	Wednesday 6/20	Thursday 6/21	Friday 6/22	Sat & Sun 6/23-6/24
Week 6: work placement	Work placement in France					

JULY

	Monday 6/25	Tuesday 6/26	Wednesday 6/27	Thursday 6/28	Friday 6/29	Sat & Sun 6/30-7/1
Week 7: work placement	Work placement in France					

JULY

	Monday 7/2	Tuesday 7/3	Wednesday 7/4	Thursday 7/5	Friday 7/6	Sat & Sun 7/7-7/8
Week 8: work placement	Work placement in France					

JULY

	Monday 7/9		Tuesday 7/10		Wednesday 7/11		Thursday 7/12	Friday 7/13	Sat & Sun 7/14-7/15
	AM	PM	AM	PM	AM	PM			
Week 9: Evaluation	Work placement in France		Work placement in France		Return to LaSalle		Work placement debriefing and individual oral presentations	Check out & depart home	Sat 7/14: Bastille Day

FRENCH IS TAUGHT THROUGHOUT THE PROGRAM

- Arrival/departure
- Work placement
- Nat'l Holiday / day off
- WE / no program
- group 1 — Workshops & lectures
- group 2
- groups 1 & 2



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 :

FEB 15, 2018

Download application forms :

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

CONTACT: incoming@unilasalle.fr

International Relations
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Photo credits: P.Pouillart, M.Lummerzheim, M.Mears – Document not contractuel – Sept 2017