

2019 Summer School in France
May 16 — June 14, 2019

Optional work placement: June 15 — July 12, 2019



Culinary Sciences for Health Benefits:
From Field toPlate

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 16 – June 14, 2019

Work placement : June 15 – July 12, 2019

admission requirements:

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

For non-natives speakers of English: 87 lbt TOEFL or 6.5 IELTS.

French is not required, but basic French is recommended for the work placement option.

credits:

Up to 6 US Credits:

4 US Credits for the on-campus program and

COST

PARTNER UNIVERSITIES :

On Campus Program only: 2000€

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

OTHER UNIVERSITIES :

**On Campus Program only
(no work placement option) :** 4800€

INCLUDED:

- ♦ All field visits and excursions, incl. transportation + overnight accommodation
- ♦ **One Way** transportation from CDG Airport to LaSalle on arrival
- ♦ On campus housing
- ♦ **RT** transportation from LaSalle to work placement
- ♦ Room + board during work placement

NOT INCLUDED:

- ♦ RT travel from country of origin & passport / visa fees
- ♦ Mandatory health and liability insurance coverage
- ♦ 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

2019 CULINARY SCIENCES FOR HEALTH BENEFITS

Sample class schedule. Please note that the final schedule may vary slightly.

2 parallel groups possible

MAY											
Week 1: French for Culinary Purposes	Monday 5/13		Tuesday 5/14		Wednesday 5/15		Thursday 5/16		Friday 5/17		Sat & Sun 5/18-5/19
					AM	PM			AM	PM	
							ARRIVAL & Check in		Orientation day		French for Culinary Purposes

MAY											
Week 1: French for Culinary Purposes	Monday 5/20		Tuesday 5/21		Wednesday 5/22		Thursday 5/23		Friday 5/24		Sat & Sun 5/25-5/26
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	
	French for Culinary Purposes		Lecture on bread baking theory	Lecture on cancer and diet	Sensory analysis lab: psychological factors in food choice		Baking bread and croissants in a professional kitchen		Visit landmarks of *** Chef Alain Ducasse in Paris		

MAY										JUNE
Week 2: French Cheese and Breads	Monday 5/27		Tuesday 5/28		Wednesday 5/29		Thursday 5/30	Friday 5/31	Sat & Sun 6/1-6/2	
	AM	PM	AM	PM	AM	PM				
	Lecture on microbiology of cheese fermentation process	French for Culinary Purposes	Visit a regional farmers' market and working cattle farm		Experiment with various cooking techniques		Ascension	Ascension Day WE off		

JUNE											
Week 3: Food Systems	Monday 6/3		Tuesday 6/4		Wednesday 6/5		Thursday 6/6		Friday 6/7		Sat & Sun 6/8-6/9
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	
	Cheese making workshop		Cheese making workshop	French for culinary purposes	Visit a medieval fish farm and King's vegetable garden at Versailles		Culinary workshop: French Paradox		Wine, chocolate, spices	French for culinary purposes	

		JUNE							
Week 4: Traditional Cuisines & Public Health	Monday 6/10	Tuesday 6/11		Wednesday 6/12		Thursday 6/13		Friday 6/14	Sat & Sun 6/15-6/16
		AM	PM	AM	PM	AM	PM		
	Pentecost WE OFF	Cooking to prevent heart disease		Cooking for cancer patients		Cooking with immune disorders FINAL EXAM	FINAL EXAM & program evaluation	Checkout & depart home or depart for work placement	

JUNE / JULY									
Week 5-8: placement in France	Mon JUNE 17 - Fri JULY 13								Sat & Sun 6/22-6/23
	Work placement in France								

JULY									
Week 9: final Evaluation	Monday 7/15		Tuesday 7/16		Wednesday 7/17		Thursday 7/18	Friday 7/19	Sat & Sun 7/20-7/21
	AM	PM	AM	PM	AM	PM			
	Return to LaSalle		Work placement debriefing and individual oral presentations		Check out & depart home				

FRENCH IS TAUGHT THROUGHOUT THE PROGRAM

Arrival/departure

Nat'l Holiday / day off

EXCURSION

Work placement

WE / no program

WORKSHOP

LECTURES



Study in France

and participate in an intensive, interdisciplinary program that combines **culinary arts**, health sciences and their application for **health benefits**.

Our Beauvais Campus:

You will be housed at UniLaSalle's International student residence hall, located on a safe, 10-acre pedestrian campus just North of downtown.

Beauvais is a lovely mid-size town located at an hour away by train from Paris. In addition, Beauvais' international airport is home to low-cost and charter airlines; Rome, Vienna or Dublin, to name a few, are just a short plane ride away.



**More
information about
the programs**

Contact us:

Incoming@unilasalle.fr

International Relations
UniLaSalle Campus de Beauvais
19, rue Pierre Waguet - BP 30313
F - 60026 BEAUVAIS Cedex

Application forms :

Download [here](http://international.unilasalle.fr/wp-content/uploads/2015/03/1-Application-form-Culinary-Sciences-Health-Benefits-2018.pdf) *

* <http://international.unilasalle.fr/wp-content/uploads/2015/03/1-Application-form-Culinary-Sciences-Health-Benefits-2018.pdf>

Admissions:

Application deadline :

February 15, 2019

www.unilasalle.fr



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