

Food and Culture in the Languedoc-Roussillon Region of France
HUN 6936/FYC 6932
SUMMER C 2017 – Sections 729H; 73DE; 0166

Instructors:	Gail P. A. Kauwell, PhD, RDN, LDN, FAND Professor	Karla P. Shelnut, PhD, RDN Associate Professor
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Office hours:	Tuesday 1:30-3:30 by appointment; as needed by appointment	By appointment

Class meeting time:	Thursday 1:30-4:30 PM (refer to class schedule; minimum of 14 hours of pre-departure class meetings) plus activities scheduled outside of class meeting time; plus a 40 hours during the study abroad experience
Attendance:	Required
Location:	Dietetics Lab (Bldg 162)
Credits:	3

Prerequisites: Open to all graduate students and upper division undergraduates with a minimum GPA of 3.5 and successful interview.

Course Description: Experience the culture and cuisine of the Languedoc-Roussillon region of southern France through hands on cooking lessons, taste tests, and guided tours of traditional French food markets, a gastronomic meal at a Michelin star restaurant, and the production of French commodities such as olive oil, wine, chocolate, honey and various types of produce during a one-week study abroad experience combined with on-campus learning experiences and activities. The on-campus learning experiences are designed to help prepare students for the study abroad experience and provide them with the opportunity to apply what they have learned from their research and international experience by producing an article with corresponding photos suitable for publication in a magazine.

Objectives:

- Evaluate the strength of the evidence for various aspects of the Mediterranean Eating Pattern in terms of disease risk reduction.
- Compare and contrast the Mediterranean Eating Pattern to the typical Western diet and lifestyle and the Dietary Guidelines for Americans.
- Compare and contrast farmers markets in the US and France in terms of the types and varieties of foods available, atmosphere, condition of the products, prices, etc., and explore the significance of local/regional production of food in France and compare it to the US.

Objectives (continued):

- Develop culinary skills and a basic understanding of food preparation techniques used to create French cuisine typical of the Languedoc-Roussillon region of France.
- Compare and contrast the food habits, methods of food preparation, the types and availability of food products/ingredients, and the attitudes toward food and food production of the Languedoc-Roussillon region of France to those typical in the US.
- Integrate experiences from this study abroad program with research on an approved topic to produce a magazine article that includes corresponding photos.
- Appreciate the differences and similarities between French and American culture and cuisine.

Class Attendance and Demeanor: Students are required to attend all classes, to arrive on time and to leave when dismissed by the instructor. Students are expected to show courtesy to their classmates and instructor by turning cell phones/smart phones/pagers, etc. off before the class period begins and refraining from engaging in conversations during class unless directed to do so by the instructor.

Study Abroad Experience Attendance and Demeanor: Students are required to attend all cooking sessions, guided tours, meals, and other planned excursions, and to act and dress in an appropriate manner with the goal of representing the University of Florida well. Students are expected to be prompt for all sessions and departure/meeting times. Students are expected to show courtesy to their classmates, instructors, guides, and others. While use of electronic devices will be necessary during the trip to take photos, document information, etc., students should refrain from the use of these during presentations, discussions, cooking sessions (except to take photos), and other times as noted by the course leaders.

Absences and Make-Up Work: Requirements for class attendance and make-up exams, assignments, and other work are consistent with university policies that can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

Student Evaluation:

Performance Indicators	Points
Film Reflection Discussion	35
Mediterranean Eating Pattern Presentation (Nutrition Graduate Students); (Non-nutrition Graduate Student)	50
Farmers Market/Food Market Comparison Discussion	35
Magazine Article with Photos	100
Electronic Journal Entries (minimum of 5 days of entries during study abroad experience)	50
Participation in Class and Study Abroad Experience Discussions	25
Evaluation of Professional Behavior	25
Total	320

Grades and Grade Points: For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>.

Grading Scale:

A = 299-320 93.34-100%	A ⁻ = 288-298 90-93.33%	B ⁺ =277-287 86.68-89.9%	B = 267-276 83.34-86.67%
B ⁻ = 256-266 80-83.33%	C ⁺ = 245-255 76.68-79.9%	C = 235-244 73.34-76.67%	C ⁻ = 224-234 70-73.33%
D ⁺ = 213-223 66.68-69.9%	D = 203-212 63.34-66.67%	D ⁻ = 192-202 60-63.33%	E = <192 <60%

Grades are not curved and are not negotiable.

All assignments **must be typed**. All assignments must be submitted on time (as specified) for full credit. Generally, the time of submission will be at the beginning of class on the assigned due date. Beginning with the due date, course work turned in late will be penalized by deducting 10% per day from the total value of the assignment. Regardless of the number of days an assignment is late, it must be submitted.

Textbooks and Other Materials:

There are no textbooks for this course. Additional course information and materials will be posted on Canvas (<https://lss.at.ufl.edu/>) and/or available through the Marston Science Library online reserve system (Ares) or other resources needed to complete assignments.

Student Preparation for Class: Students are expected to complete reading assignments in advance. Class preparation may require use of the Internet, library and/or other reference materials. Students are expected to bring materials printed from Canvas or other sites to class. Students are expected to refrain from using cell phones/smart phones during class and lectures, presentations and other formal learning experiences during the study abroad experience unless specifically directed to use them.

How to Access Canvas:

- Access requires a Gatorlink account. If you need to establish a Gatorlink account, go to <http://www.gatorlink.ufl.edu/>.
- Once you have created a Gatorlink account, access e-Learning support services home page at <http://lss.at.ufl.edu>. Select “e-Learning in Canvas”. Log in using your Gatorlink ID. HUN 6936/FYC 6932 should be listed under “courses”. If you are unfamiliar with Canvas, information can be found under the “help” tab.

Academic Honesty: As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.” You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the

University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment."

It is assumed that you will complete all work independently in each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes, exams). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>.

Software Use: All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Students with Disabilities: The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. Contact information: 0001 Reid Hall, 392-8565, www.dso.ufl.edu/drc/.

Online Course Evaluation Process: Student assessment of instruction is an important part of efforts to improve teaching and learning. At the end of the semester, students are expected to provide feedback on the quality of instruction in this course using a standard set of university and college criteria. These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open for students to complete during the last two or three weeks of the semester; students will be notified of the specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

Student Complaints: The following link describes the University of Florida's policy related to student complaints.

Residential Course: https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf

Campus Helping Resources: Students experiencing crises or personal problems that interfere with their general wellbeing are encouraged to utilize the university's counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently

enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

Service	Location	Phone	Web site	Services provided
University Counseling and Wellness Center	3190 Radio Road	352-392-1575	www.counseling.ufl.edu/cwc/	<ul style="list-style-type: none"> ▪ Counseling Services - individual and group ▪ Groups and Workshops ▪ Outreach and Consultation ▪ Self-Help Library ▪ Wellness Coaching ▪ Training Programs ▪ Community Provider Database
U Matter We Care		352-294-CARE	www.umatter.ufl.edu	Care-related programs and resources for students and employees
Career Resource Center	First Floor J. Wayne Reitz Union	352-392-1601	www.crc.ufl.edu	Career development assistance and counseling

Other Information: Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may be subject to disciplinary action under the University’s Student Conduct Code. Only students formally registered for the course are permitted to attend lectures and take quizzes/tests.

Email: Students are required to check their email account(s) daily (at least Monday through Friday) and respond to course/program related requests, inquiries, etc. in a timely manner.

Overview of Assignments (Due dates TBD)

Due Prior to Departure

Setting the Scene

Get inspired about French food and culinary delights by watching one of the following movies. (While you are welcome to watch as many of the films as you like, you will choose the films in class so that no more than two students will be reporting on any one film.) Be prepared to give a synopsis of the movie you watched and to share, at a minimum, what you learned about cooking (i.e., terms, foods, methods of preparation, etc.), cuisine, culture, attitudes, etc. and the impact/impression the movie had on you. Look beyond the storyline for aspects of the film

that relate to essence of French food and culture. (Discussion to be conducted in France.)

- The Hundred Foot Journey
- Haute Cuisine
- Chocolat
- Julie and Julia
- Ratatouille
- Burnt

In addition to viewing one of the movies listed above, everyone is required to watch one of the following movies to get accustomed to hearing spoken French. (Both movies have subtitles) If you selected Haute Cuisine, which also is in French, from the list above, then watch Romantics Anonymous for your second movie.

- Haute Cuisine
- Romantics Anonymous

The French Revolution

Gain perspective on the impact of the French Revolution on French culture by viewing the History Channel's documentary, *"The French Revolution"*. This documentary is available on YouTube. Students will be invited to Dr. Shelnutt's house as an option for viewing (see class schedule for details; discussion to be conducted in France.)

The Mediterranean Eating Pattern (FSHN graduate students)

Research the scientific literature to learn more about the purported health benefits of the Mediterranean Eating Pattern, present your findings to the class, and facilitate a discussion on the topic you selected. A copy of your PowerPoint presentation needs to be submitted following your presentation. Presentations should be 30 minutes including the discussion (approximately 20-25 minutes for the presentation and 5-10 minutes for the discussion). Include a list of references/resources used to create your presentation.

- Overview of the Mediterranean Eating Pattern (to include definitions used to describe the Mediterranean Eating Pattern and the purported health benefits of the Mediterranean Eating Pattern in general; comparison of the Mediterranean Eating Pattern to the typical Western Diet and the Dietary Guidelines for Americans) – Dr. Shelnutt
- Chronic Disease Risk Reduction (include an assessment of the strength of the evidence; students in FSHN to do presentations on chronic disease risk reduction) – 7 students (select from: heart disease, cancer, obesity, diabetes, aging, metabolic syndrome, cognitive function, arthritis)
- Communicating Health Messages Around the Mediterranean Eating Pattern (non-nutrition student)

Food Markets and Food Products

Visit a local farmers market prior to the study abroad portion of this course to explore the types and varieties of foods available, atmosphere, condition of the products, prices, etc. as a basis

for comparison when you visit an open air food market in France. Be prepared to share your observations and comparisons during a class discussion following the market tour you will complete in France. (Discussion to be conducted in France.)

Markets available in Gainesville:

- Haile Market: Saturdays from 8:30 AM – 12:00 PM
- Union Street Farmers Market: Wednesdays from 4:00 PM – 7:00 PM
- Alachua County Farmers Market: Saturdays from 8:30 AM – 1:00 PM
- Tioga Monday Market: Mondays from 4:00-7:00 PM

Due Post-Return from Study Abroad Experience

French Food and Culture Magazine Article

Write an article on some aspect of French food/culture suitable for publishing online. Include photos that you have taken to illustrate the topic you selected. The goal is to produce a well-written, well-researched article that has substance (i.e., is educational and informative) and that follows the basic guidelines/principles used for writing and designing written materials for the general public.

- Review issues of the Academy of Nutrition and Dietetics' *Food and Nutrition Magazine* to get a solid feel for the type of article to be produced.
- Identify potential topics and submit, in order of preference, to your instructors for approval. The topic must relate to some relevant food/nutrition aspect of your study abroad experience (i.e., it must be something related to your food/culinary experience in France; it can be about a food/beverage/spice; piece of equipment used to make foods/beverages; a concept, such as sustainable practices, farmers markets, food habits, etc.; a method of food/beverage production; etc.).
- Research the topic using appropriate printed resources, as well as information learned through presentations, field trips, interviews, etc. while studying abroad. Information might include origin of the food; use of the food in the diet; folklore related to the food; nutritional properties; unique qualities; comparisons to other foods; differences between an industrialized food supply and a fresh, local sustainable food supply; etc.
- Write the article. Proper grammar, punctuation, sentence structure, etc. are mandatory. Avoid plagiarism.
- Plan the layout and design. Incorporate photos you have taken and edited that support the theme of your article. Images must use proper photographic settings (non-pixelated) be appropriately sized, inserted within text to create good visual appeal.
- Other criteria that must be fulfilled:
 - Minimum of two photos
 - At least one of the photos must be one that you took during the study abroad experience; other photos as appropriate to support the article (all photos must be taken by you)
 - Article must be a minimum of 1000 words; fact-based including reputable resources etc.)
 - At least one recipe related to the topic of the article

Electronic Journal

- Create an “electronic journal” that includes a description of activities you performed and observations you made on each day of your study abroad experience. Photos can be used to support your journal entries. The entries should **show evidence of personal reflection upon the impact, significance and/or insight (regardless of whether they are negative or positive) you have gained from each day’s experience**. Also, reflect on the personal and professional attitudes and values you experience or encounter. Other suggestions will be reviewed in class.

**Summer C
2017 Tentative Schedule***

Date		Topics
May 1:30-4:30	11 (Th)	<ul style="list-style-type: none"> ▪ Meet Your Classmates Icebreaker ▪ Review Syllabus and Course ▪ Discuss Study Abroad Experience Expectations ▪ Travel Debriefing and Preparation ▪ Brief Introduction to France ▪ Introduction to the Mediterranean Eating Pattern ▪ Introduction to Photography –Tyler Jones
	24 (W)	<ul style="list-style-type: none"> ▪ View <i>“The French Revolution”</i> (on your own or group session on May 24 7:00 PM at Dr. Shelnut’s home 8224 SW 16th Place Gainesville, FL 32607)
	25 (Th)	<ul style="list-style-type: none"> ▪ Mediterranean Eating Pattern and Chronic Disease/Communicating Health Messages Around the Mediterranean Eating Pattern Presentations (three students) ▪ Basic Kitchen and Food Handling Skills – Chef Bearl
June 1:30-4:30	1 (Th)	<ul style="list-style-type: none"> ▪ Mediterranean Eating Pattern and Chronic Disease/ Health Messages Around the Mediterranean Eating Pattern Presentations (3 students)
	8 (Th)	<ul style="list-style-type: none"> ▪ Mediterranean Eating Pattern and Chronic Disease/ Health Messages Around the Mediterranean Eating Pattern Presentations (2 students) ▪ Exploring French Food and Culture Discussion with Graduate Students from France
Prior to departure (on your own)		<ul style="list-style-type: none"> ▪ View at least two of the films listed in the syllabus (specifics outlined earlier in the syllabus) ▪ Local farmers market visit (on your own)

continued on next page

<p>June In France (40+ hours)</p>	<p>17 to 24</p>	<ul style="list-style-type: none"> ▪ Depart for Study Abroad Experience (arrive on June 18 by ~12:00 noon; depart June 24) ▪ Hands on cooking lessons <ul style="list-style-type: none"> ▪ Culinary experience at a Michelin Star Restaurant ▪ Exploring and shopping at a traditional French food market ▪ Field trips to producers of local French products ▪ Taste tests ▪ Visit to a historic ancient city ▪ Discussions: Assignments, Field Trip/Cooking Lessons ▪ Free time to tour Toulouse (afternoon of June 23)
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