

**Food and Culture in the Languedoc-Roussillon Region of France**  
**DIE 6936 (729H)/FYC 6932 (03D8)**  
**SUMMER A 2015**

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**Class meeting time:** 6 hours of class pre-departure (Tuesday May 20 & 27 and June 3 from 4:00 – 6:00 PM), pre-departure assignments, and a minimum of 40 hours of during the study abroad experience

**Attendance:** Required

**Location:** Dietetics Lab (Bldg 162)

**Credits:** 3

**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 goat cheese, olive oil, wine, and 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 through the development of an online magazine.

**Objectives:**

- Evaluate the strength of the evidence for various aspects of the Mediterranean Diet in terms of disease risk reduction.
- Compare and contrast the Mediterranean Diet 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.
- 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 US.
- Integrate experiences from this study abroad program with research on an approved topic to produce a magazine article that includes at least one photo.
- 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, 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, and other times as noted by the course leaders.

**Student Evaluation:**

Performance Indicators	Points
Film Reflection Paper	35
Mediterranean Diet Presentation	50
Farmers' Market/Food Market Comparison Discussion	35
Magazine Article with Photo(s)	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
<b>Total</b>	<b>320</b>

**Grading Scale**

A = 299-320 93.34-100%	A <sup>-</sup> = 297-288 90-93.33%	B <sup>+</sup> =277-287 86.68-89.9%	B = 267-276 83.34-86.67%
B <sup>-</sup> = 256-266 80-83.33%	C <sup>+</sup> = 245-265 76.68-79.9%	C = 235-244 73.34-76.67%	C <sup>-</sup> = 224-234 70-73.33%
D <sup>+</sup> = 213-223	D = 203-212	D <sup>-</sup> = 192-202	E = <192

66.68-69.9%	63.34-66.67%	60-63.33%	<60%
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**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.

**Other:** Additional course information and materials, as needed to complete assignments, will be posted on Canvas (<https://lss.at.ufl.edu/>).

**Student Preparation for Class:** Students are expected to complete assignments in advance of departure, as stipulated. Class preparation may require use of the Internet, library and/or other reference materials. 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 asked to do so.

**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. DIE 6936/FYC6932 should be listed under “courses”. If you are unfamiliar with Canvas, information can be found under the “help” tab.

**Academic Honesty**

In 1995 the UF student body enacted a new honor code and voluntarily committed itself to the highest standards of honesty and integrity. When students enroll at the university, they commit themselves to the standard drafted and enacted by students. In adopting this honor code, the students of the University of Florida recognize that academic honesty and integrity are fundamental values of the university community.

Students who enroll at the university commit to holding themselves and their peers to the high standard of honor required by the honor code. Any individual who becomes aware of a violation of the honor code is bound by honor to take corrective action. The quality of a University of Florida education is dependent upon community acceptance and enforcement of the honor code.

**The Honor Code: We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.**

On all work submitted for credit by students at the university, the following pledge is either

required or implied: **“On my honor, I have neither given nor received unauthorized aid in doing this assignment.”**

The university requires all members of its community to be honest in all endeavors. A fundamental principle is that the whole process of learning and pursuit of knowledge is diminished by cheating, plagiarism and other acts of academic dishonesty. In addition, every dishonest act in the academic environment affects other students adversely, from the skewing of the grading curve to giving unfair advantage for honors or for professional or graduate school admission. Therefore, the university will take severe action against dishonest students. Similarly, measures will be taken against faculty, staff and administrators who practice dishonest or demeaning behavior. Students should report any condition that facilitates dishonesty to the instructor, department chair, college dean or Student Honor Court.

*(Source: [http://gradcatalog.ufl.edu/content.php?catoid=5&navoid=1054#Academic\\_HonestyGraduate\\_Catalog](http://gradcatalog.ufl.edu/content.php?catoid=5&navoid=1054#Academic_HonestyGraduate_Catalog); accessed 07-18-14)*

It is assumed all work will be completed independently unless the assignment is defined as a group project, in writing by the instructor. This policy will be vigorously upheld at all times in this course.

**The Honor 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.**

On all work submitted for credit by students at the university, the following pledge is either required or implied: **On my honor, I have neither given nor received unauthorized aid in doing this assignment.**

#### **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.

#### **Campus Helping Resources**

Students experiencing crises or personal problems that interfere with their general well-being are encouraged to utilize the university’s counseling resources. Both the Counseling Center and Student Mental Health Services provide 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.

<b>Service</b>	<b>Location</b>	<b>Phone</b>	<b>Web site</b>	<b>Services provided</b>
University Counseling Center	301 Peabody Hall (next to Criser Hall)	392-1575	<a href="http://www.counsel.ufl.edu">www.counsel.ufl.edu</a>	Personal and career counseling



Service	Location	Phone	Web site	Services provided
Student Mental Health	Student Health Care Service (Room 245 - 2 <sup>nd</sup> floor of Student Health Care Center in the Infirmary)	392-1171	<a href="http://www.shcc.ufl.edu/smhs">www.shcc.ufl.edu/smhs</a>	<ul style="list-style-type: none"> <li>▪ Alcohol and Substance Abuse Program (ASAP)</li> <li>▪ Center for Sexual Assault / Abuse Recovery &amp; Education (CARE)</li> <li>▪ Eating Disorders Program</li> <li>▪ Employee Assistance Program</li> <li>▪ Suicide Prevention Program</li> </ul>
Career Resource Center	CR-100 J. Wayne Reitz Union	392-1601	<a href="http://www.crc.ufl.edu">www.crc.ufl.edu</a>	Career development assistance and counseling

### 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. 0001 Reid Hall, 392-8565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/).

**Reading and Writing Center:** The Reading and Writing Center is committed to helping University of Florida students become better writers and readers. Individual assistance is provided and students of all levels and disciplines are welcome. <http://at.ufl.edu/rwcenter>. Fall hours are M-F 9:00 AM to 5:00 PM. The Center is located in Broward Hall.

**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. Write a brief reflection to include the impact/impression this movie had on you with regard to your attitude towards French cuisine and culture. Be prepared to give a synopsis of the movie you watched and to share your reflection with the class. (Discussion to be conducted in France.)

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

#### French History

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 through Netflix as a DVD. If you don't currently subscribe to Netflix, you can sign up for a one month free trial. Students in Gainesville will be invited to Dr. Shelnett's house as an option for viewing (date TBD; discussion to be conducted in France.)

#### The Mediterranean Diet

Research the scientific literature to learn more about the purported health benefits of the Mediterranean Diet, 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 minutes for the presentation and 10 minutes for the discussion). Include a list of references/resources used to create your presentation.

- Overview of the Mediterranean Diet (to include definitions used to describe the Mediterranean Diet and the purported health benefits of the Mediterranean Diet in general) – 1 student
- Comparison of the Mediterranean Diet to the typical Western Diet and the Dietary Guidelines for Americans – 1 student
- Chronic Disease Risk Reduction (include an assessment of the strength of the evidence) – 3 students (select from: heart disease, cancer, obesity, diabetes, aging, metabolic syndrome)

#### 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 Farmer’s Market: Wednesdays from 4:00 PM – 7:00 PM
- Alachua County Farmer’s Market: Saturdays from 8:30 AM – 1:00 PM

### **Due Post-Return from Study Abroad Experience**

#### **French Food and Culture Magazine Article**

Write an article on some aspect of French food/food culture suitable for publishing online. Include one or more 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).

- 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; 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.
- Take photos that support your topic.
- Other criteria that must be fulfilled:
  - Minimum one photo taken 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.

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**Summer A  
2015 Tentative Class Schedule**

Date		Topics
May	20	<ul style="list-style-type: none"> <li>▪ Meet Your Classmates Icebreaker</li> <li>▪ Review Syllabus and Course/Study Abroad Experience Expectations</li> <li>▪ Travel Debriefing and Preparation</li> <li>▪ Introduction to France: Culture, Food, Politics, Economics, Geography, and Other Important Aspects of Life in Southern France</li> <li>▪ Important French Vocabulary: Culinary and Day-to-Day Living</li> </ul>
	27	<ul style="list-style-type: none"> <li>▪ Introduction to Food Photography</li> <li>▪ Mediterranean Diet Presentations:               <ul style="list-style-type: none"> <li>– Overview of the Mediterranean Diet</li> <li>– Comparison of the Mediterranean Diet and the Typical Western Diet</li> </ul> </li> </ul>
June	3	<ul style="list-style-type: none"> <li>▪ Mediterranean Diet and Chronic Disease Presentations</li> </ul>
Prior to departure (on your own)		<ul style="list-style-type: none"> <li>▪ View at least one of the films listed in the syllabus</li> <li>▪ Local Farmers' Market Visit (on your own)</li> <li>▪ View <i>"The French Revolution"</i> DVD (on your own)</li> </ul>
June In France (40+ hours)	20 to 27	<p>Depart for Study Abroad Experience</p> <ul style="list-style-type: none"> <li>▪ Hands on cooking lessons</li> <li>▪ Culinary experience at a Michelin Star Restaurant</li> <li>▪ Guided tour and shopping at a traditional French food market</li> <li>▪ Field trips to producers of local French products</li> <li>▪ Taste tests</li> <li>▪ Visit to a historic ancient city</li> <li>▪ Discussions: Assignments, Field Trip/Cooking Lessons</li> </ul>