

Food and Culture in the Languedoc-Roussillon Region of Southern France
HUN 4936 (75E9)/FYC 4932 (03D7)
SUMMER A 2015

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Class meeting time: 6 hours (Tuesday May 20 & 27 and June 3 from 4:00-6:00 PM), pre-departure class meetings 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.

Course Objectives

- Participate in discussions related to the purported role of the Mediterranean Diet in disease risk reduction and the differences and similarities between the Mediterranean Diet and the typical Western diet, 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 blog 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
Farmers' Market/Food Market Comparison Discussion	35
Blog with Photo(s)	50
Electronic Journal Entries (daily entries during the study abroad experience: Sunday – Friday)	50
Participation in Class and Study Abroad Experience Discussions	25
Evaluation of Professional Behavior	25
Total	220

Grading Scale

A = 205-220 93.34-100%	A ⁻ = 198-204 90-93.33%	B ⁺ =191-197 86.68-89.9%	B = 183-190 83.34-86.67%
B ⁻ = 176-182 80-83.33%	C ⁺ = 169-1175 76.68-79.9%	C = 161-168 73.34-76.67%	C ⁻ = 154-160 70-73.33%
D ⁺ = 147-153 66.68-69.9%	D = 139-146 63.34-66.67%	D ⁻ = 132-138 60-63.33%	E = <138 <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.

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 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 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. HUN 4936/FYC 4932 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: <http://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.

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.

Service	Location	Phone	Web site	Services provided
University Counseling Center	301 Peabody Hall (next to Criser Hall)	392-1575	www.counsel.ufl.edu	Personal and career counseling
Student Mental Health	Student Health Care Service (Room 245 - 2 nd floor of Student Health Care Center in the Infirmary)	392-1171	www.shcc.ufl.edu/smhs	<ul style="list-style-type: none"> ▪ Alcohol and Substance Abuse Program (ASAP) ▪ Center for Sexual Assault / Abuse Recovery & Education (CARE) ▪ Eating Disorders Program ▪ Employee Assistance Program ▪ Suicide Prevention Program
Career Resource Center	CR-100 J. Wayne Reitz Union	392-1601	www.crc.ufl.edu	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/.

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)

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. Shelnutt's house as an option for viewing (date TBD; discussion to be conducted in France.)

The Mediterranean Diet

Participate in a discussion of the scientific literature to learn more about the purported health benefits of the Mediterranean Diet. Be prepared to engage in a discussion of definitions used to describe the Mediterranean Diet.

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

French Food and Culture Blog

Write a blog on some aspect of French food/food culture suitable for publishing online as part of the Family Album Blog website. Include one photo to illustrate the topic of your blog. The goal is to produce a well-written, educational/informative, consumer-friendly, blog that is accurate, unbiased and consistent with current knowledge. The blog must be 350-500 word. Topic choices must be approved by your instructors. Your blogs will undergo a peer review process, mimicking the process used to judge Extension faculty Family Album Blogs. Completion of this assignment requires a positive review and acceptance for publication.

- Review the UF/IFAS Blog posts (<http://blogs.ifas.ufl.edu/global/>) to get a solid feel for the type of article to be produced.
- Identify potential blog 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.).
- Investigate the blog topic using appropriate printed resources, as well as information learned through presentations, field trips, interviews, etc. while studying abroad.
- Write the blog.
- Take a photo that captures the theme of your blog.
- Other criteria that must be fulfilled:

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.

Summer A
2015 Tentative Class Schedule

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