



## CIEE Toulouse, France

<b>Course title:</b>	France: Gastronomy, Nutrition, and Public Health
<b>Course code:</b>	FSCI 3001 TOFR (ENG)
<b>Programs offering course:</b>	Toulouse Language and Culture, Business and Culture
<b>Language of instruction:</b>	English
<b>U.S. semester credits:</b>	3
<b>Contact hours:</b>	45
<b>Term:</b>	Spring 2020

### **Course Description**

France has a worldwide reputation in the field of gastronomy as a key element of the art of living. This course will analyze food and cuisine as a major symbol and component of French culture and identity. After studying the history of gastronomy and popular cuisines, special emphasis will be put on the concept of pleasure, the appreciation of the arts and traditions of the table and the importance of local heritage, regional cuisines and terroir. Regional specialties have been enriched by the influence of various flavors and tastes from all over the world and more specifically from ex-colonies (North Africa, Southeast Asia) and neighboring European countries such as Italy and Spain. France is a multicultural country. Globalization has influenced the way French people eat and drink. Today's changing food choices, places and practices will be studied, more particularly the influence of the US. The growth of food fears and eating disorders will be analyzed from a sociological perspective. Today, France is confronted with growing health issues related to fast food and changing eating and drinking patterns. The response from the national public health system will be analyzed. Alternative food movements and special diets will also be presented and discussed.

### **Learning Objectives**

By completing this course, students will:

By the end of this course, students will have gained a solid knowledge of France's food and culinary culture, and a better understanding of the values and ideas that contribute to the diversity of eating and drinking practices. They will also deepen their understanding of the current challenges the western world is confronted with in terms of nutrition and public health. Students should also be able to examine and articulate their own relationship to food and how the traditional French food culture has influenced their attitudes and practices towards food.

### **Course Prerequisites**

An interest in food and inter-cultural studies. An open mind and a solid appetite!

### **Methods of Instruction**

Instruction will be supported by a mix of authentic and secondary materials, including films, videos and PowerPoint presentations. The main classroom activity is discussion, initiated by short lectures and informed by the assigned materials (which will be discussed in class). The course will include the participation of guest lectures. Readings are assigned to help students gain familiarity with key concepts and terms, which they will then be expected to integrate into their oral and written work (including a midterm and a final exam). Active engagement in class will be enhanced through student-led presentations, and field-trips to local markets, supermarkets, and restaurants.

### **Assessment and Final Grade**



1.	1 midterm (focus groups/interview guide)	30%
2.	Essays: Analysis of 1 research article	10%
3.	Essay: Analysis of 1 research article.	10%
4.	1 final exam (oral presentation)	30%
5.	Active Participation in class	20%
	TOTAL	100%

### **Course Requirements**

#### **1 midterm (focus groups/interview guide)**

a 4-6-page double spaced report on eating and drinking patterns/practices in France: French and foreign college students. Focus groups with graduate students in food studies at the Université Toulouse – Jean Jaurès

#### **Essays: Analysis of 1 research article**

##### **Essay: Analysis of 1 research article.**

3 Essays based on research articles provided by professor. Personal commentary and analysis, 2 to 3-page double spaced essays.

#### **1 final exam (oral presentation)**

You will present a research project conducted during the semester on a topic of your choice, related to the course. The power-point presentation will be done orally, either individually or in groups of 2 students, and will last about 20/30mn. Creativity and originality are highly encouraged.

#### **Active Participation in class**

Active participation in class: Students will be given several assignments, articles to read and discuss in class, short oral presentations on a given theme, interviews to conduct in Toulouse, regular reading of documents (the press & research articles), films and videos to be discussed in class.

#### **Attendance Policy**

Regular class attendance is required throughout the program. Students must notify Center Director and instructor beforehand if they will miss class for any reason. Students are responsible for any materials covered in class in their absence. Students who miss class for medical reasons must inform the instructor and the Center Director and provide appropriate documentation. An absence in a CIEE course will only be considered excused if:

- a doctor's note is provided
- a CIEE staff member verifies that the student was too ill to attend class
- evidence is provided of a family emergency

Attendance policies also apply to any required co-curricular class excursion or event. Students who miss class for personal travel will be marked as absent and unexcused. No make-up or re-sit opportunity will be provided.



Persistent absenteeism (students exceeding 10% of total course hours missed, or violations of the attendance policies in more than one class) will lead to a written warning from the Center Director, notification to the student's home school, and/or dismissal from the program in addition to reduction in class grade(s). Students with unexcused absences exceeding 20% of the total course hours will fail the course.

- Late papers will be marked down 5% after the first day and 1% every day afterwards
- Being late is disruptive to the entire class and will negatively affect a student's participation grade. Being 10 minutes late just once is still disruptive but can happen to all. Being late more than once, however, will have consequences for the student's participation grade. Students arriving more than ten minutes late to the class will be considered absent for the session.

## **Attendance**

### **Weekly Schedule**

#### **Week 1**

Class 1.1 Introduction to food as a component of French culture.

"In France, cooking is a serious art form and a national sport". Julia Child

- Course Presentation/Organization/Assignments.
- Exchange with M1 students in food studies, Université Toulouse-Jean Jaurès
- If you are interested, you will be invited to meet a group of Master 1 students at the Isthia. Partnerships. Learning French/teaching English, sharing ways of life and an interest in food studies. Discovering Toulouse and its culinary culture.

Assignments: Article: Chemin, Anne. *France remains faithful to food as meals continue to be a collective affair*. The Guardian.com. April, 7 2014.

Essay: fill in the questionnaire. Introduce yourself, your motivations, interest in food studies. Eating and drinking pattern.

Class 1.2 Introduction to food as a component of French culture. (continued)

- Food is not just food
- Food will be considered in its broad and varied understanding, that is to say as material goods, as practices taking place in behavioural processes and as signifiers of group culture and identity.
- Eating as a key element in the socialization process
- Traditional eating practices in France

Assignments:

Article: Rozin, Paul. The meaning of food in our lives: a cross-cultural perspective on eating and well-being. Society for nutrition education. 2005.

#### **Week 2**

Class 2.1 The concept of the art of living/the French art de vivre.

Discussion of the articles

- Pleasure and conviviality
- Our senses: touching, smelling and tasting
- The arts of the table

Assignment:

Watch film:

Axel, Gabriel. *Babette's Feast*. Panorama Film. 1987.

Present the film and your favorite scene. Discuss the concept of pleasure in the film.

Class 2.2 What makes the French art de vivre special/unique?

- Conversation
- Time and place
- The café culture/Eating and drinking on the terrace of a restaurant, bistro, bar or café.

Assignment:

Hallstrom, Lasse. *Chocolate*. David Browns Productions. 2001

Present the film and your favorite scene. Discuss the concept of pleasure in the film.

Analysis essay 1 due

### Week 3

Class 3.1 French cuisine and gastronomy: History of French cuisine and gastronomy

- Medieval cuisine and the Renaissance
- The 17th and 18th centuries and the impact of the French Revolution
- Celebrity chefs and main cookbooks and books on food
- The Cordon bleu school in Paris, 1895
- Food and the automobile. Birth of the Michelin guide in 1900
- Cuisine bourgeoise
- Quality, INAO in 1935, controlled designation of origin

Assignment:

Article: Shields-Argelès, Christy. *Mastering French cuisine, espousing French identity. The transformation narratives of American wives of Frenchmen*. *Anthropology of Food*. Dec. 2010.

Class 3.2 Evolution and main trends since the 1970s

- Gault & Millau, 1972
- "Nouvelle cuisine" (1973) versus "cuisine traditionnelle »
- The chefs become stars
- The rise of women to the rank of great chefs

- Nouvelle cuisine de terroir

Assignment:

Analysis essay 2 due

#### Week 4

Class 4.1 Southwestern cuisine and traditions.

- The attachment to terroir
- Going to the market, a traditional practice on weekends
- Cuisine du Sud-Ouest
- Workshop: Cooking with Salomé, Marché des Carmes.

Assignment:

Article: Spence, Charles; Hobkinson, Caroline ; Gallace, Alberto ; Piqueras Fiszman, Betina. *A touch of gastronomy*. Flavorjournal.com. 2013.

Article: Packhurst Ferguson, Priscilla. *The senses of taste*. The American Historical Review.vol 116.N°2 April 2011 371-384.

Class 4.2 Southwestern cuisine and traditions. (continued)

- Southwestern wines
- The French paradox: the benefits of the southwestern diet

Assignment:

Article: Demossier, Marion. *Beyond terroir: territorial construction, hegemonic discourses, and French wine culture*. Journal of the Royal Anthropological Institute 11, 2017, 685-705.

#### Week 5

Class 5.1 Iconic symbols of France: bread and cheese.

A country with more than 365 cheeses

- Craftsmanship and the art of making cheese
- The European Union legislation and its impact on cheese
- Workshop: wine and cheese tasting

Assignment: Article: Poulain, Jean-Pierre. French gastronomy. *French gastronomies*. In Goldstein D and Merkele K, 2005. *Culinary cultures of Europe. Identity, diversity and dialogue*. Editions du Conseil de l'Europe, 2005. 157-170.

Article : Cornot, Danielle. *From West to East, the construction of new wine markets in temperance cultures: a comparative analysis of the USA and Malaysia*. Published in *Wine and Identity. Branding, heritage, terroir*. Edited by Matt Harvey, Leanne White and Warwick Frost. Routledge Studies of Gastronomy, Food and Drink, 2014, 131-145.

Class 5.2 Iconic symbols of France: wine

- Wine: map of vineyards and main wine regions
- Wine in the US, Malaysia and France
- Guest speaker: Dr. Andreas Ludwig, Berlin. Wine and beer in Germany.

Assignment:

Article: Fléchet, Gregory. Le vin à la conquête du monde – How Wine Conquered the World . CNRS Le journal – CNRS News. Interview of Michaël Pouzenc and Danielle Cornot, In Vino Varietas Research Group, Université Toulouse -Jean Jaurès. 11 juillet 2018

Article : Cornot, Danielle. Thomas Jefferson, ambassadeur de la civilisation du vin aux Etats-Unis Chaire UNESCO Culture et Traditions du Vin. Juillet 2016, 231-249.

Midterm essay exam due

**Week 6**

Class 6.1 France, a multicultural country with a diversity of culinary traditions.

- A colonial empire
- French gastronomy and its culinary civilizing mission
- Guest speaker: Saïd Benjelloun, lecturer, Department of Arabic studies.
- Film: Gaud, Jean-Philippe. Tazzeqa Moroccan chef in Paris. 2018
- Mint tea ceremony and oriental pastries tasting at Délices de Tunis, Toulouse.

Assignment:

Article: Oktay, Serdar; Sadikoglu, Side. The gastronomic cultures' impact on the African cuisine.

Journal of Ethnic Foods, 5. 2018, 140-146.

Class 6.2 France, a multicultural country with a diversity of culinary traditions. (cont.)

- A land of immigrants
- Negotiating identities: Muslims and Jews in France, Polynesians and New Caledonians.

Assignment:

Article: Idrisi, Zohor. The influence of Islamic culinary art on Europe. Muslim Heritage.com. 8 March 2006.

Analysis essay 3 due

**Week 7**

Class 7.1 Impact of globalization on food cultures.

- Globalization of food choices and practices

- The “Americanization” of French culinary habits
- The ‘kebabization’ of France
- The sushi craze, 1980s
- Tapas revisited
- Brunch is becoming popular
- Binge drinking
- Fitness and health food, body building and special diets
- Wine bars and sophistication

Assignment:

Article: Nunn, Nathan; Qian, Nancy. The Columbian exchange: a history of disease, food, and ideas. *Journal of Economic Perspective*. Vol 24, Nov 2, spring 2010, 163-188.

Article: Rozin, Paul; Remick, Abigail K.; Fischler, Claude. Broad themes of difference between French and Americans in attitudes to food and other life domains: personal versus communal values, quantity versus quality, and comforts versus joys. Volume 2. *Frontiers in psychology*. www.frontiersin.org. July 2011.

Class 7.2 Impact of globalization on food cultures: recent developments

- Cooking workshops and cooking competitions. Amateur chefs
- The influence of social networks
- Luxury pâtisseries
- Quality hamburgers
- Street food. Food trucks
- Gastro-anomie as social deregulation: towards new eating practices?

Assignments:

Article: Riou, Julien; Lefèvre, Thomas; Parizot, Isabelle; Lhuissier, Anne ; Chauvin, Pierre. Is there still a French eating model? A taxonomy of eating behaviors in adults living in the Paris Metropolitan area in 2010. Duke University, US. March 3, 2015.

Article: Daghri, Wassim. Globalization as Americanization? Beyond the conspiracy theory. *Tunisia: Journal of Applied Physics*. Vol 5, issue 2. Dec 2013, 19-24.

Assignment:

Final exam preparation

## Week 8

Class 8.1 Protest and resistance against globalization/standardization/McDonaldization

- Resisting McDonaldization and promoting a “gastronomic patriotism”: from José Bové to the UNESCO gastronomic meal of the French
- Food fears, GMOs, pesticides and animal welfare issues

Class 8.2 Slow Food and virtuous globalization

- Alice Waters
- Healthy alternatives
- Alternative trends and diets
- A growing interest for a healthy, home-made, and possibly organic meal
- Movements in community gardens, biodynamic farming
- Local initiatives

Guest speaker: Marie Garnier, Associate Professor, UT2J. Veganism

## **Week 9**

Class 9.1 Public health issues

- Food production and consumption as a public health issue
- Obesity and the medicalization of everyday food consumption
- Major eating disorders

Class 9.2 Public health issues.

- The impact of TV/games (disguised food commercials)
- French National Nutrition and Health Programmes, 2001
- Public health campaigns and proposed legislation to prevent and curb eating disorders

Assignment:

Final exam preparation

## **Week 10**

Class 10.1 Final Exam Review

Class 10.2 Final Exam

## **Course Materials**

### **Readings**

#### ***Articles***

Article: Chemin, Anne. France remains faithful to food as meals continue to be a collective affair. The Guardian.com. April, 7 2014.

Article : Cornot, Danielle. From West to East, the construction of new wine markets in temperance cultures: a comparative analysis of the USA and Malaysia. Published in Wine and Identity. Branding, heritage, terroir. Edited by Matt Harvey, Leanne White and Warwick Frost. Routledge Studies of Gastronomy, Food and Drink, 2014, 131-145.

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Article: Daghrir, Wassim. Globalization as Americanization? Beyond the conspiracy theory. Tunisia: Journal of Applied Physics. Vol 5, issue 2. Dec 2013, 19-24.

Article: Demossier, Marion. Beyond terroir: territorial construction, hegemonic discourses, and French wine culture. Journal of the Royal Anthropological Institute 11, 2017, 685-705.

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Article: Idrisi, Zohor. The influence of Islamic culinary art on Europe. Muslim Heritage.com. 8 March 2006.

Article: Nunn, Nathan; Qian, Nancy. The Columbian exchange: a history of disease, food, and ideas. Journal of Economic Perspective. Vol 24, Nov 2, spring 2010, 163-188.

Article: Oktay, Serdar; Sadikoglu, Side. The gastronomic cultures' impact on the African cuisine.

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Article: Packhurst Ferguson, Priscilla. The senses of taste. The American Historical Review.vol 116.N°2 April 2011 371-384.

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Article: Riou, Julien; Lefèvre, Thomas; Parizot, Isabelle; Lhuissier, Anne ; Chauvin, Pierre. Is there still a French eating model? A taxonomy of eating behaviors in adults living in the Paris Metropolitan area in 2010. Duke University, US. March 3, 2015.

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Article: Rozin, Paul; Remick, Abigail K.; Fischler, Claude. Broad themes of difference between French and Americans in attitudes to food and other life domains: personal versus communal values, quantity versus quality, and comforts versus joys. Volume 2. Frontiers in psychology. www.frontiersin.org. July 2011.

Article: Shields-Argelès, Christy. Mastering French cuisine, espousing French identity. The transformation narratives of American wives of Frenchmen. Anthropology of Food. Dec. 2010.

Article: Spence, Charles ; Hobkinson, Caroline ; Gallace, Alberto ; Piqueras Fiszman, Betina. A touch of gastronomy. Flavorjournal.com. 2013.

### **Readings**

Coveney, John. Food, morals, and meaning: The pleasure and anxiety of eating. 2d ed. London: Routledge, 2006.

Dupuy A., Rochedy A. Sarrat C. Feeding young children with home-made food: routines, necessary disruptions and production of domestic rituals, in : Diasio N. & Julien M.P., Anthropology of Family Food Practices : Constraints, Adjustments, Innovations, PIE Peter Lang, Bruxelles, 2018, 183-215.

Goldstein D. et Merkele K. Culinary cultures of Europe Identity, Diversity and dialogue, Éditions du Conseil de l'Europe, 2005.

Harvey, Matthew. Wine and Identity: Branding, Heritage, Terroir, Routledge Studies of Gastronomy, Food and Drink. Victoria University, Australia, Leanne White, Victoria University, Australia et Warwick Frost, La Trobe University, Australia, Ed. Routledge, London and New York, 2014.

Pinkard, Susan. A Revolution in Taste: The Rise of French Cuisine, 1650-1800. Paperback – CUP, April 2010.

Poulain, Jean-Pierre. The sociology of food. Eating and the place of food in society. Bloomsbury, 2017.

Poulain, Jean-Pierre. The Sociology of Food. Eating and the Place of Food in Society, London, Bloomsbury, 2017.

Tibere L. Food as a factor of collective identity: the case of creolization, French Politics, Culture and Society, Oxford, Bergham Journals, 2015.

Urdapilleta I., Allaert. How French subjects describe well-being from food and eating habits? Development, item reduction and scoring definition of the Well-Being related to Food Questionnaire (Well-BFQ©). Appetite, 96, 2006, 333-346.