



CIEE Toulouse, France

Course title:	France: Gastronomy, Nutrition, and Public Health
Course code:	FSCI 3001 TOFR (FREN)
Programs offering course:	Toulouse Language and Culture, Business and Culture
Language of instruction:	French
U.S. semester credits:	3
Contact hours:	45
Term:	Fall 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. Midterm Exam (research question/interview guide)	20%
2. Midterm Written Report	20%
3. Final Exam	30%
4. Active Participation in Class	30%
TOTAL	100%

Course Requirements

Midterm Exam (research question/interview guide)

Midterm Written Report

2 parts. Part 1: Research question and interview guide. Part 2: a 5-6-page double spaced report on eating and drinking patterns/practices in France: Focus groups with graduate students at the Université Toulouse – Jean Jaurès or families/children etc. Analysis of findings

Final Exam

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

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

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.

Course schedule is subject to change due to study tours, excursions, and local holidays. Final schedules will be included in the final syllabus provided to students on site.

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: Durkheim, Emile. Les règles de la méthode sociologique. Paris : Les Presses universitaires de France, 16e édition, 1894, 3-9

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: Halbwachs, Maurice. La classe ouvrière et les niveaux de vie. Recherches sur la hiérarchie des besoins dans les sociétés industrielles contemporaines. Thèse de doctorat présentée à la Faculté des Lettres de l'Université de Paris. Paris: Félix Alcan, 1913, 1re édition, 420-422.

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

Assignments:

Mathé, Thierry, Hébel, Pascale. Du discours nutritionnel aux représentations de l'alimentation. In Cahier de Recherche N°252, Décembre 2018.

Fischler, Claude. Pensee magique et utopie dans la science. De l'incorporation a la «diète méditerranéenne», Jan. 1996.

<https://www.researchgate.net/publication/45353309>.

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.

Assignments:

Poulain, Jean-Pierre. Dictionnaire des cultures alimentaires. Seconde édition augmentée, Paris :PUF,2018.

Poulain, Jean-Pierre. 2001, Manger aujourd'hui. Toulouse : réédition privat, 2008.

Poulain, Jean-Pierre, Corbeau, Jean-Pierre. Penser l'alimentation. Toulouse : réédition privat, 2008.

Watch film:

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

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

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

Assignments:

Lévi-Strauss, Claude. Les structures élémentaires de la parenté. 1949, 68-70.

Bourdieu, Pierre. La distinction. Critique sociale du jugement. 1979, 216-219.

Watch the films :

Ephron, Nora. Julie & Julia. Easy There Tiger Productions, Scott Rudin Productions. 2009.

Bird, Brad. Ratatouille. Pixar Animation Studios. 2007.

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

Assignments:

Bellemain, V., Boquet, K., Gouello, K., Martin, A., Nairaud, D., Poulain, J. P., Une petite histoire de l'alimentation française. Paris : Quae, 2017

Poulain, Jean-Pierre, Neirinck, Edmond. Histoire de la cuisine et des cuisiniers. 2005, Lanore, 5e édition, Traduit en japonais, espagnol et portugais.

Watch the films :

Joffé, Roland. Vatel. Légende Entreprises, Gaumont, Canal+, Nomad Films, TF1 Films Production et Timothy Burrill Productions. 2000.

Vincent, Christian. La saveur du palais. Philippe Rousselet et Étienne Comar Production. 2012.

Midterm exam part 1 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:

Claude Lévi-Strauss, "Le triangle culinaire". Food and History Vol. 2, Revue L'Arc, n° 26. 1965.

Watch the following films:

Klapisch, Cédric. Ce qui nous lie. Philippe Rousselet et Étienne Comar Production. 2017.

Scott, Ridley. A Good Year. Fox 2000 Pictures, Scott Free Productions. 2006.

Legrand, Gilles. Tu seras mon fils. Epithète Films Production. 2011.

Class 4.2 Southwestern cuisine and traditions. (continued)

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

Watch the following films:

Hayden, Jeffrey. The Vintage. Edwin H. Knopf, MGM Production. 1957.

Le Maire, Jérôme. Premiers crus. Alter Films Production. 2015.

Payne, Alexander. Sideways. Fox Searchlight Pictures, Michael London Productions, Sideways Productions Inc. 2004.

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:

Articles :

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.

Watch the films:

Nossiter, Jonathan. Resistance naturelle. Jonathan Nossiter, Paula Prandini, Gianluca Farinelli Production. 2014.

Midterm essay exam due (focus group)

Class 5.2 Iconic symbols of France: wine

- Wine: map of vineyards and main wine regions
- Wine in the US, Malaysia and France

Assignment:

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

Cornot, Danielle, Pouzenc, Michaël, Strehaiano, Pierre. Les arts et les métiers de la vigne et du vin : révolution des savoirs et des savoir-faire. Presses universitaires du Midi, juin 2016.

Watch the films:

Nossiter, Jonathan. Mondovino. Diaphana Films, Goatworks Films, Les Films de la Croisade Production. 2004.

Midterm essay exam due (focus group)

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.
- Mint tea ceremony and oriental pastries tasting at Délices de Tunis, Toulouse.

Assignments:

Article :

Serra Mallol, Christophe. « Tahiti : du culte au mythe de l'abondance ». Paris. Journal de la Société des Océanistes. 2005, N° 120-121, pp. 149-156.

Serra-Mallol, Christophe. « Manger du chien à Tahiti : une affirmation identitaire ? ». Paris. Anthropozoologica, Muséum national d'Histoire naturelle. 2010 n° 45-1, pp. 157-172.

Giraud, Frédérique. Rhétorique culinaire et invention d'un patrimoine culinaire individualisé chez des étudiants étrangers en séjour temporaire à Lyon. Anthropology of food. Lyon. Open Edition. 2010.

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.

Assignments:

Article :

Sabban, Françoise. Quelques remarques sur la cuisine, la gastronomie et le métissage. Paris. Éditions de la Sorbonne. Hypothèses. 2012.

Watch the film :

Kechiche, Abdellatif. La graine et le mulet. Claude Berri, Pierre Grunstein, Nathalie Rheims Production. 2007.

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

Assignments:

Serra Mallol, Christophe. « Entre local et global : l'alimentation en Polynésie. Le cas de Tahiti et Rapa ». Anthropologie et Sociétés, numéro spécial Glocalisation Alimentaire. 2013.

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?

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

Watch the film :

Nossiter, Jonathan. Resistance naturelle. Jonathan Nossiter, Paula Prandini, Gianluca Farinelli Production. 2014

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.

Commission Européenne. De la ferme a la table : pour une alimentation saine en Europe. Luxembourg, Office des publications officielles des Communautés européennes. 2005. Disponible sur : <http://ec.europa.eu/publications/booklets/move/46/fr.pdf>

Fischler, Claude. Les alimentations particulières. Odile Jacob. 2013.

Watch the film :

Nossiter, Jonathan. Mondovino. Diaphana Films, Goatworks Films, Les Films de la Croisade Production. 2004.

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

Article :

Serra Mallol, Christophe. « Bien manger, c'est manger beaucoup : comportements alimentaires et représentations corporelles à Tahiti », Paris : Sciences sociales et Santé. 2008.

Le Stunff, Celine, La Vieille, Sebastien, Martin, Ambroise. Allergies alimentaires : les plantes génétiquement modifiées ont-elles un impact ?. Paris, Agence française de sécurité sanitaire des aliments.2006. Disponible sur : <http://www.ladocumentationfrancaise.fr/rapports-publics/074000073/index.shtml>

Tavoularis, Gabriel, Hébel, Pascale. Fruits et légumes : les Français suivent de moins en moins la recommandation. Credoc. Consommation et modes de vie. N° 292 • ISSN 0295-9976. Juillet 2017.

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

Article :

Guingois, Sylvie « Nutrition : les 2-19 ans modifient leurs habitudes ». LSA, 13 juillet 2005, n°1916, p. 46-49.

Lemaire, Natalie, Volatier, Jean-Luc. Avis sur l'exclusion sociale et l'alimentation, Conseil national de l'Alimentation. Janvier 2002. Disponible sur : http://www.agriculture.gouv.fr/spip/IMG/pdf/avis_34p.pdf

Dupuy, Anne, Rochedy, Amandine. « Socialisations alimentaires et pratiques rituelles durant la petite enfance ». Anthropology of food [En ligne], Articles, mis en ligne le 11 mars 2018, consulté le 11 mars 2018. URL : <http://journals.openedition.org/aof/8253>

Robertson, Aileen, Tirado, Cristina, Lobstein, Tim. Les aliments et la santé en Europe : une nouvelle base d'action. OMS, Publications regionals. 2004.

WHO Regional Office for Europe. Food and health in Europe: a new basis for action. Editors: Robertson, A, Tirado, C, Lobstein, T, Jermini, M, Knai, C, Jensen, JH, Ferro-Luzzi, A, James, WPT. European series No. 96. 2004.

Poulain, Jean-Pierre. Sociologie de l'obésité. Paris : PUF, coll. Sciences sociales et sociétés, dirigée par D. Desjeux. 2009.

Ouellet, Richard, Grove-Valdeyron, Nathalie, Blanquet, Marc. Securite alimentaire et OGM. Toulouse, Presses de l'Universite des sciences sociales de Toulouse. 2007.

Assignment:

Final exam preparation

Week 10

Class 10.1 Final exam Review

Class 10.2 Final Exam

Course Materials

Readings

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

Bellemain, V., Boquet, K., Gouello, K., Martin, A., Nairaud, D., Poulain, J. P., Une petite histoire de l'alimentation française. Paris : Quae, 2017

Bird, Brad. Ratatouille. Pixar Animation Studios. 2007.

Bourdieu, Pierre. La distinction. Critique sociale du jugement. 1979, 216-219

Commission Européenne. De la ferme a la table : pour une alimentation saine en Europe. Luxembourg, Office des publications officielles des Communautés européennes. 2005. Disponible sur : <http://ec.europa.eu/publications/booklets/move/46/fr.pdf>

Cornot, Danielle, Pouzenc, Michaël, Strehaiano, Pierre. Les arts et les métiers de la vigne et du vin : révolution des savoirs et des savoir-faire. Presses universitaires du Midi, juin 2016.

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

Dupuy, Anne, Rochedy, Amandine. « Socialisations alimentaires et pratiques rituelles durant la petite enfance ». Anthropology of food [En ligne], Articles, mis en ligne le 11 mars 2018, consulté le 11 mars 2018. URL : <http://journals.openedition.org/aof/8253>

Ephron, Nora. Julie & Julia. Easy There Tiger Productions, Scott Rudin Productions. 2009.

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Giraud, Frédérique. Rhétorique culinaire et invention d'un patrimoine culinaire individualisé chez des étudiants étrangers en séjour temporaire à Lyon. Anthropology of food. Lyon. Open Edition. 2010.

Guingois, Sylvie « Nutrition : les 2-19 ans modifient leurs habitudes ». LSA, 13 juillet 2005, n°1916, p. 46-49.

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

Hayden, Jeffrey. The Vintage. Edwin H. Knopf, MGM Production. 1957.

Joffé, Roland. Vatel. Légende Entreprises, Gaumont, Canal+, Nomad Films, TF1 Films Production et Timothy Burrill Productions. 2000.

Kechiche, Abdellatif. La graine et le mulet. Claude Berri, Pierre Grunstein, Nathalie Rheims Production. 2007.

Klapisch, Cédric. Ce qui nous lie. Philippe Rousselet et Étienne Comar Production. 2017.

Le Maire, Jérôme. Premiers crus. Alter Films Production. 2015.

Le Stunff, Celine, La Vieille, Sebastien, Martin, Ambroise. Allergies alimentaires : les plantes génétiquement modifiées ont-elles un impact ?. Paris, Agence française de sécurité sanitaire des aliments.2006. Disponible sur : <http://www.ladocumentationfrancaise.fr/rapports-publics/074000073/index.shtml>

Legrand, Gilles. Tu seras mon fils. Epithète Films Production. 2011.

Lemaire, Natalie, Volatier, Jean-Luc. Avis sur l'exclusion sociale et l'alimentation, Conseil national de l'Alimentation. Janvier 2002. Disponible sur : http://www.agriculture.gouv.fr/spip/IMG/pdf/avis_34p.pdf

Lévi-Strauss, Claude. Les structures élémentaires de la parenté. 1949, 68-70.

Mathé, Thierry, Hébel, Pascale. Du discours nutritionnel aux représentations de l'alimentation. In Cahier de Recherche N°252, Décembre 2018.

Nossiter, Jonathan. Mondovino. Diaphana Films, Goatworks Films, Les Films de la Croisade Production. 2004.

Nossiter, Jonathan. Resistance naturelle. Jonathan Nossiter, Paula Prandini, Gianluca Farinelli Production. 2014.

Ouellet, Richard, Grove-Valdeyron, Nathalie, Blanquet, Marc. Securite alimentaire et OGM. Toulouse, Presses de l'Universite des sciences sociales de Toulouse. 2007.

Payne, Alexander. Sideways. Fox Searchlight Pictures, Michael London Productions, Sideways Productions Inc. 2004.

Poulain, Jean-Pierre, Corbeau, Jean-Pierre. Penser l'alimentation. Toulouse : réédition privat, 2008.

Poulain, Jean-Pierre, Neirinck, Edmond. Histoire de la cuisine et des cuisiniers. 2005, Lanore, 5e édition, Traduit en japonais, espagnol et portugais.

Poulain, Jean-Pierre. 2001, Manger aujourd'hui. Toulouse : réédition privat, 2008.

Poulain, Jean-Pierre. Dictionnaire des cultures alimentaires. Seconde édition augmentée, Paris :PUF,2018.

Poulain, Jean-Pierre. Sociologie de l'obésité. Paris : PUF, coll. Sciences sociales et sociétés, dirigée par D. Desjeux. 2009.

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

Robertson, Aileen, Tirado, Cristina, Lobstein, Tim. Les aliments et la santé en Europe : une nouvelle base d'action. OMS, Publications regionals. 2004.

Sabban, Françoise. Quelques remarques sur la cuisine, la gastronomie et le métissage. Paris. Éditions de la Sorbonne. Hypothèses. 2012.

Scott, Ridley. A Good Year. Fox 2000 Pictures, Scott Free Productions. 2006.

Serra Mallol, Christophe. « Bien manger, c'est manger beaucoup : comportements alimentaires et représentations corporelles à Tahiti », Paris : Sciences sociales et Santé. 2008.

Serra Mallol, Christophe. « Entre local et global : l'alimentation en Polynésie. Le cas de Tahiti et Rapa ». Anthropologie et Sociétés, numéro spécial Glocalisation Alimentaire. 2013.

Serra Mallol, Christophe. « Tahiti : du culte au mythe de l'abondance ». Paris. Journal de la Société des Océanistes. 2005, N° 120-121, pp. 149-156.

Serra-Mallol, Christophe. « Manger du chien à Tahiti : une affirmation identitaire ? ». Paris. Anthropolozologica, Muséum national d'Histoire naturelle. 2010 n° 45-1, pp. 157-172.

Vincent, Christian. La saveur du palais. Philippe Rousselet et Étienne Comar Production. 2012.

WHO Regional Office for Europe. Food and health in Europe: a new basis for action. Editors: Robertson, A, Tirado, C, Lobstein, T, Jermini, M, Knai, C, Jensen, JH, Ferro-Luzzi, A, James, WPT. European series No. 96. 2004.



Tavoularis, Gabriel, Hébel, Pascale. Fruits et légumes : les Français suivent de moins en moins la recommandation. Credoc. Consommation et modes de vie. N° 292 • ISSN 0295-9976. Juillet 2017.

Online Resources

www.mangerbouger.fr

"Nutrition" www.sante.gouv.fr

Alimentation & Activité Physique