



CIEE Toulouse, France

Course title:	Food, Nutrition, and Culture (in French)
Course code:	FSCI 3101 TOFR (FREN)
Programs offering course:	Business and Culture, Toulouse Language and Culture
Language of instruction:	French
U.S. semester credits:	3.00
Contact hours:	45.00
Term:	Fall 2023

Course Description

France has a worldwide reputation in the field of gastronomy as a key element of the art of living. Eating occupies a central place in French culture. UNESCO has recognized social practices of food as intangible heritage. Thus, eating goes beyond the biological dimension. Cultural and social dimensions shape our food practices. One of the objectives of this course is to acquire knowledge and understanding of social phenomena concerning the evolution of eating habits, service, table arts, and "learned" culinary techniques, from the Middle Ages to the present day. The major paradigms of French gastronomy (medieval, grand cuisine, classical cuisine, nouvelle cuisine), approached through a socio-historical approach, allow us to understand what we were, what we are, and what we could "become" as a society. This course will also address the social and cultural dimensions of food, including the variety of ways and places in which it is prepared and consumed. The objective is to understand local populations through their consumption practices and to understand the influence of social and cultural factors in our eating habits.

Learning Objectives

By completing this course, students will:

- Gain a solid knowledge of France's food and culinary culture
- Articulate French values as exemplified by eating habits, patterns, and traditions
- Analyze the organization of the catering industry in France
- Become familiar with current challenges to public health as illustrated by the food industry

Course Prerequisites

4 semesters of college-level French or equivalent

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 fieldtrips to local markets, supermarkets, and restaurants.

Assessment and Final Grade

1. Restaurant system presentation	15%
2. Abstract of an article	20%
3. Midterm: French chef In-Class presentation	15%
4. Final Essay Exam	30%
5. Active Participation in class	20%
TOTAL	100%

Course Requirements

Restaurant system presentation

(a 15-to-20-minute oral presentation)

This evaluation consists of presenting the out-of-home food service market in France. In a context of your choice, you will describe a restaurant system.

The presentation will be based on a PowerPoint that will outline:

- the location of the establishment
- the characteristics of the restaurant system
- a critical commentary on the establishment presented

Abstract of an article

This assessment consists of writing an abstract of one of the articles in the bibliography provided to students. The abstract will be a maximum of 500 words. This assignment will be handed in during the last class sequence.

Midterm: French chef In-Class presentation

(a 15-to-20-minute oral presentation)

This evaluation consists of presenting a Chef in France. You will choose one of the three-star chefs listed in the Michelin Guide 2021. You will present:

- biography
- cuisine
- commitment to society

The presentation will be based on a PowerPoint.

Final Essay Exam

This evaluation covers all the lessons in the module. Among all the chapters covered, two questions will be asked. The student will have to answer each of them in a maximum of 500 words. Course materials are allowed for this test.

Active Participation in class

Students will be given several assignments, articles to read and discuss in class, regular reading of documents (press & research articles), films and videos to be discussed in class. Students are expected to remain fully engaged in all learning, most of which requires active participation. Participation includes being on time and remaining engaged for the entire class. Students should take part in discussions, ask questions, and promote a positive learning environment.

Attendance

To encourage engaged learning, regular class attendance is required throughout the program. This includes any required co-curricular class excursion or event, as well as internship, service-learning, or other required field placement.

An excused absence in a CIEE course will only be considered if approved by a CIEE Center Director/Academic Director (not the Instructor), and:

- it is a self-certified absence for illness (only once per course, requires formal request before or within 24 hours, cannot miss assessment worth more than 5% of final course grade)
- a doctor's note from a local medical professional is provided
- evidence of a family emergency is provided
- it is a pre-approved observance of religious holiday

Unexcused absences include personal travel and/or travel delays, as well as missing more than 25% of a single class period (including tardiness and early departure). Assessments missed due to unexcused absences will be marked as zero. Students with over 10% unexcused absences will be contacted by CIEE staff. Students with over 20% unexcused absences will be contacted by CIEE staff, receive a formal warning letter (shared with their home institution) and lose 10% of the final course point total (e.g., a final A grade of 93% will be lowered to a B grade of 83%).

For more detail, please consult your CIEE Academic Manual.

Academic Integrity

Academic integrity is essential to a positive and inclusive teaching and learning environment. All students are expected to complete coursework responsibilities with fairness, respect, and honesty. Failure to do so by seeking unfair advantage over others or misrepresenting someone else's work as your own can result in grade penalties or disciplinary action. See the CIEE Student Academic Manual for further information on academic integrity.

N.B. Course schedule and co-curriculars are subject to change. The final duration and distribution of content and assignments will be determined and presented to students at the onset of the course.

Weekly Schedule

Week 1

Class: Foodservice industry: profit sector

This course aims to introduce the catering industry, particularly commercial catering. Both the gastronomic and the fast-food restaurant. The objective is to understand the diversity of commercial restaurants in France

Assignments:

- Read the relevant slides: 1 to 47 (pdf file)
- Read the following article:
 - Laporte C., 2018 [2012], « Restauration collective », in Poulain J.P. (dir.), *Dictionnaire des cultures alimentaires*, Paris, PUF, pp. 1231-1236.

Week 2

Class: Foodservice industry: cost sector

This course aims to introduce the catering industry, particularly the cost sector. The objective is to describe the subsets of collective catering: hospital catering, school catering and workplace catering.

Assignments:

- Read the relevant slides: 48 to 91 (pdf file)
- Identify the actors of the collective catering
- Read the following two articles:
 - Laporte C., 2021, « Gérer la restauration collective face aux multiples injonctions et recommandations, *L'autre cuisine*, n°18, pp. 27-28.
 - Laporte C., 2018, « Enjeux de la restauration collective », in Poulain, J.P. (dir.), *Dictionnaire des cultures alimentaires*, PUF, Paris, pp. 487-490.

Week 3

Class: Diversity of Catering system (1)

This educational sequence focuses on food service systems, i.e. the way meals are produced and distributed in out-of-home catering.

Assignments:

- Read the relevant slides: 92 to 134 (pdf file)
- Read the following article:
 - Laporte C., 2018 [2012], « Ingénierie de restauration », in Poulain J.P. (dir.), *Dictionnaire des cultures alimentaires*, Paris, PUF, pp. 793-800.

Week 4

Class: Diversity of Catering system (2)

As an extension of the previous sequence, this session aims to complete the description of the restaurant systems in France and in the world.

- Describe a restaurant system in your country of origin

- Create a PowerPoint for a 10-minute presentation

Week 5

Class: The Middle Ages: a "masking" cuisine

The first objective of this course is to differentiate between popular and learned cuisine in order to establish the object of study. Secondly, it aims to specify the beginnings of French gastronomy.

Assignments:

- Read the following article and watch the videos:
 - <https://www.youtube.com/watch?v=9JyIbrkJTHc>
 - https://www.youtube.com/watch?v=om_e-UvBEZI
 - « *Les deux sources de la cuisine* », Jean-François Revel. *Un Festin en paroles, Histoire littéraire de la sensibilité gastronomique de l'Antiquité à nos jours*. Paris: Suger, 1985.
 - « *Cuisines médiévales* », Bruno Laurioux, dans Flandrin, Jean-Louis, et Massimo Montanari. *Histoire de l'alimentation*. Paris: Fayard, 1996.
 - <https://www.youtube.com/watch?v=AnKUUIrI1UY>
 - « *Imprimer la cuisine : les livres de cuisine en France entre le 15ème et le 19ème siècle* », Philip et Mary Hyman, dans Flandrin, Jean-Louis, et Massimo Montanari. *Histoire de l'alimentation*. Paris: Fayard, 1996.

Week 6

Class: Co-Curricular activity

Lunch at "Une Table à Deux" followed by visit of the kitchen and question and answer session with cooks

Week 7

Class: "Grande" cuisine" - A kitchen of "taste"

This session aims at understanding how a new culinary paradigm emerged in the mid-17th century.

Assignments:

- Read the following article and watch the videos:
 - <https://www.youtube.com/watch?v=y-nP4mmBx9k>
 - « *Choix alimentaires et art culinaire* », Jean-Louis Flandrin, dans Flandrin, Jean-Louis, et Massimo Montanari. *Histoire de l'alimentation*. Paris: Fayard, 1996.
 - « *De la diététique à la gastronomie, ou la libération de la gourmandise* », Jean-Louis Flandrin, dans Flandrin, Jean-Louis, et Massimo Montanari. *Histoire de l'alimentation*. Paris: Fayard, 1996.

Week 8

Class: The golden age of gastronomy

The objective of this course is to show how political (transition from a monarchy to a republic), structural (birth of cafés, restaurants) and institutional (birth of gourmet literature and criticism) changes will have a great influence on French gastronomy.

Assignments:

- Read the following article and watch the videos:
 - <https://www.youtube.com/watch?v=GhqAAwSCQ44>
 - https://www.youtube.com/watch?v=CWGo_xi8N1U
 - « *Naissance et expansion des restaurants* », Jean-Robert Pitte, dans Jean-Louis Flandrin et Massimo Montanari. *Histoire de l'alimentation*. Paris: Fayard, 1996.

Week 9

Class: "Nouvelle cuisine": a crossbreeding cuisine

The social and economic changes following the Second World War will give rise to a new culinary paradigm, profoundly different from previous paradigms.

Assignments:

- Read the following article and watch the videos:
 - <https://www.youtube.com/watch?v=kZNpOOE8He8>
 - <https://vimeo.com/161162236>
 - « De la restauration du tourisme à la nouvelle cuisine », Jean-Pierre Poulain, dans Neirinck, Edmond, et Jean-Pierre Poulain. *Histoire de la cuisine et des cuisiniers : techniques culinaires et pratiques de table, en France, du Moyen Âge à nos jours*. Paris: Editions LT J. Lanore, 2004.
 - « Typologie de signatures esthétiques dans l'art culinaire français et ses liens avec le tourisme », Frédéric Zancanaro, dans *Tourisme et gastronomie, Anthropology of food* (<http://journals.openedition.org/aof/?lang=fr>), numéro coordonné par Xavier Medina.
 - « Permanence et dynamique de l'esthétisation dans l'art culinaire français », Frédéric Zancanaro, dans Verdier B. et Parizot A. (dir.), *Du sens à l'expérience : Gastronomie et œnologie au prisme de leurs terminologies*, Université de Reims, Éditions Épure.

Week 10

Class: Introduction to socio-anthropology of food

The objective of this introductory session on the socio-anthropology of food is to make students aware of: 1) the qualities and functions of food and 2) the different concepts used in the social sciences in relation to food.

Assignments:

- Read the relevant slides
- Read the following article and watch the videos:
 - Rochedy A., 2019, « L'alimentation des Séniors. Au-delà des besoins nutritionnels », *L'Autre cuisine*, Santé du troisième âge, p.16-18

Week 11

Class: Co-Curricular activity

Escoffier pastry cuisine workshop

Week 12

Class: Methodologies to study food habits

This session aims to present the levels of food facts - representations versus practices - and to work on the methods of data collection in socio-anthropology of food. The objective is to present research work on various themes through survey methodologies.

Assignments:

- Read the corresponding slides
- Identify the different survey methodologies
- Read the following two articles:
 - Rochedy A. et Barrey S. 2021. Les focus groups : étudier le fait alimentaire à travers des mises en discussion thématiques. Olivier Lepiller ; Tristan Fournier ; Nicolas Bricas; Muriel Figuié. *Méthodes d'investigation de l'alimentation et des mangeurs : MIAM*, Éditions Quae, pp.227-240, 2021.
 - Poulain J.-P. 2012. Étudier les phénomènes alimentaires. In *Dictionnaire des cultures alimentaires* : Paris, PUF, pp. 557-573.

Week 13

Class: Cultural perspective for food patterns

The course will make it possible to draw up the various forms of particular food (allergy, intolerances, religious prohibitions, specific diets, ethical claims, etc.) and to draw parallels with other countries (European or even overseas) in order to show the cultural differences.

Assignments:

- Read the corresponding slides
- Read the following articles:
 - Fischler & Masson (2008), *Manger. Français, Européens et Américains face à l'alimentation*, Paris, O. Jacob
 - Rochedy A., 2019, « La bonne parentalité dans l'assiette : autismes et régimes "sans" »

Week 14

Class: Food and Public Health

The objective of the session is to show the evolution of dietary practices throughout life and to present the 4th National Nutrition and Health Program 2019-2023 (PNNS 4) whose main objective is to allow the French to remain in good health throughout their lives thanks to good reflexes to eat better and move.

Assignments:

- Read the corresponding slides
- Read the following documents:
- Rochedy A., Ehlinger V., Godeau E., 2020, « EnCLASS 2018, Habitudes alimentaires et activité physique », in Résultats de l'Enquête nationale en collèges et en lycées chez les adolescents sur la santé et les substances, Rennes, EHESP, 11 p.
- Presentation of the main lines of the PNNS 4 by the students: <https://solidarites-sante.gouv.fr/actualites/presse/communiques-de-presse/article/lancement-du-4eme-programme-national-nutrition-sante-2019-2023>

Course Materials

Readings

Aron, Jean-Paul. *Le mangeur du XIXe siècle*. Paris: Robert Laffont, 1973.

Beaugé, Bénédicte. *Plats du jour : sur l'idée de nouveauté en cuisine*. Paris: Métailié, 2013.

Bellon, Pierre, et Emily Borgeaud. *Je me suis bien amusé! : Sodexho raconte...* Paris: Editions d'organisation, 2006.

Birlouez Eric. *Histoire du vin en France*. Rennes: Editions Ouest-France, 2015.

Coron, Sabine. *Livres en bouche : cinq siècles d'art culinaire français, du quatorzième au dix-huitième siècle*. Paris: Bibliothèque nationale de France, 2001.

Cousin, Saskia, et Bertrand Réau. *Sociologie du tourisme*. Paris: La Découverte, 2016.

Dion Roger. *Histoire de la vigne et du vin en France. Des origines au XIXème siècle*. Paris: CNRS éditions, (1959) 2010.

Drouard, Alain. *Histoire des cuisiniers en France : XIXe-XXe siècle*. Paris: CNRS éditions, 2004.

Drouard, Alain. *Le mythe gastronomique français*. Paris: CNRS éditions, 2010.

Dumay, Raymond, et Jean-Claude Pirotte. *De la gastronomie française*. Paris: La table ronde, 2009.

Dupuy A., Rochedy A., 2018, « Socialisations alimentaires et pratiques rituelles durant la petite enfance », *Anthropology of Food*. En ligne : <https://journals.openedition.org/aof/8253>

Fischler Claude. *Du vin*. Paris: Odile Jacob, 1999.

Flandrin, Jean-Louis. *L'ordre des mets*. Paris: Odile Jacob, 2002.

Flandrin, Jean-Louis, et Massimo Montanari. *Histoire de l'alimentation*. Paris: Fayard, 1996.

Foissac Patrice, Griset Pascal, Laborie Léonard. *Vins de Cahors et du Quercy. Un recueil sur l'histoire des hommes, des lieux et des produits*. Pessac: Maison des Sciences de l'Homme d'Aquitaine, 2020.

Gault, Henri, et Christian Millau. *Gault et Millau se mettent à table*. Paris: Editions J'ai lu, 1977.

Gottschalk, Alfred. *Histoire de l'alimentation et de la gastronomie depuis la préhistoire jusqu'à nos jours*. 2 vol. Paris: Editions Hippocrate, 1948.

Lachiver Marcel. *Vins, vignes et vigneron*. Histoire du vignoble français. Paris: Fayard, 1988.

Laporte C., 2021, « Gérer la restauration collective face aux multiples injonctions et recommandations, L'autre cuisine, n°18, pp. 27-28.

Laporte C., 2018, « Enjeu de la restauration collective », in Poulain, J.P. (dir.), *Dictionnaire des cultures alimentaires*, PUF, Paris, pp. 487-490.

Laporte C., 2018 [2012], « Ingénierie de restauration », in Poulain J.P. (dir.), *Dictionnaire des cultures alimentaires*, Paris, PUF, pp. 793-800.

Laporte C., 2018 [2012], « Restauration collective », in Poulain J.P. (dir.), *Dictionnaire des cultures alimentaires*, Paris, PUF, pp. 1231-1236.

Laporte C., Poulain J.P. (2014) « Restauration d'entreprise en France et au Royaume Uni. Synchronisation sociale alimentaire et obésité », *Ethnologie Française*, Vol. 2014-1.

Laporte C. (2014) « Manger dans la restauration collective », in Esnouf C, Firoamonti J, Laurieux B. (dir.), *L'alimentation à découvert*, CNRS Editions, p. 40.

Laporte C. (2013) « Les temporalités sociales des cuisiniers de la restauration. Régimes horaires, pratiques et disponibilités temporelles », *Temporalités*, (17), <http://temporalites.revues.org/2477>.

Laurieux, Bruno. *Manger au Moyen Âge : Pratiques et discours alimentaires en Europe au XIVe et XVe siècles*. Paris: Librairie Arthème Fayard - Dept. Pluriel, 2013.

Lecoutre Matthieu. *Le goût de l'ivresse. Boire en France depuis le Moyen Âge*. Paris: Belin, 2017.

Mantoux, Aymeric, et Emmanuel Rubin. *Le livre noir de la gastronomie française*. Paris: Flammarion, 2011.

Marcilhac, Vincent, et Vincent Moriniaux. *Les établissements de restauration dans le monde*. Paris: L'Harmattan, 2012.

Mennell, Stephen. *Français et Anglais à table du moyen âge à nos jours*. Paris: Flammarion, 1987.

Mériot, Sylvie-Anne. *Le cuisinier nostalgique, Entre restaurant et cantine*. Paris: CNRS éditions, 2002.

Mesplède, Jean-François. *Trois étoiles au Michelin : une histoire de la haute gastronomie française*. Paris: Gründ, 1998.

Moulin, Léo. *Les Liturgies de la table : une histoire culturelle du manger et du boire*. Anvers: Fonds Mercator, 1989.

Neirinck, Edmond, et Jean-Pierre Poulain. *Histoire de la cuisine et des cuisiniers : techniques culinaires et pratiques de table, en France, du Moyen Âge à nos jours*. Paris: Editions LT J. Lanore, 2004.

Nourrisson Didier. *Une histoire du vin*. Paris: Editions Perrin, 2017.

Ory, Pascal. *Le discours gastronomique français : des origines à nos jours*. Paris: Gallimard, 1998.

Pacaud Serge, Goubert Pascal. *Histoire des vins de France*. Clermont -Ferrand: De Boree, 2017.

Petrini, Carlo. *Terra madre : renouer avec la chaîne vertueuse de l'alimentation*. Paris: Editions Alternatives, 2011.

Quellier Florent. *Festins, ripailles et bonne chère au Grand Siècle*. Paris: Belin, 2015.

Rambourg, Patrick. *À table... le menu!* Paris: Editions Honoré Champion, 2013.

Rambourg, Patrick. *Histoire de la cuisine et de la gastronomie françaises*. Paris: Editions Perrin, 2010.

Revel, Jean-François. *Un Festin en paroles, Histoire littéraire de la sensibilité gastronomique de l'Antiquité à nos jours*. Paris: Suger, 1985.

Rochedy A., 2018, « Bien sûr, il y aura encore des jours « avec » et des jours « sans ». Autismes et gestions familiales des particularités alimentaires de l'enfance à l'adolescence », *Enfances, Familles et Générations*, numéro 28, En ligne : <http://journals.openedition.org/efg/1624>

Rochedy A., 2018, Note de recherche « Autismes et socialisations alimentaires. Particularités alimentaires des enfants avec un Trouble du Spectre de l'Autisme et ajustements parentaux pour y faire face », *ALTER: European Journal of Disability Research*, 12, p.41-49.

Rochedy A., Poulain J.-P., 2015, « Appréhender la néophobie alimentaire par la socialisation. Analyse des pratiques alimentaires des enfants autistes », *Dialogue*, n°209, vol.3, p.55-67

Rochedy A., 2018, « Postface ». In Schovanec J. et Carat C. (Dir), *Je cuisine un jour bleu*, Mens en Isère, Terre Vivante, p.166-169.

Rochedy A., 2018, « Autismes », in Poulain J-P (dir.), *Dictionnaire des cultures alimentaires*, Paris, PUF (seconde édition), p. 153-160.

Steinberger, Michael. *La cuisine française : un chef d'oeuvre en péril*. Traduit par Simon Duran. Paris: Fayard, 2011.

Tibère L., Rochedy A. et Sarrat C., 2018 « Goûter en France », in Poulain J-P (dir.), *Dictionnaire des cultures alimentaires*, Paris, PUF (seconde édition), p. 682-686.

Williot, Jean-Pierre, et Alain Drouard. *Histoire des innovations alimentaires XIXe et XXe siècles*. Paris: L'Harmattan, 2007.

Zancanaro, Frédéric, *La créativité culinaire. Les trois étoiles du guide Michelin*, Éditions PUF, Tours, Collection : Tables des hommes, 2019.

Zancanaro F., 2018, « Typologie de signatures esthétiques dans l'art culinaire français et ses liens avec le tourisme », *Tourisme et gastronomie, Anthropology of food* (<http://journals.openedition.org/aof/?lang=fr>), numéro coordonné par Xavier Medina.

Zancanaro F., 2018, « Permanence et dynamique de l'esthétisation dans l'art culinaire français », in Verdier B. et Parizot A. (dir.), *Du sens à l'expérience : Gastronomie et œnologie au prisme de leurs terminologies*, Université de Reims, Éditions Épure.

Zancanaro F., 2018, « Art culinaire », in Poulain J.-P. (Dir.), *Dictionnaire des cultures alimentaires*, Paris, PUF, 2ème édition, juin.

Zancanaro F., 2012, « Michel Bras » (biographie), in Poulain J.-P. (Dir.), *Dictionnaire des cultures alimentaires*, Paris, PUF, pages 198-201.

Online Resources

- <https://www.lemangeur-ocha.com>
- <https://solidarites-sante.gouv.fr>
- <https://www.grandes-cuisines.com>
- <https://www.snrc.fr>
- <https://autrecuisine.fr>
- <https://syneg.org>
- <http://www.snarr.fr>
- <https://guide.michelin.com/fr/fr>
- <https://www.atabula.com>
- <https://www.franceculture.fr/gastronomie>
- <https://www.arts-et-gastronomie.com>
- <https://www.lemonde.fr/m-gastronomie/>
- <https://www.campusfrance.org/fr/specialites-culinaires-gastronomie-francaise>
- <https://www.canalacademies.com/emissions/au-fil-des-pages/quest-ce-que-la-gastronomie>
- <https://www.gastronomico.fr>
- <https://journals.openedition.org/aof/>
- <https://www.journals.elsevier.com/appetite>
- <http://cuizine.mcgill.ca>
- <https://www.sciencedirect.com/science/journal/1878450X>
- <https://gastronomica.org>
- <https://ich.unesco.org/en/RL/gastronomic-meal-of-the-french-00437?RL=00437>