



CU 356 - FRENCH GASTRONOMY

IES Abroad Nantes

DESCRIPTION:

This course will be an anthropological, cultural, sociological, historical, artistic, and regional study of what food represents for French culture, from prehistoric times to the present. We will study French food as a social fact inherited from a long history and shaped by local traditions, economic evolutions, and religious influences.

We will become familiar with table etiquette, and with the different skills of French gastronomy. We will discover countless products as well as the culinary specificities of each region of France, with a particular focus on the gastronomy and culinary tradition of the Nantes region. We will learn how to decipher wine labels by studying their history, methods of production, and the art of wine tasting.

Students will read articles and texts written by famous authors throughout the centuries and watch a number of videos. They will also study a variety of iconography that reflects the place of food and eating in French culture.

CREDITS: 3 credits

CONTACT HOURS: 45 hours

LANGUAGE OF INSTRUCTION: French

PREREQUISITES: None

ADDITIONAL COST: None

METHOD OF PRESENTATION:

- Conferences / debates
- Discussions and tastings
- Field studies / visits / meetings
- Flipped classroom
- Moodle

REQUIRED WORK AND FORM OF ASSESSMENT:

- Homework assignments, writing - 25%
- Oral presentations, summaries, class attendance and participation - 15%
- Mid-term - 20%
- Final exam - 30%

Homework

- Readings and viewings: Each week, students will have one or more texts to read. They may also be instructed to view some audiovisual content. These texts and videos are intended to prepare for each class. These readings and videos are mandatory and will be the subject of oral questions during the course and written questions during the exams.
- Summaries of texts to be written in 15 lines on a word processing program.
- Each student will be required to complete 2 summaries during the semester and present orally to the class. Students will be able to get help from the teaching assistant. A copy of the abstract will be given to the professor at the beginning of class.

Writing

Each student will be required to turn in an assignment on a topic that will be specified during the year. This will include a research paper and reflective analysis.

Oral Presentations and Class Participation



During the course of the semester, each student will be required to give an oral presentation of a summary of the texts he or she has written, according to a schedule defined in advance. In addition, students will be tested throughout the course on their knowledge acquired in previous classes and through the required readings and screenings. Students' attention and oral participation during class is part of the grading.

Exams

The mid-term and final exams will combine both knowledge questions and one or more written compositions in which students will be asked to produce a synthesis of several topics studied, using specific vocabulary to ensure that they have acquired the knowledge necessary for more general reflection.

The questions may focus on:

- the elements mentioned by the teacher in class
- knowledge gained from required visits (in groups or independently)
- readings and screenings

Mid-Term : Duration : 1h30

Final exam: Duration: 2 hours

Course-related trips

Several course-related trips will be organized as part of the course. They may be the subject of an assignment or questions on the final exam.

Moodle

Students are invited to use Moodle. They will find the material presented in class, links to videos to watch, and a number of resources and suggested readings that will help them better assimilate the course and acquire a true French culture about the culinary arts. Each student will need to take a good look at the assignment details each week.

REMARKS:

- 1) During the exams, all written work must be written in ink or ballpoint pen and legibly.
- 2) Homework must be written in a word processing program. They must be turned in by the required dates.
- 3) Oral work will be graded based on clarity and presentation; therefore, the use of the board or a slide show is acceptable.

LEARNING OUTCOMES:

By the end of the course, students will be able to:

- Explain the origin of the main French culinary traditions.
- Identify a type of cuisine as a result of the history and economy of a region.
- Differentiate between home cooking and gourmet cooking.
- Analyze the different types of restaurants and evoke the names of chefs who have marked history.
- Describe the gastronomy of Nantes and its influences.
- Know the rules of behavior around a table, and particularly according to the circumstances.
- Talk about wine with the appropriate vocabulary and know its specificities
- Understand why the French talk so much about gastronomy or even food, and why the "French gastronomic meal" has been classified as an intangible cultural heritage of humanity

ATTENDANCE POLICY:

IES ABROAD NANTES Attendance policy - Attendance is mandatory. Absences are excused for valid reasons only. It is the student's responsibility to provide proof of absence, such as medical certificate. Absences due to travel or visits from friends or family members are not valid. Unexcused absences will affect your final grade in the course: each unexcused absence will lead to a reduction of half a letter grade (e.g., B+ will be reduced to B, A to A-) and may also lead to a lower grade for participation. Seven absences in a course will result in an "F" for that course. Each exam, test, presentation, research paper, or other assignment not completed due to an absence may be rescheduled only in the case of a medical or family emergency with proper justification. Students who are more than fifteen minutes late as "absent".

Attendance on field trips organized as part of many courses is also mandatory. In the event that these field trips take place at a different timeslot or location than the class, you will be notified in a timely manner and will be required to attend the field trip.

Multiple and repeated absences may also lead to additional disciplinary sanctions and will be subject to academic review.

CONTENT:

Session	Content	Assignments
Session 1	Presentations • Instructor - Students • Program – objectives • Students expectations The act of eating • Health aspect • Social aspect Photolanguage Practice • Mindfulness exercises / The 5 senses	• Choose your "RECOMMENDED READINGS" for the reading sheet (staggered schedule: in 7 dates)
Session 2	Gourmet walk in Nantes. Meeting point at the IES • Links gastronomy / history / culture / architecture	• Make a summary of the outing (15 lines)
Session 3	History of food • Key periods and dates • Composition of a meal • Quantitative and qualitative evolution • Evolution of kitchens • Traditions / dates • Beliefs • Distribution of reading cards • Tastings Restitution Hand in the summary	• Read documents “bread” + write 15 lines, 1 synthesis on chosen subject
Session 4	Boulangerie • breads • Viennoiseries • Tastings + bread & pastry making	• Make 1 oenology presentation for 28.02

Session	Content	Assignments
Session 5	Cheese - Type - Making of cheese - Recipes - Cutlery - Service rules Course-related trip to a fromagerie	- Homework - Oenology lecture
Session 6	Oenology - Wine & champagne - origins, professions - oral presentations	Readings/videos: "the origins of gastronomy" + questionnaire
Session 7	Sweet treats: pastry and confectionery - origins, professions - Type - Recipes	biographical research / character having marked the history of gastronomy
Session 8	Nantes cake competition Make a Gâteau Nantais from scratch (3 groups)	Send recipe + homework plan
Session 9	The art of the table - Uses and customs - Good manners, politeness - The service - The restaurant	Course-related trip to a Cellar and a gastronomical restaurant
Session 10	Tour de France des Saveurs - Links dishes & climate - Links dishes & geography - placing dishes on a map - Tastings	Homework restitution
Session 11	Agriculture of the Loire - Fruits, vegetables, cereals - Meat and seafood dishes	Revisions for final exam

Session	Content	Assignments
Session 12	Final exam revisions - Semester review - Tastings and course-related trip to a farmers market	N/A

COURSE-RELATED TRIPS:

- Fromagerie
- Farmers' market
- Cellar
- Gastronomic restaurant

RECOMMENDED READINGS:

All readings are available at the IES Nantes library.

- Les recettes du moyen âge
- Le goût de Nantes
- On va déguster
- On va déguster - la France
- Le guide du fromage
- Le tour de France des 100 péchés mignons
- A la table de François 1er
- A la table des diplomates
- Dictionnaire nostalgique de la politesse
- L'incroyable histoire du vin
- 100 expressions savoureuses à partager entre petits et grands
- Les recettes de la vie – Jacky Durand
- Guide des protocoles et des usages
- L'encyclopédie touristique des vins de France
- Un festin de paroles
- 2000 ans d'histoire gourmande
- Les étoiles du guide michelin
- Cuisine et dépendances
- La femme du boulanger
- Le marché commun agricole
- La politique agricole commune
- Le développement durable