FRENCH CULTURE, FOOD and HEALTH
Study Abroad, SA 10202/ NUTR 39800  Spring 2017

INSTRUCTOR
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CLASS MEETINGS
- Mandatory attendance. Loss of one letter grade per absence
- Pre-travel: Jan 30, Feb 13, Feb 27, Mar 6. All in LYLE 1150 at 5:30pm (Jan 30 and Mar 6 are 1.5 hours; Feb 13 & 27 are 1 hour)
- Travel: Mar 11-Mar 19
- Post-travel: no meetings

LEARNING OUTCOMES
- Recognize socio-environmental factors that influence dietary intake
- Identify differences in health-enhancing nutrition and lifestyle practice between the populations of France and the U.S.
- Identify differences in health outcomes between France and the U.S.
- Identify your own cultural rules and biases about food and eating
- Recognize new perspectives on cultural rules and biases about food and eating
- Initiate and develop interactions with those of differing cultures

COURSE POLICIES
- It is expected that students attend all pre-travel classes and participate in all overseas activities and excursions with the group. If this is problematic for some reason, please bring it to the attention of Mrs. Clark immediately.
- As representatives of Purdue University, and out of respect to our hosts and to fellow students, all students must take personal responsibility to be on time for all activities and to conduct themselves in an appropriate manner.
- Students are expected to actively participate in the learning process through attentive listening, asking questions, and contributing observations to discussion and participating in activities.
- Knowledge of the French language is not required. There will be some French lessons during the week overseas, and all students, whether proficient in French or not, are expected to participate.

EVALUATION
- Pre-travel mandatory class attendance (5 pts x 4 mtgs) 20
  (lose 1 letter grade per absence)
- Pre-travel small group presentation 50
- Participation in activities during the trip (5 pts x 6 days) 30
- Research & Observations log
  o Pre-travel check-point (due on your presentation day) 50
  o End-of-overseas-week check-point on March 18 50

ASSIGNMENTS
- Topics for small group presentations. You will focus your efforts on 1 of the following 3 topics:
  o Eating habits & patterns: meal patterns, content of meals, number of courses, duration of meals, socialization around meals, palatability of meals, preference for local/fresh food vs. convenience/packaged food
  o Psychosocial influences on food choices & attitudes about food: attitudes about eating in general, eating in restaurants as opposed to home, work hours and time and money spent on meals, importance given to food quality and quantity, preference for shopping in outdoor markets vs. supermarkets, foods that are available in outdoor markets vs. supermarkets, grocery shopping frequency, mindfulness around eating, enjoyment of eating
  o Dietary intake: types of dietary fats (saturated vs. unsaturated), fiber, fruits and vegetables, polyphenols (an antioxidant) in wine & chocolate, cheese, butter, other specific foods the French eat more/less of compared to the U.S.
**Research & Observations log**

- Purchase a small notebook or keep an electronic record. In choosing, consider that you must have this log “book” available to you overseas as well as during pre-travel class meetings.
- Bring your log book with you to all class meetings.
- Each student must independently read and make a record of 5 or more articles on his/her French Paradox topic in his/her Research & Observations log.
- Each entry should include:
  - Title of the [journal] article
  - Authors (at least the first one)
  - The year the article was published (or date the online article was written or the date the website was last updated)
  - The name of the journal in which it was published
  - Summary notes (do not copy directly from the paper) about the article content and what it tells you about how your topic might contribute to the French Paradox and the differences in health status between the U.S. vs. France
- **Most of your entries should be based on scholarly articles from peer-reviewed scientific journals.** Scholarly sources are found in journals where editors and review committees make sure the research is analyzed by experts and leaders in that field. Use the Purdue library page to access the Medline/Pubmed database for searching.
- No more than 20% (1 of 5) of your articles should be from **non-scholarly sources.** Internet and other mass media sources are not always reliable, so be sure to check the original source of the information.
- At least 1 of your articles should be **original research**
- At least 3 of the 5 articles in each student’s log book should be **unique.** That is, you and other students in your topic group should have different articles (no more than 2 of the same article per person).
- This research will form the basis for your small group presentation. Consequently, it will be completed **prior** to our departure, and submitted for grading on the day of your small group presentation.
- Also bring this log book with you to France. Every day (Monday through Saturday), record your observations related to your topic, that day’s activities and the relationship to the French Paradox and differences in health status between the U.S. and France. You will turn in this Research and Observations Log book on the last overseas day (Saturday, March 18) for grading (it can be returned to you at your request).
- Top scored log books will (a) demonstrate an overview of the scientific literature relative to your topic, (b) contain concise yet detailed and accurate research entries, (c) be written legibly, (d) and contain insightful & reflective observations.
- Some specific research and observations to note include:
  - In the OPEN AIR MARKETS
    - What’s available
    - What do people buy
    - How much do they buy
    - Who is in the market place (men, women, children)
    - Is shopping hurried or leisurely
    - What can you infer about quality of French diet
    - What can you infer about impact of diet on health
  - In the SUPERMARKETS
    - Compare what is found in French markets and compare with US.
    - Observe what people buy in supermarkets
    - How many food chains vs small independently-owned shops
  - In the GOURMET MARKETS
    - Are there comparable markets in US
    - Who shops in these markets
    - How does the food differ from other French markets
  - In RESTAURANTS
    - Observe and compare French meal portions to U.S.
    - Observe timing and duration of meals
    - What did you eat in French restaurants and how does it compare to US restaurants in the same price range
    - How does restaurant food affect the health of the French population
- At OIL FACTORY
  - What oils are prepared
  - What are the health benefits of these oils
  - Are there similar small operations in the US
- At VINEYARD
  - What determines the character of wine
  - What are the health benefits of wine
  - How much wine do the French drink
  - Compare French wine culture with American
- In COOKING CLASSES
  - How do French cooking methods differ from American
  - How do ingredients differ
  - What are the health implications

- DUE 1 week prior to your small group presentation is the complete list of articles from everyone in your small group. **Send me ONE email per group with all students’ articles.**

- **Small group presentation.** Individuals with the same topic will form a small group and work together on a powerpoint presentation. Every student in the group should contribute to the powerpoint and speak during the presentation. The objective is to share your conclusions related to your topic and its relationship to the French Paradox and influence on the differences in health status between the U.S. and France. Top scored presentations will meet the following standards:
  - The information presented is accurate, complete, relevant and successfully supports the main point(s). On the slides, the information is in a combination of forms including words, images, statistics, graphs and charts.
    - What factors (within your assigned topic) might be part of the French Paradox?
    - How are these factors different in France compared to the US?
    - How are these factors related to health status?
  - The presentation has a clear and consistent focus; the audience comes away knowing exactly what point(s) the presenters are trying to make.
  - Slides are all presented logically with clear titles, bullet points, etc.
  - The presenters do not read what is on the slides, but instead elaborate with interesting, compelling, supporting information.
  - The visual design (layout, font, background, clipart, etc) of the slides is stimulating and customized and aids in the audience’s understanding of the main points.
  - The presentation is free of grammatical errors.
  - It lasts the right amount of time (20-30 minutes).
  - The presenters’ speaking skills add to the powerpoint greatly.
  - They welcome questions at the end and respond thoughtfully.