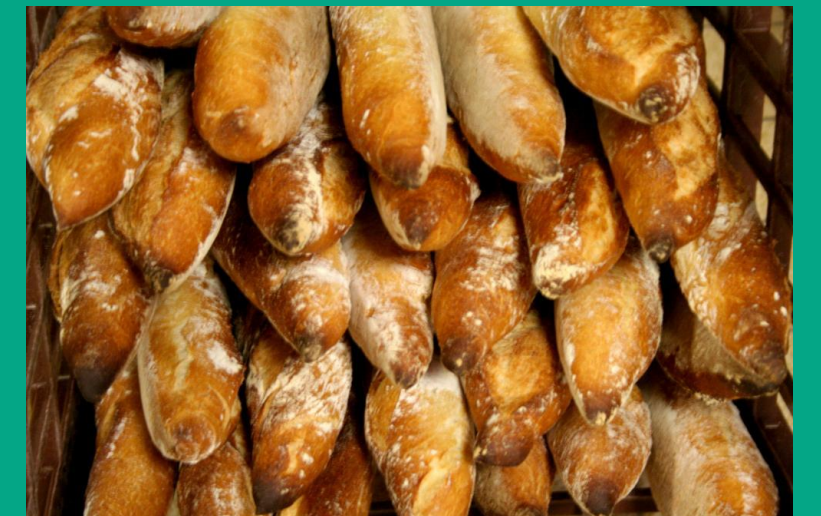


Food as medicine

- Academic program -

Program Schedule:

June 9 – July 8, 2027



Academic informations

Description of the 6 modules in the next slides of this presentation

The coefficient for each module is listed after the module name:

- Designing food for the dependant adult - 15%
- Diet & therapeutic care - 22%
- Food sourcing - 22%
- French Cuisine adapted to Chronic Diseases - 19%
- From Flour to French Bread and Pastries - 10%
- From Milk to Yoghurt and Cheese - 12%



Diet & therapeutic care



Dr Nancy HALLAL

Brief summary of the module: Explore how nutrition can contribute to the prevention and management of disease, from molecular mechanisms to practical dietary assessment, going beyond the simple concept of calorie intake. The course focuses on health prevention and evidence-based dietary practices.

Learning objectives:

Understand how nutrients can interact with genes and molecular pathways involved in disease.

Explore the metabolic and microbiome-related effects of dietary fiber.

Discuss the nutritional and sustainability aspects of different protein sources.

Understand the role of fatty acids and sodium intake in cardiovascular health, and the therapeutic rationale of DASH diet.

Assess and interpret individual dietary intakes.

Explore the relationships between nutrition and psychological well-being.

Module assessment method: Poster and oral presentation

➤ Designing food for the dependant adult



Dr Anne-Kathrin ILLNER, MPH

Brief summary of the module: This course focuses on understanding the **specific nutritional needs of dependent adults** and **adapting meals** to support their health, safety, and well-being. It develops skills in designing **texture-modified, nutrient-dense meals** tailored to **physical and cognitive limitations**, while applying food design principles to create personalized menus that account for medical conditions, dietary restrictions, and cultural preferences.

Learning objectives: 1) understand the **nutritional needs** of dependent adults and how to adapt meals to support their health and well-being; 2) develop the ability to design texture-modified, nutrient-rich meals that are safe and appealing for adults with physical or cognitive limitations; 3) apply food design principles to **create personalized meal plans** that respect dietary restrictions, medical conditions, and cultural preferences (lectures, case studies, seminars, and practical cooking sessions).

Module assessment method: Oral exam



French Cuisine adapted to Chronic Diseases



Alexandra BIBARD, Food Engineer and Dietitian

Brief summary of the module and learning objectives:

- **Cooking techniques**
- **Mediterranean diet:** Using a traditional mediterranean recipe to review many culinary techniques
- **Cancer:** How to prevent cancer by preparing dishes including starters, main courses, desserts using specific natural products ? How to use specific spices and aromatic plants to prevent side effects induced during treatment of chronic forms of cancer?
- **Immune disorders:** Allergen and gluten free cooking to help people with allergies or persons with celiac disease
- **Metabolic Diseases and Obesity:** How to prepare deserts with low glycemic index sugars and without sweeteners ? How to prepare main courses with low amount of salt, low glycemic index or high fiber content?

Module assessment method:

- A self-guided culinary workshop: You will need to make **two recipes adapted to the specific needs of a particular population**, order the ingredients, print the recipes and cook the dishes.

➤ From Flour to French Bread and Pastries



Dr Elodie SARRON

Brief summary of the module: This course introduces students to **French artisan bread-making techniques** and **traditional baked goods**.

Learning objectives:

- To understand the definition and consumption patterns of bread
- To describe and explain **the role of key ingredients** in bread-making
- To explore the **chemical processes** involved and their **nutritional implications**
- To develop practical skills by **preparing** traditional French baguettes and viennoiseries during two hands-on sessions.

Module assessment method: Oral presentation



➤ From Milk to Yogurt and Cheese

Dr Sofia NESTORA

Brief summary of the module:

- Lecture on **milk processing**, the **role of micro-organisms** in **fermented dairy products**, yogurt and cheese production, cheese as a culinary product in France (tasting of the most representative French cheeses)
- **Lab work**: yogurt and soft cheese production. Students will follow the evolution of pH throughout the processing stages, evaluate the textural characteristics of the final products and observe the characteristics of the micro-organisms present in the cheese and yogurt
- The lab ends with a **sensory evaluation** of the products prepared by the students

Learning objectives: to apprehend **the role of fermented dairy products** as a basis for our diet, as well as focus on their production methods

Module assessment method: workshop report



Food sourcing

Dr Elodie SARRON

Brief summary of the module: This module offers **field trips and guided tours** of local markets, restaurants, and food producers. It also provides an introduction to the supply chain of high-quality food products within the food industry and restaurant sector.

Learning objectives: **1**-Discover seasonal food sourcing practices **2**-Identify and engage with local producers and manufacturers **3**-Understand the value chain of local, high-quality food products

Module assessment method : Punctuality and attendance, respect of hygiene and food safety standards, active participation during session, engagement and commitment throughout the module.



➤ Academic informations

During all lab work, practical sessions, and weekly visits (every Tuesday):

- Appropriate clothing is required: long pants and closed-toe shoes must be worn at all times, even in hot weather
- Students wearing skirts, shorts, or open-toe shoes will not be allowed to enter the laboratory
- Students must keep their nails short and free of nail polish
- Jewelry is not permitted during lab sessions

