

Beat: Health

## PLEASURE OF TASTE IS THE BEST WEAPON AGAINST OBESITY ACCORDING TO FRENCH EXPERTS

### AMERICANS INTERESTED BY MEALS CANTEENS

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**USPA NEWS** - Officials from school canteens in New York, Miami, Chicago or Dallas came to visit the "taste of the Week" in France last year to draw on the educational model to taste with a goal, fighting against the obesity among young Americans. This approach is in line with the efforts made by Michelle Obama.

LAST YEAR USA SENT EMISSARIES, US OFFICIALS SCHOOL CANTEENS TO OBSERVE FRENCH METHODS AT "THE WEEK TASTE"<sup>1</sup>-----

The week of taste, annual festival in France, last year raised the interest of responsible of Americans canteens who came to visit French and observe the French methods of "taste of Pleasure" transmitted to since the youngest age in children. This remains quite disparate events depending on the territory but proved to be effective and efficient in France. They came from New York, Miami, Chicago or Dallas in study tour in a college in the Paris suburbs.

Their goal is to find new solutions for pupils and students accept the Americans overlooked equilibria menus proposed by the canteens. The US balanced meals, are indeed submitted to the law in the course of "Youth for Healthy Schools Act", under the impetus of efforts made by the First Lady Michelle Obama, whose it's her spearhead.-----

"In the US, each school is free to organise school time. In some schools, children have fifteen minutes to eat and serves them sodas in the canteen. In others, they have 50 minutes but rarely more. And in the cities committed to reduce obesity like Miami or New York, sodas are certainly banished cafeterias but not juice or milk (plain or flavoured), said Stephen O'Brien, nutrition director at Education Department the city of New York.-----

Final table of a country that has the most obese in the world and where, according to a recent study by the Health Assessment Institute of the University of Washington, over 70% of men, 60% of women and 30% of children and adolescents are overweight there."AFP

PLEASURE AGAINST OBESITY : A FRENCH EXPERIENCE FOR US EMISSARIES AT THE WEEK OF TASTE - LA SEMAINE DU GOUT-2014 -----

On Tuesday of last year's "Semaine du gout" , in France at the Pierre and Marie Curie School in Roissy-en-Brie (Seine-et-Marne) who celebrated the "Taste Week", Mr. O'Brien and with other five city officials came from US, more than interested by the taste of class given by the director Yannick Choulet It is 2pm, the teacher distributes a growing to the Elementary students. "First we look, we feel, listen and after you taste", he explains to them. On children leaves is the autopsy of the growing "it shines a little," "there is gold means a croisement (sic)", "when touched, it sticks a little", "a growing normal is soft, it is clear that there is a growing store because it is crispy on top ". After mobilising their five senses, the teacher insists that "all the memories of your life are going to be related to music and smells". And those who had never tasted the pumpkin will remember this workshop soup when it was necessary to test and compare two orange soup, one dominant carrots, the other dominant cucurbits.

Sixtus will not forget him this "extraordinary garden" where he discovered tarragon "who feels a little mint", and basil "that smells the rose". In their corner, Americans approve. "Here you have a positive approach to taste education. And scientific studies have shown that the pleasure of eating reduces the risk of obesity," says Penny Parham, food and nutrition director for the city of Miami. Excerpt, translated from the article published by Alimentationgenerale, BY AFP & Pierre Hivernat and with Sandra Laffont, October 15, 2014. See also article LE FOLL ANOUNCES EUROPEAN FUNDS ASSIGNED FOR THE PROGRAM A FRUIT FOR RECESS UP TO 76 % AGAINST 50% BEFORE - See more at: <http://www.uspa24.com/bericht-5478/le-foll-anounces-european-funds-assigned-for-the-program-a-fruit-for-recess.html#sthash.cjkQaKT8.dpuf>

"IT IS A POSITIVE APPROACH FOR THE EDUCATION OF TASTE" CONCLUDE THE AMERICANS EMISSARIES

"With us, everything is negative, we only communicate by the ban. You should not take this, nor do that ! We must see how we can reverse the message" says Dennis Barrett, director of school canteens in New York.-----

In France, the National Programme for Food (PNA) rightly puts emphasis on taste education than on nutrition as in the taste of classes (not mandatory) or the device "fun in the canteen" offering training for leaders to develop a "pleasure" approach in the preparation of meals. Breakfast at the American Way. "Food is our strength in France and this is something we can share with other countries to promote French meal" summarises Catherine Rogy, of the French Embassy in Washington. "But France also has things to learn from the Americans," she says. "For example, they offer breakfast to students to promote concentration, based on the observation that

many jump the first meal of the day." continues Catherine Rogy.

A trend also raised in France where nearly one in three children jumping at least one breakfast a week, according to a study Credoc dating from March 2014. This figure has tripled in ten years ...Excerpt, translated from the article published by Alimentationgenerale, BY AFP & PIERRE HIVERNAT - and with Sandra LAFFONT 15 October 15, 2014.

See also article : FIRST LADY MICHELLE OBAMA IS BEATING THE ODDS AGAINST JUNK FOODS IN US SCHOOLS CONGRESS TO STATUTE SOON ON SCHOOL MEALS - See more at: <http://www.uspa24.com/bericht-5539/first-lady-michelle-obama-is-beating-the-odds-against-junk-foods-in-us-schools.html#sthash.jUSQ5cqn.dpuf> -----

To be continued at next publication

**Article online:**

<https://www.uspa24.com/bericht-5541/pleasure-of-taste-is-the-best-weapon-against-obesity-according-to-french-experts.html>

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**Editorial program service of General News Agency:**

United Press Association, Inc.

3651 Lindell Road, Suite D168

Las Vegas, NV 89103, USA

(702) 943.0321 Local

(702) 943.0233 Facsimile

[info@unitedpressassociation.org](mailto:info@unitedpressassociation.org)

[info@gna24.com](mailto:info@gna24.com)

[www.gna24.com](http://www.gna24.com)