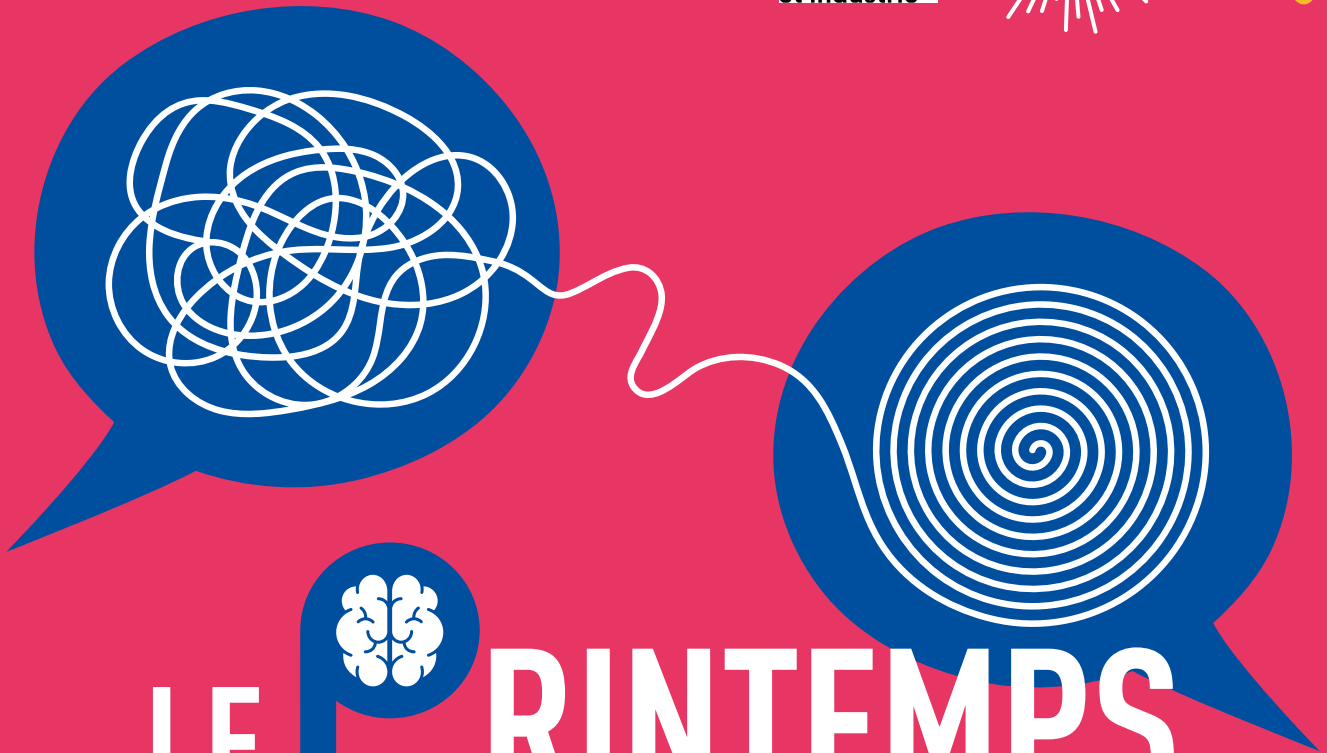


cité
sciences
et industrie



LE RINTEMPS DE L'ESPRIT CRITIQUE

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THE SPRINGTIME OF
CRITICAL THINKING

20.03 > 03.04 2025

4TH EDITION FOOD

#PrintempsEspritCritique

PRESS KIT



EDITORIAL

The way we engage with knowledge and information is evolving as rapidly as the world around us. In the digital age, experts share the public arena with many other voices. An endless stream of content produced by multiple creators, including machines, circulates instantaneously worldwide on global digital platforms. In this radically changed environment, the challenge is no longer how to find information but to learn how to sort and evaluate it, so that we can make informed judgments as freely as possible. **This is precisely why the ability to think critically is now more vital than ever.**

Fostering a culture of critical thinking is one of the biggest challenges facing us today, which is why Universcience has partnered with actors who understand the pressing need for action.

Our first initiative — a measurement and analysis tool called the ‘Critical Thinking Barometer’ developed with input from a scientific committee whose members include Michel Dubois, Pauline Ducrot, Emiliano Grossman, Irène Margaritis, Elena Pasquinelli, Magda Tomasini, Mathilde Touvier and Michel Wieviorka — aims to **gather data on French people’s relationship with science, their sources of information and how they debate and form opinions.** The findings of our fourth Barometer are set out at the end of this report. Alongside our standard questions, which track long-term shifts in opinion, this year we included questions about people’s relationships with **food.**

The second component is a major programme of events targeted at the general public: **the Springtime of Critical Thinking.** Running from 1st March to 30 April, this initiative will field contributions from some **120 people** who will simultaneously present, in France and worldwide, a series of events on critical thinking, including workshops, exhibitions, demonstrations, lectures and panel discussions.

As part of this programme, activities will also be organised at the Cité des Sciences et de l’Industrie, Les Étoiles du Palais de la découverte and online at leblob.fr from 20 March to 3rd April. Throughout the season, visitors can follow a pathway of exhibits and activities on ‘Critical Thinking and Food’ at the Cité, addressing many of the issues raised by the Critical Thinking Barometer. This programme is supported by videos on leblob.fr, Universcience’s science information platform, and by a series of events for educators and demonstrators.

In his recent work, *A New Structural Transformation of the Public Sphere and Deliberative Politics* (2023) Jürgen Habermas observed that “in a similar way to how the printing press turned everyone into potential readers, digitalisation is now transforming everyone into potential authors. But how long did it take for everyone to learn to read?” By encouraging critical thinking, our goal is to help everyone become the author-readers of the 21st century!

Bruno Maquart,
Chairman and CEO of Universcience

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A NATIONAL EVENT WITH INTERNATIONAL REACH
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AND ON LEBLOB.FR

CRITICAL THINKING: A PILLAR OF THE UNIVERSCIENCE STRATEGIC PLAN

The Cité des sciences et de l’industrie and the Palais de la Découverte have always worked to empower individuals to understand the world, challenge assumptions, whatever their form, and create spaces for exploration, discussion and constructive dialogue with today’s science and technology leaders. They achieve this by organising exhibitions, demonstrations, events and a wide range of online content, including on their digital platform, leblob.fr.

Cité des Sciences et de l’Industrie
30 avenue Corentin-Cariou 75019 Paris

Les Étoiles du Palais de la Découverte
Jardin Caroline-Aigle
186 rue Saint-Charles 75015 Paris

universcience.fr
cite-sciences.fr
palais-decouverte.fr
leblob.fr



SPRINGTIME OF CRITICAL THINKING

A NATIONAL EVENT...



... WITH INTERNATIONAL REACH



With the support of



With the support of AMCSTI, the professional network for scientific, technical and industrial culture



250

EVENTS

120

PARTICIPANTS INCLUDING

9

OUTSIDE FRANCE

38

LIBRARIES

25

CENTRES FOR SCIENTIFIC, TECHNICAL AND INDUSTRIAL CULTURE

14

UNIVERSITIES

4

MUSEUMS

22

NON-PROFIT ORGANISATIONS

Find the complete programme at printempsdelespritcritique.fr



**A PROGRAMME OF 250 EVENTS
ACROSS 120 NATIONAL AND
INTERNATIONAL VENUES TO MARK
THE FOURTH SPRINGTIME OF CRITICAL
THINKING, FROM 1ST MARCH TO 30 APRIL**

- **ACCUSTICA** (REIMS, CHAMPAGNE-ARDENNE)
- **AGENCE NATIONALE DE SÉCURITÉ DU MÉDICAMENT ET DES PRODUITS DE SANTÉ** (SAINT-DENIS, ÎLE-DE-FRANCE)
- **AGENCE NATIONALE DE SÉCURITÉ SANITAIRE DE L'ALIMENTATION, DE L'ENVIRONNEMENT ET DU TRAVAIL (ANSES)** (MAISONS-ALFORT, ÎLE-DE-FRANCE)
- **AMBASSADE DE FRANCE EN MALAISIE** (KUALA LUMPUR, MALAISIE)
- **ARBRE DES CONNAISSANCES** (PARIS, ÎLE-DE-FRANCE)
- **ARCHIVES DÉPARTEMENTALES DE LA MAYENNE** (LAVAL, PAYS DE LA LOIRE)
- **À SECONDE VUE** (PARIS, ÎLE-DE-FRANCE)
- **ASSOCIATION DES DIRECTEURS ET PERSONNELS DE DIRECTION DES BIBLIOTHÈQUES UNIVERSITAIRES ET DE LA DOCUMENTATION** (PARIS, ÎLE-DE-FRANCE)
- **ASSOCIATION FRANÇAISE POUR L'INFORMATION SCIENTIFIQUE** (GRENOBLE, AUVERGNE-RHÔNE-ALPES)
- **ASSOCIATION FRANÇAISE D'ASTRONOMIE** (PARIS, ÎLE-DE-FRANCE)
- **ASSOCIATION FILM, RECHERCHE ET DÉVELOPPEMENT DURABLE (FREDD)** (TOULOUSE, OCCITANIE)
- **ASSOCIATION LECTURE JEUNESSE** (PARIS, ÎLE-DE-FRANCE)
- **ASSOCIATION DES AMIS DES ÉTUDES CELTIQUES** (FOUSSAIS-PAYRÉ, PAYS DE LA LOIRE)
- **ATOME ET CARBONE**
- **BIBLIOTHÈQUE DÉPARTEMENTALE DES HAUTES-ALPES** (GAP, PROVENCE-ALPES-CÔTE D'AZUR)
- **BIBLIOTHÈQUE DES CHAMPS LIBRES** (RENNES, BRETAGNE)
- **BIBLIOTHÈQUE DU HAILLAN** (BORDEAUX, NOUVELLE-AQUITAINE)

- **BIBLIOTHÈQUE MÉJANES-ALLUMETTES** (AIX-EN-PROVENCE, PROVENCE-ALPES-CÔTE D'AZUR)
- **BIBLIOTHÈQUE MUNICIPALE DE DIJON** (BOURGOGNE-FRANCHE-COMTÉ)
- **BIBLIOTHÈQUE RENAUD-BARRAULT** (AVIGNON, PROVENCE-ALPES-CÔTE D'AZUR)
- **BIBLIOTHÈQUE UNIVERSITAIRE DE CY CERGY PARIS UNIVERSITÉ** (CERGY, ÎLE-DE-FRANCE)
- **BIBLIOTHÈQUE UNIVERSITAIRE DE L'UNIVERSITÉ DE BRETAGNE OCCIDENTALE** (BREST, BRETAGNE)
- **BIBLIOTHÈQUE UNIVERSITAIRE DE SCIENCES PO LYON** (LYON, AUVERGNE-RHÔNE-ALPES)
- **BIBLIOTHÈQUE UNIVERSITAIRE LE HAVRE NORMANDIE**
- **CAP SCIENCES** (BORDEAUX, NOUVELLE-AQUITAINE)
- **CASA DI E SCENZE** (BASTIA, CORSE)
- **CAISSE D'AIDE SOCIALE DE L'ÉDUCATION NATIONALE** (CHAMPS-SUR-MARNE, ÎLE-DE-FRANCE)
- **CENTRE CULTUREL CAMILLE-CLAUDEL** (CHÂTEAU-THIERRY, HAUTS-DE-FRANCE)
- **CENTRE DE RECHERCHE ET D'INNOVATION DE L'INSTITUT LYFE** (LYON, AUVERGNE-RHÔNE-ALPES)
- **CITÉ DES SCIENCES** (TUNIS, TUNISIE)
- **CITÉ DES TÉLÉCOMS** (PLEMEUR-BODOU, BRETAGNE)
- **COLLECTIF LES PIEDS DANS LE PLAT** (COURSAC, NOUVELLE-AQUITAINE)
- **COMMUNAUTÉ D'AGGLOMÉRATION LISIEUX NORMANDIE**
- **COMMUNAUTÉ DE COMMUNES VAL'ÉYRIEUX** (LE CHEYLARD, AUVERGNE-RHÔNE-ALPES)
- **CONSEIL DÉPARTEMENTAL DU VAL-DE-MARNE** (CRÉTEIL, ÎLE-DE-FRANCE)
- **CENTRE PERMANENT D'INITIATIVES POUR L'ENVIRONNEMENT** (CORTE, CORSE)

- **CERCLE ZÉTÉTIQUE DU LANGUEDOC-ROUSSILLON** (MONTPELLIER, OCCITANIE)
- **DROP OF CURIOSITY** (MONTPELLIER, OCCITANIE)
- **ÉCOLE DE LA DEUXIÈME CHANCE** (VAL D'OISE, ÎLE-DE-FRANCE)
- **ÉCOLE NATIONALE SUPÉRIEURE DES SCIENCES DE L'INFORMATION ET DES BIBLIOTHÈQUES** (LYON, AUVERGNE-RHÔNE-ALPES)
- **ÉCOLE SUPÉRIEURE DE COMMERCE DE PARIS** (ÎLE-DE-FRANCE)
- **ÉCOLE SUPÉRIEURE DE JOURNALISME DE LILLE** (HAUTS-DE-FRANCE)
- **ESPLORA INTERACTIVE SCIENCE CENTRE** (MALTE)
- **FRANCAS** (PARIS, ÎLE-DE-FRANCE)
- **FRANCE ASSOS SANTÉ ÎLE-DE-FRANCE** (PARIS)
- **GAP SCIENCES ANIMATION** (GAP, PROVENCE-ALPES-CÔTE D'AZUR)
- **INSTITUT FRANÇAIS DE RECHERCHE POUR L'EXPLOITATION DE LA MER** (PLOUZANÉ, BRETAGNE)
- **IKIGAI GAMES** (PARIS, ÎLE-DE-FRANCE)
- **INSTITUT NATIONAL DE RECHERCHE POUR L'AGRICULTURE, L'ALIMENTATION ET L'ENVIRONNEMENT (INRAE)** (PARIS, ÎLE-DE-FRANCE)
- **INSTITUT NATIONAL DE LA SANTÉ ET DE LA RECHERCHE MÉDICALE (INSERM)** (PARIS, ÎLE-DE-FRANCE)
- **INSTITUT UNIVERSITAIRE DE TECHNOLOGIE** (TOULOUSE, OCCITANIE)
- **JARDIN DES SCIENCES DE L'UNIVERSITÉ DE STRASBOURG** (GRAND EST)
- **LA ROTONDE** (SAINT-ÉTIENNE, AUVERGNE-RHÔNE-ALPES)
- **LE DÔME** (CAEN, NORMANDIE)
- **LE VAISSEAU** (STRASBOURG, GRAND EST)
- **L'ÉCOLE COMESTIBLE** (PARIS, ÎLE-DE-FRANCE)

- **L'ESPRIT CRITIQUE** (PARIS, ÎLE-DE-FRANCE)
- **LES BIBLIOTHÈQUES DU CONSERVATOIRE NATIONAL DES ARTS ET MÉTIERS** (PARIS, ÎLE-DE-FRANCE)
- **LILLIAD LEARNING CENTER INNOVATION** (VILLENUEVE-D'ASCQ, HAUTS-DE-FRANCE)
- **LUMIÈRES SUR L'INFO** (PARIS, ÎLE-DE-FRANCE)
- **LYCÉE LOUIS LACHENAL – CENTRE DE DOCUMENTATION ET D'INFORMATION** (ARGONAY, AUVERGNE-RHÔNE-ALPES)
- **MAINE SCIENCES** (SABLÉ-SUR-SARTHE, PAYS DE LA LOIRE)
- **MUSÉUM D'ORLÉANS POUR LA BIODIVERSITÉ ET L'ENVIRONNEMENT** (ORLÉANS, CENTRE-VAL DE LOIRE)
- **MYTHODOLOGIE** (GRENOBLE, AUVERGNE-RHÔNE-ALPES)
- **NEANDERTHAL MUSEUM** (METTMANN, ALLEMAGNE)
- **OBSERVATOIRE NATIONAL DES ALIMENTATIONS VÉGÉTALES** (PARIS, ÎLE-DE-FRANCE)
- **Océanopolis** (BREST, BRETAGNE)
- **OPINIONS SUR RUE** (MASSY, ÎLE-DE-FRANCE)
- **PLANÉTIUM DE BRETAGNE** (PLEUMEUR-BODOU, BRETAGNE)
- **QUAI DES SAVOIRS** (TOULOUSE, OCCITANIE)
- **RADIO BRUME** (LYON, AUVERGNE-RHÔNE-ALPES)
- **RÉCRÉASCIENCES, CENTRE DE CULTURE SCIENTIFIQUE TECHNIQUE ET INDUSTRIELLE DE LIMOGES** (NOUVELLE-AQUITAINE)
- **RENCONTRES DE L'ESPRIT CRITIQUE** (TOULOUSE, OCCITANIE)
- **REPORTERS D'ESPOIRS** (PARIS, ÎLE-DE-FRANCE)
- **RÉSEAU DE LECTURE PUBLIQUE DU RÉOLAIS EN SUD GIRONDE** (NOUVELLE-AQUITAINE)

- **MÉDIATHÈQUE LE RELAIS** (JUVIGNY-LES-VALLÉES, NORMANDIE)
- **MÉDIATHÈQUE MARCEL PAGNOL** (AUBAGNE, PROVENCE-ALPES-CÔTE D'AZUR)
- **MÉDIATHÈQUE MUNICIPALE FRANÇOIS MITTERRAND – LES CAPUCINS** (BREST, BRETAGNE)
- **MUSÉE ARCHÉOLOGIQUE DU VAL D'OISE ET MUSÉE DE L'OUTIL** (GUIRY-EN-VEXIN, ÎLE-DE-FRANCE)
- **MUSÉE DE LA CIVILISATION** (QUÉBEC, CANADA)
- **MUSEO INTERACTIVO MIRADOR** (SANTIAGO, CHILI)
- **MUSÉUM D'ORLÉANS POUR LA BIODIVERSITÉ ET L'ENVIRONNEMENT** (ORLÉANS, CENTRE-VAL DE LOIRE)
- **MYTHODOLOGIE** (GRENOBLE, AUVERGNE-RHÔNE-ALPES)
- **NEANDERTHAL MUSEUM** (METTMANN, ALLEMAGNE)
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- **RÉSEAU DES BIBLIOTHÈQUES VILLE DE PARIS** (ÎLE-DE-FRANCE)
- **RÉSEAU DES MÉDIATHÈQUES DE MONTPELLIER** (OCCITANIE)
- **RÉSEAU DES MÉDIATHÈQUES DE PLAINE COMMUNE** (ÎLE-DE-FRANCE)
- **RÉSEAU DES MÉDIATHÈQUES DE SAINT-QUENTIN-EN-YVELINES** (ÎLE-DE-FRANCE)
- **RÉSEAU NACRE** (PARIS, ÎLE-DE-FRANCE)
- **ROUEN BIBLIOTHÈQUES** (ROUEN, NORMANDIE)
- **SAVOIR DEVENIR** (PARIS, ÎLE-DE-FRANCE)
- **SCIENCE NORD** (GRAND SUDBURY, CANADA)
- **SERVICE COMMUN DE DOCUMENTATION UNIVERSITÉ LE HAVRE NORMANDIE**
- **SERVICE COMMUN DE DOCUMENTATION DE L'UNIVERSITÉ DE TOULOUSE** (OCCITANIE)
- **SERVICE LECTURE PUBLIQUE DE COLOMBES** (ÎLE-DE-FRANCE)
- **SERVICE NATIONAL DE LA JEUNESSE** (LUXEMBOURG)
- **SOCIÉTÉ DES AMIS DU PALAIS DE LA DÉCOUVERTE** (PARIS, ÎLE-DE-FRANCE)
- **SORBONNE UNIVERSITÉ** (PARIS, ÎLE-DE-FRANCE)
- **STEM PARK** (DAR ES SALAAM, TANZANIE)
- **TERAGIR** (PARIS, ÎLE-DE-FRANCE)
- **TERRITOIRE DE SCIENCES** (GRENOBLE, AUVERGNE-RHÔNE-ALPES)
- **UNIVERSCIENCE** (PARIS, ÎLE-DE-FRANCE)
- **UNIVERSITÉ CÔTE D'AZUR** (NICE, PROVENCE-ALPES-CÔTE D'AZUR)
- **UNIVERSITÉ DE MONTPELLIER** (OCCITANIE)
- **UNIVERSITÉ DE TECHNOLOGIE DE TROYES** (GRAND EST)
- **UNIVERSITÉ PARIS SORBONNE NORD** (PARIS, ÎLE-DE-FRANCE)

WHAT ARE THE KEY PRINCIPLES OF CRITICAL THINKING?

→ CONFIDENCE LEVEL AND DISTINGUISHING BETWEEN FACT AND BELIEF

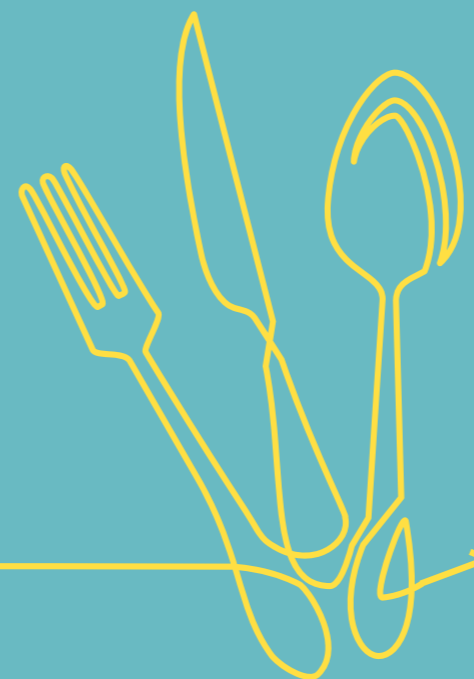
How do we tell a fact from a belief? This deceptively simple question is central to addressing the challenges to critical thinking. Is it possible to mistake a fact, established rationally by logical reasoning or a body of evidence, for a belief, which is grounded in intuition?

→ COGNITIVE AND ARGUMENTATIVE BIASES

None of us are immune to cognitive bias and its impact on the decisions we make, the discussions we have, and what and how we read. These unconscious, systematic thought patterns, which appear logical but are not, cause us to make errors in reasoning. What's the best way to recognise them? By understanding and recognising cognitive biases, we can deal with them more effectively.

→ DECODING INFORMATION AND IMAGES

In a world of information overload and AI-generated content, everyone should be given the analytical skills required to process information. How do we learn to analyse, decode and interpret information based on facts?



FOOD: 2025 THEME OF THE SPRINGTIME OF CRITICAL THINKING

8 out of 10 French people subscribe to at least one food myth.

Here are some helpful guidelines:

→ 10 FOOD RECOMMENDATIONS

- ◆ Eat at least five portions of fruit and vegetables a day
- ◆ Eat pulses such as lentils and chickpeas at least twice a week
- ◆ Eat a small handful of nuts a day
- ◆ Eat at least one higher fibre starchy food a day
- ◆ Eat fish twice a week, including one serving of fatty fish
- ◆ Eat two dairy products a day
- ◆ Choose healthy fats such as olive, walnut or rapeseed oil
- ◆ Do not eat more than 500g of red meat and more than 150g of cured meats a week
- ◆ Do at least 30 minutes of vigorous physical activity a day
- ◆ Opt for homemade cooking, seasonal foods, and local and organic produce.

In France, these guidelines are produced and disseminated by the French National Nutrition Health Programme (PNNS), launched in 2001. They are based on reports from the Board of Public Health (HCSP) and the French Agency for Food, Environmental and Occupational Health & Safety (Anses) and are published by the French Agency for Public Health, Santé Publique France.

→ THE NUTRI-SCORE, A 5-LETTER/5-COLOUR LOGO LAUNCHED IN FRANCE IN 2017, DISPLAYS THE OVERALL NUTRITIONAL QUALITY OF A FOOD PRODUCT

The Nutri-Score is calculated based on the nutritional values per 100 g of a product, scoring it “highly” if it contains positive nutritional elements – protein, fibre, fruits, vegetables and pulses, dried vegetables – and “poorly” for nutritional elements that should be limited – calories, sugars, salt and saturated fats. Santé Publique France has secured commitments from over 1 400 brands to feature the logo on their packaging.

The Nutri-Score is based on research by the Nutritional Epidemiology Research Team (EREN), affiliated with Inserm, INRAE, and CNAM, and the expert advice of Anses and HCSP.

→ PROVEN RISK FACTORS FOR CANCERS INCLUDING COLORECTAL, STOMACH, PANCREATIC, LIVER AND ESOPHAGEAL:

Excess weight, obesity, alcohol consumption, red meat and cured meats intake, salt consumption, and high doses of beta-carotene food supplements.

Based on studies by the IARC (International Agency for Research on Cancer, a World Health Organization agency), the World Cancer Research Fund (WCRF), the American Institute for Cancer Research (AICR), and the French National Cancer Institute (INCa), with input from the Nutrition, Physical Activity, Cancer Research Network (NACRe).

→ PROTECTIVE FACTORS AGAINST THE RISK OF CANCERS INCLUDING COLORECTAL, BREAST AND UPPER AERODIGESTIVE TRACT CANCER:

Being physically active, breastfeeding, and a diet rich in fruits, vegetables, high-fibre foods and dairy products.

Based on studies by the World Cancer Research Fund (WCRF), the American Institute for Cancer Research (AICR), and the French National Cancer Institute (INCa), with input from the Nutrition, Physical Activity, Cancer Research Network (NACRe).

**AT THE CITÉ
DES SCIENCES
ET DE L'INDUSTRIE**

20 MARCH TO
3RD APRIL 2025

**THE MAIN PATH
'CRITICAL THINKING AND FOOD'**

THROUGHOUT THE SPRINGTIME OF CRITICAL THINKING, SIX DEMONSTRATIONS BASED ON THE FINDINGS OF THE NEW CRITICAL THINKING BAROMETER, A SECTION OF WHICH EXPLORES OUR ATTITUDES TO FOOD, WILL GIVE VISITORS TO THE CITÉ DES SCIENCES ET DE L'INDUSTRIE THE CHANCE TO TAKE PART IN ACTIVITIES ON THE THEME OF 'CRITICAL THINKING AND FOOD'.

| Six Demonstrations

→ **APPARENTLY... WHAT'S YOUR TAKE?**

A Q&A workshop that takes a critical look at ten or so common misconceptions about food.

→ **EGGS ON TRIAL: GUILTY OR INNOCENT?**

This workshop uses the egg to explore how changes in scientific research shape how we see food.

→ **WHAT DOES PACKAGING TELL US?**

Packaging aims to both inform and engage consumers. This workshop breaks down the forces at play.

→ **THE GUT TRUTH**

Learn about your gut microbiota and how it impacts your digestion and health, including by locating different fermented foods on a world map and matching them with their region of origin.



→ **ARE WE INFLUENCED?**

A daily barrage of ads, social media posts and TV coverage is shaping what we put on our plates. Can our health survive?

→ **DID YOU SCAN IT?**

This final workshop explores a range of nutritional indicators and teaches us more about how they work.



**A VARIETY OF OFFERS
FOR EVERYONE**

ORGANISED IN PARALLEL WITH THESE DEMONSTRATIONS, WORKSHOPS, PRESENTATIONS, MEET-UPS AND LECTURES WILL BE ORGANISED FOR SCHOOL GROUPS, PROFESSIONALS AND MEMBERS OF THE PUBLIC THROUGHOUT THE SPRINGTIME OF CRITICAL THINKING, IN THREE CITÉ VENUES: THE LIBRARY, THE DIGITAL HUB² AND OUR DEMONSTRATION AREAS.

| Workshops

→ **LET'S OUTSMART AI TOGETHER!**

How does AI impact information? Is it an opportunity or a danger for democracy, the climate, online relationships and health? How can we avoid being manipulated and stay in control of our choices? Interactive quizzes, a game and collaborative workshops developed by the European Algowatch project help visitors explore how algorithms and AI shape the information we consume.

Project coordinated by SavoirDevenir.net and supported by the European Union and the French Ministry of Culture.

Friday 28 and Saturday 29 March,
10 am to 6 pm / Free entry / From 12 years old

→ **PAPIER-MÂCHÉ DESIGN**

Team up with other creatives to craft and transform papier-mâché objects as you compose the perfect breakfast buffet for the Springtime of Critical Thinking. Learning aids include an inspiring set of scientific resources to get the conversation going.

Thursdays 20 and 27 March and 3rd April,
2 pm to 4 pm / Free entry / From 15 years old

→ **PHILOSOPHY AND ART WORKSHOP**

During this philosophy and art workshop, kids are invited to explore a question together and engage in dialogue, then create, step by step, an object related to the topic.

Saturday 29 March, 2:30 pm to 4:45 pm / Free entry / From 6 years old



| Symposium

→ **FRAMING THE CONSERVATION: THE POLES — CLIMATE EARLY WARNING SYSTEMS**

Higher rates of warming in the Arctic and Antarctic than in temperate regions mark a worrying trend. The poles are critical indicators, providing insights into future changes in Earth's climate. They are also a media magnifying glass, where everything is bigger, more extreme and faster than anywhere else. What are the best sources of information to use? What's the best way to communicate often complex and potentially anxiety-inducing information on this subject? How to reach and interest people? Which words and images should we use to avoid distorting or exaggerating the findings of field scientists? A series of lectures, panel discussions and workshops address these questions and feed the dialogue with scientists, communicators, educators and artists..

An event organised to coincide with the International Year of Glacier Preservation. In partnership with Pôles Actions, the French National Committee for Arctic and Antarctic Research (CNFRAA) and ReMédiS (Research Network on Science Facilitation).

Saturday 29 March, 10 am to 6 pm / Free upon reservation / From 15 years old

FOR ALL AUDIENCES

| Research Village

→ MEET THE RESEARCHER

By bringing together the public, researchers and PhD students through quizzes, games, documentaries and mini-reports, the French National Institute of Health and Medical Research (INSERM) and the French National Research Institute for Agriculture, Food and Environment (INRAE) help visitors better navigate the information landscape and distinguish food fact from fiction.

| From 25 to 30 March / Free entry / General public

| Research Exhibition

→ SUGAR RUSH: A BITTER PILL TO SWALLOW

Sugar is everywhere — not just in yoghurts and biscuits, but also in savoury foods like pizzas and processed ham. Can we live without it? Are we being too hard on this tasty ingredient? Don't our bodies 'need sugar'?

Explore the findings of a joint investigation by journalist Alexandre Pihen and students from the École supérieure de journalisme de Lille, in the Science Actualités area from 25 March 2025 and on leblob.fr

| Online content

→ COGITO: A CRITICAL THINKING TRAINING COURSE

By dissecting political and media discourse, the *L'esprit critique* channel on Instagram, TikTok and YouTube helps us think more critically. To support this goal, the channel has introduced Cogito: an online training programme in three parts that helps you develop critical thinking skills, and gives you certificates to prove it!

To mark The Springtime of Critical Thinking, the channel is hosting its first-ever public event at the Cité des sciences et de l'industrie. Everyone's welcome.

| Thursday 10 April at 7pm

EVENTS FOR PROFESSIONALS

→ THE TRUTH ABOUT DIETARY SUPPLEMENTS- A CRITICAL APPROACH TO THEIR BENEFITS AND MARKETING STRATEGIES

PANEL DISCUSSION FOR HEALTH PROFESSIONALS

One in four French people uses dietary supplements. Claimed to help us lose weight, reduce stress, boost energy and, for athletes, improve our performance, dietary supplements straddle the line between food and medication. Do we need them to stay healthy? Do they carry risks? What's the best way to navigate the extensive range of products on the market today? During this lecture, experts from the French National Agency for the Safety of Medicines and Health Products (ANSMPS) and the French National Agency for Food, Environmental and Occupational Health Safety (Anes) will challenge preconceived notions about these products.

| Tuesday 25 March from 6:30 pm to 8:30 pm / Free entry upon registration

→ SURVIVAL SKILLS WORKSHOP FOR DEMONSTRATORS WHO TAKE A STAND ON CURRENT ISSUES

WORKSHOP FOR SCIENCE DEMONSTRATION PROFESSIONALS

Demonstrators are encouraged to maintain a neutral position in order to convey knowledge without bias. However, by raising the awareness of visitors and helping them think critically, they actively encourage them to analyse and question information, and sometimes to take a stand. What happens when they apply this process to their own work? When demonstrators engage in critical thinking, it can reveal their underlying values and beliefs, challenging the concept of neutrality. This workshop will explore this tension and ask: Is it possible to be a demonstrator who takes a stand on current issues or even an activist? If so, what are the boundaries and under what conditions?

| Friday 2nd April, from 2 pm to 5 pm / To register, visit estim-mediation.fr

→ DEAF JOURNALISM EUROPE

PROFESSIONAL MEET-UP / SYMPOSIUM FOR DEAF AND HARD-OF-HEARING JOURNALISTS

The Cité des sciences et de l'Industrie is hosting the conference of Deaf Journalism Europe. This EU-backed project aims to revolutionise the production of information for deaf people in Europe by building a collaborative network of media organisations led by hard-of-hearing individuals. The goal of this project is to enhance media accessibility through innovation, collaboration, diversity, impartiality and quality.

Learn more at deafjournalism.eu

| Saturday 29 and Sunday 30 March, from 9 am to 6 pm / Free entry upon registration

THE DEEP DIVE-WHAT WE EAT, WHAT WE BELIEVE

3RD APRIL 2025, 6.30 PM TO 10.30 PM

To mark the fourth Springtime of Critical Thinking, the Tronche en Biais and the Association pour la science et la transmission de l'esprit critique will help visitors reflect on the beliefs, common misconceptions, and scientific facts that influence our relationship with food.

→ FEATURED:

- ◆ two panel sessions where specialists share their expertise and discuss issues around critical thinking and food in the world today,
- ◆ fun interactive quizzes to test and expand your knowledge,
- ◆ surprises throughout the evening.

With Mathilde Touvier (research director at Inserm), Marc-Olivier Déplaudé (doctor at Université Paris-Dauphine), France Arboix-Calas (senior lecturer, doctor in Biology and Health at the Université de Montpellier) and Philippe Cardon (Université de Lille).

| General public / Free upon registration



The programme is supported by the French Ministry of National Education, Higher Education and Research



SCHOOL GROUPS

→ **NUTRITION AND HEALTH: SEPARATING FACT FROM FICTION**

LECTURE

How does our diet affect our health? How can we make the right food choices every day? Mathilde Touvier, a research director at the French National Institute for Health and Medical Research (INSERM), will help primary school pupils learn how to tell the difference between scientific facts and misinformation by challenging them to think about what they really know.

Thursday 20 March at 2 pm / Ages 6 to 9

→ **OWN YOUR FOOD CHOICES!**

PANEL DISCUSSION

Healthy food equals good health. What's really in the food we eat? How do we tell what's good for us? How do advertising and marketing influence the choices we make? During this panel discussion, experts will unpack the challenges food poses to our health and suggest ways to keep our eating habits in check.

With Karine Jacquemart (director of Foodwatch France), Chantal Julia (nutritionist and doctor, Université Sorbonne Paris Nord / Hôpitaux universitaires Paris Seine-Saint-Denis), Pierre Slamich (co-founder of the Open Food Facts non-profit), and Aurélie Zunino (coordinator of the Anca chair – Food Nutrition Eating Behaviour – at AgroParisTech).

Tuesday 25 March at 2 pm / Ages 11 to 18

→ **ASTROMYTHO**

WORKSHOP

Are plants, humans and sleep affected by the full moon? Have you been assigned the wrong star sign? This activity invites students to unravel popular astronomy beliefs and misconceptions by 'sharpening' their critical thinking skills.

Tuesday 25, Thursday 27 and Friday 28 March at 10:30 am, 11:30 am and 2 pm / Ages 11 to 18

→ **MIND TRICKS**

WORKSHOP

Does our brain sometimes play tricks on us? This workshop introduces us to cognitive bias and analyses and deconstructs the thought patterns that sometimes lead us astray.

Friday 21, Tuesday 25, Wednesday 26, Thursday 27 and Friday 28 March; Tuesday 1st, Wednesday 2nd and Thursday 3rd April at 10 am / Ages 11 to 18

→ **SEPARATING FACT FROM FICTION**

WORKSHOP

Online information spreads fast, gets distorted, and is often at odds with itself, making it hard for us to get our bearings. The internet puts knowledge at our fingertips, but there's so much information out there, it's impossible to control. How do we navigate our way through it? How do we know what information to trust? What's the best way to spot rumours, fake content and misleading advertising? In this workshop, students learn to identify reliable sources and explore how rumours spread by playing a game that involves passing along a message in writing and drawing.

Thursday 20, Friday 21, Tuesday 25, Friday 28 March and Thursday 3rd April at 2 pm / Ages 6 to 9

AT THE ÉTINCELLES DU PALAIS DE LA DÉCOUVERTE



LES ÉTINCELLES DU PALAIS DE LA DÉCOUVERTE IS ORGANISING A SERIES OF PRESENTATIONS ON THE SCIENTIFIC METHOD AND EXPERIMENTAL APPROACH, ESSENTIAL FOR DEVELOPING OUR CRITICAL THINKING SKILLS.

→ **MATHS BREAK AND MATHEMATICAL WALKS**

These demonstrations explore the importance of mathematical reasoning and proof in understanding the world around us.

Saturday 22 and Sunday 23 March

→ **HEALING MINERALS, DEADLY MINERALS**

This demonstration investigates the role of minerals in health, sorting scientific truths from popular myths.

Wednesday 1st April

Find the complete programme on the website of [Les Étincelles du Palais de la Découverte](http://LesÉtincellesduPalaisdeLaDecouverte.fr)

ON LEBLOB.FR

FIND CRITICAL THINKING VIDEOS, RESOURCES AND INTERVIEWS WITH EXPERTS IN A SPECIAL SECTION OF UNIVERSCIENCE'S SCIENCE NEWS PLATFORM LEBLOB.FR.



→ **DO WE REALLY NEED TO CUT OUT SUGAR?**

What does science say about the impact of sugar on our health? In this video, Mathilde Touvier, head of the nutritional epidemiology research team, shares her expert opinion on whether cutting sugar out of our diets is possible or even necessary.

→ **TOO MANY MOUTHS TO FEED?**

Will the Earth be able to feed 10 billion people? The answer is yes, but only if we produce, consume and share our resources better.

→ **EDIBLE INSECTS: A FUTURE FRENCH INDUSTRY?**

A farm near Amiens in northern France produces oil and flour from Tenebrio molitor beetles for animal feed. In Europe, edible insect production, which has a negative carbon footprint, is increasingly seen as a sustainable solution to future food needs. Are you ready to make the switch?