Lifestyle Medicine Rotation Syllabus

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**INTRODUCTION TO CULINARY MEDICINE/CHEF COACHING 1**

**CULINARY MEDICINE FOR YOU (SELF-CARE AND CLINICAL TOOLS)/CHEF COACHING 2**

Learning objectives:

1. Describe the relationship between home cooking and health based on current evidence.
2. Explain the difference between nutrition and culinary medicine.
3. Demonstrate patient-centered culinary knowledge and skills, and describe strategies for empowering patients to adopt home cooking.
4. Describe three barriers or facilitators to home cooking.

**PART ONE**

Introduction to Culinary Medicine/Chef Coaching 1:

1. Background
2. Definition of Culinary Medicine
   * Link between eating behaviors and health
   * Food preparation: home food prep vs eating out
   * Inverse correlation between cooking and mortality
3. Skills-based nutrition education
   * Shopping, food storage, meal planning, and preparation
   * Culinary skills education and obesity-prevention
   * Barriers to home cooking: low confidence, lack of skills, limited time
4. Culinary programs strategies

* Facilitators to cooking: organization, planning, enjoyment

1. Scientific evidence for education on culinary interventions

* Well designed studies needed that rigorously evaluate long-term impact on cooking behavior, dietary intake, obesity, and other health outcomes
* Summary of representative educational programs: Nutrition Resource Center, Goldring Center for Culinary Medicine, Healthy Kitchens Healthy Lives
* Impact of physican self care on obesity care

**PART TWO**

Culinary Medicine for You/Chef Coaching 2**:**

1. Culinary Medicine: Key principles
2. Batch cooking
3. Leftovers
4. Repurposing
5. Dinner-breakfast-lunch
6. Energy density
7. Cooking time vs attention
8. One pot meal
9. Thinking vegetable
10. Prescribing Culinary Medicine
11. What is home cooking
12. Culinary intake: cooking with chef questionnaire
13. Remote in-person culinary education (discussions/cooking)
14. Nutritional counseling and coaching for behavioral change from novice to master
15. Culinary Medicine: Resources for you and your patients
16. Culinary clips, online classes, recipes (online/books), publications
17. Remote resources: Coursera/Stanford, Culinary Rx, ChopChop, Chef Coaching

**References**

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