



University
of
Pittsburgh

School
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Medicine

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Medical
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Culinary Medicine Mini-Elective

Spring 2019

<u>Course Dates:</u>	May 15, 22, 29 Wednesdays, 5:30-7:30 PM
<u>Maximum Students:</u>	15
<u>Class Year:</u>	MS1
<u>Course Directors:</u>	Joan Harvey, MD Stephen J.D. O'Keefe, MD Heather Shannon M.Ed. Deborah Hutcheson, DCN Judith Dodd, MS
<u>Contact Information:</u>	Joan Harvey, MD harvey@medschool.pitt.edu
<u>Registration:</u>	Betsy Nero, Office of Medical Education betsy@medschool.pitt.edu

Description:

Culinary medicine is an emerging evidence-based field that "blends the art of food and cooking with the science of medicine."¹ This elective is designed to help students learn the basic concepts of culinary medicine and practice hands-on culinary techniques in a teaching kitchen setting with guidance from a trained chef and nutrition faculty. This experiential elective is in partnership with Phipps Conservatory, a local community organization dedicated to health and wellness and the School of Health and Rehabilitation Sciences. The long-term goal is to help students improve their own culinary medicine skills to achieve personal nutritional goals as well as gain an appreciation for the challenges that patients face when asked to make dietary changes to improve their health.

The overarching theme of the meals prepared by students in these sessions will be in accordance with the evidence-based Mediterranean, Dietary Approaches to Stop Hypertension (DASH), and plant-based diets. There will be an emphasis on healthy fats and especially the use of herbs and spices to enhance the flavor of food when making other adjustments like salt restriction. The first session will have a brief component where students will be oriented to sanitation/food safety, knife skills, and using basic kitchen equipment. Throughout sessions, students will be discussing the scientific evidence for the health benefits of the meals they are preparing, practicing their hands-on culinary skills, learning how to prepare healthy meals as well as observing and being trained in "soft skills" such as how to communicate with patients about these topics.

Objectives:

1. Learn the fundamentals of culinary skills (including sanitation/food safety, knife skills, and using basic kitchen equipment) and be able to practice them hands-on in a teaching kitchen setting.
2. Learn how to prepare and adapt several meals that follow evidence-based Mediterranean diet guidelines and can be utilized for primary and secondary prevention of chronic diseases including diabetes and hypertension.
3. Learn how to adapt and modify meals for people with specific restrictions or allergies as necessary.
4. Learn the health benefits of herbs and spices and how to incorporate them when preparing meals to enhance the flavor of food.

Requirements:

Attendance at all three sessions is required.

Pre-Requisites:

None. If there is space, students from other health profession schools may be accepted.

COURSE OUTLINE:

CULINARY MEDICINE

Day/Time: May 15, 22, 29—5:30-7:30 PM

Location: Phipps Conservatory Teaching Kitchen

Course Director(s):

Joan Harvey, MD
Associate Dean for Student Affairs

Participating Faculty:

Stephen J.D. O'Keefe, MD, Division of Gastroenterology, Hepatology and Nutrition
Heather Shannon, M.Ed., Phipps Conservatory and Botanical Gardens Teaching Kitchen
Deborah Hutcheson, DCN, Dept of Sports Medicine and Nutrition
Judith Dodd, MS, Dept of Sports Medicine and Nutrition

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Texts: No books, occasional handouts.

Session 1 - May 15, 2019

This session will orient students to sanitation/food safety, knife skills, and using basic kitchen equipment. Discuss food groups (grains/beans, fruits/vegetables, etc) and learn how to make a few dishes highlighting each of the main food groups.

Session 2 - May 22, 2019

This session will focus on how dietary changes tie into secondary prevention of chronic diseases including diabetes, hypertension, and obesity. Specific focus will be on preparing or adapting dishes to have lower salt, fat, and/or sugar content and incorporate more herbs and spices.

Session 3 - May 29, 2019

This session will give students the opportunity to prepare representative dishes of the evidence-based Mediterranean diet that they can prepare at home.

Course Evaluation:

Each student will be asked to complete an evaluation of the course at its conclusion.

REFERENCES:

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4739343/>