Professional Enrichment Course

University of Pittsburgh School of Medicine
Office of Medical Education

PEC Registrar – Denise Downs ddowns@pitt.edu 412-648-8749

Culinary Medicine

Enrollment Period:	Spring 2023
Course Dates:	January 11, January 18, February 1 (5:30-7:30pm)
Student Max:	16
Class Year:	MS1 and MS2
Course Director:	Ritu Thamman, MD
Course Administrator:	Kathryn Foster Foster.Kathryn@medstudent.pitt.edu
Location:	Phipps Conservatory Teaching Kitchen (Directions will be provided to enrolled students)
Registration:	Via AmpUp – Students will receive an email with enrollment info
Course Description:	This elective is designed to introduce students to culinary medicine, an emerging evidence-based field that "blends the art of food and cooking with the science of medicine".[1] Students will work through an interactive medical case with a facilitating physician. Students will then be taught salient culinary skills by trained chefs for the recipe the students will prepare within small groups. The students will package the food they have prepared to be eaten at home while reflecting on their experience and learning objectives completed. 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 communication skills (ex: motivational interviewing) to navigate conversations on these topics with patients. The long-term goal of this elective is to help medical students improve culinary skills to achieve personal nutritional goals, gain knowledge related to the application of nutrition to medical illnesses, and improve their ability to care for patients who are advised to make healthy dietary changes. This experiential elective is in partnership with Phipps Conservatory, a local community organization dedicated to health and wellness and community engagement.
Objectives:	1. Learn and practice fundamental culinary skills including the following: • Knife safety and skills

	- Best practices for meal preparation and storage - Prepare a variety of versatile whole grains - Cut and stir-fry vegetables - Prepare a healthy stir-fry - Prepare a variety of proteins- roast chicken, fresh fish, tofu 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, obesity, and hypertension. 3. Learn how to adapt and modify meals for people with specific restrictions or allergies. 4. Learn how to incorporate herbs and spices when preparing meals to enhance the flavor of food while optimizing health benefits.
Pre-Requisites:	None
Requirements:	Attendance at all three sessions is required
Texts:	No books, occasional handouts

Session 1 - This session will orient students to sanitation/food safety, knife skills, and using basic kitchen equipment. The medical case study will focus on diabetes and obesity.

Session 2 - Specific focus will be on preparing or adapting dishes to have lower salt, fat, and/or sugar content and incorporate more herbs and spices. The medical case study will focus on primary/secondary prevention of cardiovascular disease.

Session 3 - The medical case study will focus on addressing nutrition within GI and learning how to adapt and modify meals for people with specific restrictions or allergies.

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

Covid Guidelines:
Due to the on-going Covid pandemic, students will be required to follow current University of Pittsburgh guidelines at the time of the PEC. This may include wearing masks while within the Phipps Teaching Kitchen and/or packaging prepared food to-go to be enjoyed in a non-congregate setting after the session is complete. Updated guidelines will be communicated to enrolled students prior to the start of the PEC.

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