



University
of
Pittsburgh

School
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Medicine

Office
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Medical
Education

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Culinary Medicine Mini-Elective

Spring 2020

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| <u>Course Dates:</u> | January 15, 22, 29 Wednesdays, 5:30-7:30 PM |
| <u>Maximum Students:</u> | 16 |
| <u>Class Year:</u> | MS2 |
| <u>Course Directors:</u> | Joan Harvey, MD Ritu Thamman, MD Heather Shannon MEd |
| <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:

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 be provided with a healthy snack at the beginning of each session and then 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 eat the food they have prepared together 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 fundamentals culinary skills including the following:

- Prepare a variety of versatile whole grains
- Knife safety and skills
- Cut, sautee, and roast vegetables
- Prepare fresh fish
- Prepare a healthy stir-fry
- Prepare a stew/soup from scratch
- Prepare roast chicken

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.

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: January 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:

Heather Shannon, M Ed, Phipps Conservatory and Botanical Gardens Teaching Kitchen
Ritu Thamman, MD, Department of Cardiology

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 - The medical case study will focus on primary/ secondary prevention of cardiovascular disease. 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 - 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.

REFERENCES:

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