



## Health meets Food: First and Second Year Medical Student Curriculum

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### Module 1: Introduction to Culinary Medicine

#### Medical Nutrition Learning Objectives:

This lesson focuses on giving a basic introduction to the class on the concept of Culinary Medicine. The goal is to give students insight on the impact of medical interaction and intervention in the prevention and treatment of diet-related illnesses. Students will also learn basics of kitchen safety and knife handling skills.

Comprehend the basics of the Mediterranean diet, with focus on the 9 diet fundamentals, utilizing authoritative data to show proven health benefits of consuming such.

Identify evidence-based research on the implications of consuming the Mediterranean diet.

Review literature on weight loss among various fad diets in order to bring focus to the quality and the concept of moderation, rather than the quantity, of foods.

Review the basic concepts of the DASH Diet, focusing on the differences in the DASH versus Mediterranean diet.

Understand the importance of physicians playing a role to nurture healthy lifestyles and alleviate diet-related illness.

Explore the social and philosophical impacts on eating habits such as cost, availability, and education, and understand the importance of relating to the audience/patient in these terms.

#### Culinary Nutrition Objectives:

Introduce students to simple healthy eating principles, providing an essential tool to communicate healthy eating principles to patients at a level they can understand.

Practice basic culinary techniques and principles, including knife skills and culinary terms.

Illustrate food safety and sanitation principles, including hand-washing technique; food storage and labeling; prevention of cross-contamination; and proper cooking and cooling technique.

Demonstrate safety in the kitchen to avoid cuts, burns, and accidents.

Read and prepare recipes, focusing on proper measuring techniques and tools for minimizing error.

Practice kitchen organization techniques to optimize time and efficiency in kitchen.

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### Module 2: Weight Management Portion Control Breakfast

#### Medical Nutrition Learning Objectives:

Explore the role of calories consumed versus calories expended in weight maintenance.

Review 3 common American diets and the impact on weight loss and maintenance.

Calculate Basal Metabolic Rate as a tool to determine individual caloric needs.

Students will be able to calculate BMI using the universal equation and will be able to articulate the different classifications of weight based on BMI categories.

Practice measuring and portion control to monitor caloric and sodium intake and provide effective weight management strategies.

Articulate the importance of eating breakfast and the effects on satiety and weight management.

#### Culinary Nutrition Objectives

Define a portion versus serving size by USDA guidelines.

Recognize the role of portion control in controlling caloric intake.

Give examples of and utilize ideal portion sizes when preparing food.

Recognize the impact of energy density for weight loss and management.

Practice methods to reduce energy density of menu items.

Explore and understand the components of meal planning.

Demonstrate methods to save time and money when meal planning.

Review the components of a healthy pantry and explore uses of pantry items.

Give tips for reduced cost, time efficiency, and increased nutrition of products while shopping.

Discover MyPlate as a patient and personal resource for nutrition information.

Illustrate methods to read and utilize nutrition labels to determine nutritional content of food items.

Explore components of a balanced breakfast and breakfast prototypes.

Identify commonly consumed breakfast items to be aware of in terms of nutritional content.

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### **Module 3: Fats**

#### **Medical Nutrition Learning Objectives:**

- Review lipid structure and biochemistry.
- Re-examine fat balance as part of the Mediterranean Diet.
- Evaluate the effect of dietary fats on health.
- Summarize the biochemical pathways and absorption of cholesterol.
- Understand controversies surrounding dietary fat and cholesterol research.
- Review legumes as a component of the Mediterranean Diet.

#### **Culinary Nutrition Objectives:**

- Explore sources of fats in food.
- Discuss the functions of fats in food preparation and eating experience.
- Practice methods to reduce, remove, and replace saturated and trans-fats in cooking.
- Discover advantages and practice methods of preparing simple dressings and vinaigrettes.
- Distinguish types of fats for use in different cooking applications.
- Compare leanness of fats in different foods, with an emphasis on choice of cooking methods.
- Examine the use of grains, legumes, nuts, fruits, and vegetables to add textural appeal and fiber in food.
- Examine properties of cooking oils, with a focus on oxidation, smoke points, and applications.
- Illustrate building a balanced lunch through the example of a sandwich.
- Compare store-bought and fast food lunches to homemade versions in terms of cost, time, and healthfulness.

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### **Module 4: Food Allergy and Intolerance**

#### **Medical Nutrition Learning Objectives:**

- Articulate the prevalence of food-related allergens in the United States.
- Identify food allergy related resources for physicians.
- Define a food allergy versus intolerance.
- Examine lactose intolerance occurrences, populations affected, and mechanisms.
- Identify methods for management of lactose intolerance.
- Evaluate calcium requirements throughout the lifecycle.
- Re-examine dairy as a component of the Mediterranean Diet.
- Summarize Vitamin D requirements throughout the lifecycle.
- Discuss the diagnosis and misconceptions of celiac disease.
- Discuss phytochemicals and their role in anti-oxidation, immune system health, anti-inflammatory properties, cellular repair, and disease prevention.

#### **Culinary Nutrition Learning Objectives**

- Evaluate the “Big 8” food allergens and labeling of such, including hidden sources of these products.
- Examine dairy and the USDA recommendations.
- Outline calcium content in foods and methods to obtain adequate calcium.
- Examine sources of vitamin D and factors that affect Vitamin D absorption.
- Review common sources of gluten in foods.
- Investigate the science and regulations behind organics.
- Analyze the “dirty dozen” fruits and vegetables.
- Evaluate the health, environmental, economic, and social impacts of consuming local foods.
- Introduce organizations, resources, and farms/farmers' markets for local foods.
- Identify marketing gimmicks.
- Explore phytochemical sources in foods, and discuss their roles in promoting good health.
- Examine mindfulness and its role in eating a balanced diet.

## **Module 5: Protein and Vegetarian Diets**

### **Medical Nutrition Learning Objectives:**

Illustrate the structure and digestion of amino acids.

Discuss the physiological role of protein in the body, being able to articulate its uses and functions, with a focus on the 9 essential amino acids.

Understand protein requirements throughout the lifecycle and with varying activity levels.

Examine fish as a protein source in the Mediterranean Diet.

Class will discuss the potential health consequences of consuming a vegetarian diet, including reduced risk of certain diseases, as well as deficiencies common in diets that restrict animal protein intake.

Define and explore the symptoms and consequences of anorexia nervosa and bulimia.

### **Culinary Nutrition Learning Objectives:**

Explain guidelines for buying and cooking fresh seafood, meat, and poultry.

Introduce standards of proper cooking temperatures of animal protein and understand the effects of carry-over cooking.

Evaluate the protein content of common foods, both animal and non-animal sources.

Compare the nutritional content of proteins in the market.

Examine the effects of cooking methods on proteins.

Identify lean protein sources.

Discuss complete, incomplete, and complementary protein sources.

Explore different types of vegetarian diets.

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## **Module 6: Renal Function, Dietary Sodium, Hypertension, and Flavor-Building Goals:**

Understand renal physiology as it relates to hypertension, sodium, and potassium balance.

Review the impact of high sodium diets and its prevalence in the American diet.

Understand how to build flavor using natural tastes within foods and without added salt.

### **Medical Nutrition Learning Objectives:**

Review and be able to explain the JNC-7 guidelines for lifestyle management of hypertension.

Understand the research implications of DASH Diet and the potential impact on hypertension.

Examine the amounts of sodium consumed in a typical American diet and its potential health effects.

Analyze and be able to list the underlying causes of the high-sodium American diet.

Identify the research-supported aspects of the DASH diet that are responsible for improved cardiovascular health.

Understand the physiological impact of the DASH and reduced-sodium diets on cardiovascular health.

Be able to communicate effective motivational practices and nutritional recommendations to patients looking to improve health through general lifestyle change.

### **Culinary Nutrition Learning Objectives:**

Discuss common sources of sodium in the American diet as it stands and the presented methods to reduce sodium consumption with an emphasis on home cooking.

Articulate the RDA for sodium, being able to convert teaspoons to milligrams and vice versa.

Recognize the relative sodium level on common processed and fast foods.

List practical changes in eating/shopping habits that can lead to reduced sodium intake.

Be familiar with the 5 flavor categories, and be able to list common flavor-building techniques, with a focus on ingredients conducive to umami flavors.

Be able to articulate the difference between “taste” and “flavor.”

Be able to list at least 5 ingredients that are associated with each of the 5 flavors.

Identify ingredients useful in balancing flavors.

List at least three natural flavor enhancers and understand their usefulness in reducing sodium intake.

Understand the concept of umami and how it aids in salt reduction and flavor enhancement.

## **Module 7: Carbohydrates, Snacks, and Desserts**

### **Medical Nutrition Learning Objectives:**

Class will discuss the impacts of digestion of different types of carbohydrates on the body and understand their influence on satiety, weight gain, and weight management.

Research and be able to articulate proven long-term health effects of whole grain consumption vs. those of refined carbohydrate consumption.

Students will contrast the digestion of fructose with that of other sugars, and connect this information with recent research on the health effect of HFCS consumption.

Class will review and comprehend the basics behind the science of the Glycemic Index and Glycemic Load and students will be able to explain the potential fallacy fallbacks of following diets based on these principles.

Examine nutritional content of commonly consumed snacks and beverages, with sugar content being the main focus.

Describe the difference between the effects of simple carbohydrates on blood glucose composition and the effects of complex and fibrous carbohydrates.

Students will be able to describe common controversial or unsupported claims about the negative effects of artificial sweeteners.

Be able to articulate the differences between Type I, Type II, and Gestational diabetes, and be familiar with the most at-risk groups.

### **Culinary Nutrition Learning Objectives:**

Identify the components of a whole grain and explain the difference between whole and refined grains in regards to physical and nutritional composition.

Students will learn the difference between naturally occurring and chemically derived sweeteners and sources of each.

Be familiar with foods high in complex carbohydrates versus those high in simple carbohydrates, as well as common whole grain sources.

Be able to list products that commonly contain HFCS and understand that its presence is an indicator of a highly processed food.

Students will be able to recall the RDA guidelines for dietary fiber intake and will be able to enumerate the benefits of a high-fiber diet.

Be able to identify good dietary sources of fiber, distinguishing between sources of soluble fiber and sources of insoluble fiber.

Class will pinpoint key concepts to aid in controlling sugar intake, with a focus on portion size and frequency of intake.

Students will identify viable substitutes for common snacks with items higher in fiber and lower in sodium and simple carbohydrates.

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## **Module 8: The Pediatric Diet, Breastfeeding, Meal Planning, Baby Food, and Kid-Friendly Meals**

### **Medical and Culinary Nutrition Learning Objectives:**

Evaluate the causes and effects of childhood obesity and identify means of prevention.

Students will compare the prevalence, duration, and health status of breastfed versus non-breastfed children.

Recognize the importance of maternal dietary counseling during the first year of life as a means of encouraging healthy eating habits.

Interpret caloric guidelines based upon age, gender, and activity level.

Understand how the caloric guidelines translate to meals, snacks, and recipes.

Review demographics of obesity and illness in children.

Review proper food choices throughout the lifecycle of children, including foods to avoid.

Identify food components that contribute to the obesity epidemic and distinguish energy dense foods from nutrient dense foods.

Understand energy density comparisons between snack foods and how to discuss examples with parents and patients.

Recognize the challenge parents face while feeding their children. Break down the essential needs for food shopping, menu planning, and meal choices.



Distinguish healthy choices for breakfast, lunch, and dinner.  
Identify proper portion control and the importance of serving sizes for meals and snacks.  
Understand the contribution of fiber to calorie density in recipes.  
Demonstrate the procedure of making baby food.

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### **Module 9: Project Outline: Patient Intervention**

This a collective project among your group from the class. You will only be required to provide one submission.

#### **Goals:**

Apply knowledge of culinary nutrition principles as a touchstone for patient intervention  
Utilize creative techniques to teach culinary nutrition principles to patient population OR tools for doctors to more effectively teach culinary nutrition principles.

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### **Health meets Food: Third and Fourth Year Medical Student Curriculum**

We offer stand-alone modules on condition and disease specific topics. These are modeled on the same inverted classroom, case-based learning and team centered hands-on cooking sessions as all of our professional programming. Topics developed to date include:

Pediatric Diet and Lifecycle Nutrition  
Congestive Heart Failure  
HIV Nutrition Needs  
Celiac Disease  
Diet in Pregnancy  
Anti-inflammatory Diet  
Geriatric Diet  
Mindfulness and Motivational Interviewing  
Polycystic Ovarian Syndrome  
Food Allergy  
Eating Disorders

18 continuing medical education courses and have plans for over a dozen more. These will be offered to Core and Core+ sites to both educate healthcare providers regionally, but also to provide a sustainable income stream to support student and community programming.

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### **Foundational CME Topics**

**Introduction Module:** This module presents an outline of both the Mediterranean and DASH diets, and examines recent sources and studies examining the effectiveness of both in terms of treating diet-related illnesses. This module also briefly reviews methods of communicating these principles to patients. An introduction to basic kitchen safety and knife handling skills is also included.

**Weight, Obesity & Portion Control:** Delving into obesity indicators, the understanding of caloric density and portion control, and reviews of the literature behind weight loss and maintenance, this course will help the clinician understand practical and realistic approaches to weight management.

**Fats:** This lesson looks at the physiological effects of different types of dietary fats in the body and common sources of these fats. The kitchen focus is on the purpose of fats in cooking and viable replacements and substitutions for culinary fats, and meals are prepared using fat replacers. Additionally, the subjects of nutrient and energy density, meal planning and healthy shopping habits, and the ways in which you can utilize this information to make positive impacts on patients, will be discussed.

**Food Allergy and Intolerance:** This lesson focuses on techniques to diagnose, treat, and cook for food allergies or intolerances. This class will explore the roles of local and organic foods, common plant phytochemicals, genetically modified foods, and common preservatives in immune and metabolic health, environmental impressions, and economic impact. Hidden and little-known sources of allergens are discussed, and in the kitchen, lactose- and gluten-free recipes are prepared.

**Protein & Vegetarianism:** The biological need for dietary proteins is examined in this lesson, with a focus on essential amino acids and their dietary sources. Dietary needs and sources of protein are outlined, with a focus on vegetarian diets, possible nutritional deficiencies and means of compensation. In the kitchen, vegetarian meals are prepared with a focus on satiety and complementary proteins.

**Renal & Sodium:** This module examines the physiological effects of high-sodium diets and their prevalence in American culture, while providing a more in-depth overview of the DASH diet, including studies examining its efficacy in reducing the need for medication in hypertensive subjects. In the kitchen, the purpose of salt is examined, and cooking principles of flavor building and balancing without added sodium are practiced while making reduced-sodium dinner options.

**Carbohydrates and Diabetes Mellitus:** In this module, the physiological impact of digestion of different types of carbohydrates is examined, along with the role of certain carbohydrates in promoting satiety, regulating blood glucose and sustaining energy, with a further look into whole grains. Special focus is on reducing sugar consumption, especially in snacking, and guidelines for healthier snacking and desserts are presented and practiced in the kitchen.

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### **Specialized CME Topics**

#### **Module Eight: The Pediatric Diet: A Family Approach to Healthy Children**

In this lesson, pediatric nutrition is discussed, and childhood obesity statistics and consequences are examined. Common pediatric diets and their shortcomings are observed, and guidelines for healthy alternatives are provided. Infant feeding is also briefly discussed. In the kitchen, kid-friendly meals are discussed and prepared.

#### **Module Nine: Sports Nutrition**

In this module, the dietetic requirements of athletes are explored, including hydration and increased protein needs based on lean body mass. Different types of athletes and their nutritional requirements are considered. Also discussed is macronutrient content of meals before, during, and after exercise. In the kitchen, pre- and post-event meals are prepared with homemade sports drinks.

**Module Ten: Cancer Nutrition: Prevention and Diet After Diagnosis**

This module focuses on the effect that diet can have, both preventatively and post-diagnosis, on cancer patients. We will examine certain foods and antioxidants linked to cancer risk reduction, with a focus on phytochemicals and their common sources; also discussed is the role of obesity and alcohol consumption in certain types of cancer. Both dietary support and counseling strategies during cancer treatment are outlined; in the kitchen, plant-based, antioxidant-rich recipes are prepared.

**Module Eleven: Pregnancy and Nutrition**

This module explores the proper guidelines for changes in diet during pregnancy, including BMI-based weight gain recommendations, and changes in metabolism, caloric, and exercise needs, and includes recent research into maternal nutritional outcomes. Also outlined are foods to be avoided and their sources, micronutrient needs and their common sources, and the importance of portion sizes. In the kitchen, foods high in these important nutrients are prepared, with thought also given to nutrient density and portion sizes.

**Module Twelve: Diabetes and Pregnancy**

In this module, diabetes during pregnancy is explored, especially in regards to differentiating between DM as a pre-existing condition and gestational-type diabetes; risks to both mother and child are discussed, and low-glycemic regimens pre-, intra-, and post-partum are outlined. Focus is placed on identifying and choosing slow-digesting, high-fiber carbohydrates while avoiding highly-processed sweeteners. In the kitchen, satiating recipes are prepared with reduced sugar content.

**Module Thirteen: Celiac Disease**

Detailed overview of Celiac Disease including diagnosis and treatment. The course includes a review of the evidence about non-Celiac gluten sensitivity. Review of the key points behind the pathophysiology and clinical workup for celiac disease as well as the co-morbidities associated with celiac disease. Recognize the psychosocial aspects of gluten sensitivity.

**Module Fourteen: Food Allergy**

Review the major food allergens with a focus on the four most prevalent including egg, legume, shellfish and tree nut. Additionally, milk allergy is very common in young children and may not be outgrown as frequently as previously thought. As such, the role of hidden allergens is key and providers need to be able to discuss food allergy with patients including the ability to instruct them properly on food sources, hidden allergens and ingredient substitutions.

**Module Fifteen: Food and Neurocognition**

Detailed overview of the evidence showing that glucose dysregulation causes impaired brain functioning. Review how modern diets contribute to increasing rates of dementia. Understand the role of diet in ADHD. Review foods shown to be neuroprotective and likely to promote optimal brain functioning. Be able to discuss the negative impact of the standard American diet on neurocognition and the role healthcare practitioners can have in promoting improved cognitive functioning through dietary interventions.

**Module Sixteen: Anti-Inflammatory Diet:**

Understand the relationship between foods, advanced glycation end products, and free radicals. Review of the evidence about the role of diet in heart disease, stroke, COPD, cancer, Alzheimer's, diabetes, and kidney failure as well as the inflammatory pathways and where food fits in it. Presentation of evidence showing a relationship between advanced glycation end products, free radicals, and degenerative disorders.

**Module Seventeen: IBS/IBD/GERD**

Understand the prevalence of inflammatory bowel disease, irritable bowel syndrome and gastroesophageal reflux disease in the US as well as symptoms and how to differentiate between these diseases of the digestive tract. Review of FODMAP and recognize which foods contain high FODMAP content and which foods contain a low FODMAP content.

**Module Eighteen: Congestive Heart Failure:**

Understand the incidence, prevalence, risk factors, pathophysiology, mortality and clinical workup for CHF. Review the relationship between obesity and CHF. Learn the impact health care practitioners can have on controlling and managing symptoms through diet intervention. Distinguish salt and fluid restriction for patients in various stages of heart failure and explain strategies to reduce salt intake. Identify the role and sources of micronutrients, fats and whole grains for patients at various stages of heart failure.

**Module Nineteen: HIV/AIDS Nutrition:**

Review the stages of HIV infection and corresponding symptoms specifically in the context of diet and nutrition. Review the medical interventions that can be taken to treat patients with HIV and identify the role healthcare professionals can have in controlling symptoms of HIV through diet. Learn the factors which contribute to the nutritional challenges for patients with HIV.

**Module Twenty: The Geriatric Diet**

The Geriatric Nutrition IDS is designed to introduce medical students to elderly patients' physiological changes, nutritional needs, risks for malnutrition, and adaptive approaches to food preparation and consumption. Medical students will learn about how to screen for malnutrition, develop dietary interventions, and counsel elderly patients and their family members about how to eat healthfully in their later years.

**Module Twenty-One: Mindfulness and Motivational Interviewing**

An in-depth look at the techniques and usefulness of mindfulness and motivational interviewing on lifestyle, diet and health for our patients. Explores the principles of mindfulness affected development of therapeutic approaches through basic principles and practices such as the OARS method.

**Module Twenty-Two: Eating Disorders**

Participants learn to distinguish between eating disorders including anorexia and bulimia syndromes as well as understand binge eating disorders. Information is presented on other eating disorders including rumination and pica as well as strategies for treating eating disorders through medication, psychotherapy and culinary interventions.

**Module Twenty-Three: Myths, Fad Diets, Supplements and Controversies**

Nutrition-related fads, myths and misconceptions are explored in this module. Optimal conditions for weight loss and management are explored, with literature on proven methods of supplementation and nutrition provided. In the kitchen, preparation of nourishing recipes and ingredient quality are explored, and sensory evaluation of food is introduced.

**Module Twenty-Four: Polycystic Ovary Syndrome**

Learners will demonstrate understanding of pathophysiology, signs and symptoms, and diagnostic criteria of PCOS. The module details the the role of weight loss in PCOS particularly as it relates to insulin resistance. Culinary objectives include the roles of complex carbohydrates and fiber in PCOS management.

**Module Twenty-Five: Bariatric Diet**

Understand bariatric surgery as a treatment for obesity. The module reviews types, risks, and expected weight loss of surgical options as well as pre- and post- operative expectations. Learners will understand the role of nutrition pre- and post-surgery.

**Under Development:** Billing and Coding for Nutrition Counseling, Alcohol Use, Anemia and Diet, Renal Diet, Cancer Treatment and Diet, Cancer Nutrition at the Molecular Level, Gout, Coumadin Use and Diet, Exercise, Vegan/Vegetarian Diets, Obesity - Hormonal factors, Pediatric Obesity - Assessment and Intervention



## Health meets Food: Community Courseware for Expectant Mothers

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### Lesson 1 – Introduction to Culinary Medicine and the Mediterranean Diet

#### **Culinary Nutrition Learning Objectives:**

Review pregnancy weight gain goals & caloric needs.  
Understand exercise in pregnancy.  
Food avoidance and foods to moderate during pregnancy.  
Understand the nine-point Mediterranean Diet score  
Reading a recipe.  
Cleanliness and sanitation in the kitchen.  
Developing knife skills.

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### Lesson 2 – Diet and Nutrition in Pregnancy

#### **Culinary Nutrition Learning Objectives:**

Comprehend the 3 macronutrients, fat, carbohydrates and protein, dietary needs and sources.  
Gestational weight gain issues.  
Understand fad diets.  
Vitamin supplementation needs.  
Folic acid needs and dietary sources.  
Iron needs during pregnancy and dietary sources.  
Calcium needs and dietary sources.  
Omega-3 fats and dietary sources.  
Artificial sweeteners.  
Nutrition resources for pregnant mothers.

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### Lesson 3 – Introduction to Culinary Medicine and the Mediterranean Diet

#### **Culinary Nutrition Learning Objectives:**

The benefits of breastfeeding for both mother and baby.  
Understanding feeding of infants (newborn - 12 months).  
Benefits to making baby food and how to make homemade versions.  
Learn portion size, serving size, calorie density and nutrient density.  
Preparing family friendly meals  
Rethink your drink – sugar sweetened beverages.



## **Health meets Food: Community Courseware for Kids**

Target age group: four years to nine years old.

### **Lesson 1: Red Day Learning Objectives**

Identify the names of red food items that are minimally processed, such as fruits, vegetables, beans and grains.  
Have an understanding of Choose MyPlate; the components of the plate and which foods fall into each category.  
Understand safe kitchen practices and proper knife handling.  
Know what Vitamin A is, the foods it is found in, and how it helps the body.  
Understand the different parts of a whole grain and why whole grains are healthier than refined grains.

### **Lesson 2: Orange Day Learning Objectives**

Be able to identify orange foods, specifically those that are minimally processed like fruits and vegetables.  
Understand Vitamins A and C and their role in the body, specifically the immune system.  
Understand the importance of eating healthy throughout the lifespan – in order to prevent diet related diseases when older.  
Know what protein is and the functions it serves within the body.

### **Lesson 3: Yellow Day Learning Objectives**

Be able to identify and name minimally processed yellow foods (fruits, vegetables).  
Will understand the different types of fats; which are good, and which are bad.  
Will know what a legume is and be able to name examples.  
Will know what fiber is and its function within the body.

### **Lesson 4: Green Day Learning Objectives**

Be able to identify and name minimally processed green foods.  
Understand the functions of calcium, vitamin D and iron.  
Will be able to identify non-dairy items that contain calcium and iron.

### **Lesson 5: Blue/Purple Day Learning Objectives**

Be able to identify blue and purple foods.  
Understand the importance of hydration.  
Understand sugar contents of juice and soda, what some better alternatives are.  
Understand how sugar acts on our bodies.  
Why whole fruits are better than fruit juices.

### **Lesson 6: Eat the Rainbow Learning Objectives**

Understand Go, Slow and Whole foods.  
Know the importance of healthy snacking, healthy alternatives.



**Health meets Food: Community Courseware for Adults**

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**Module 1: Mediterranean Diet & Introduction to Cooking**

**Nutrition Concepts**

Reading recipes  
Mediterranean diet principles  
Introduction to portion size  
Introduction to caloric density  
Introduction to nutrient density  
Principles of a food diary

**Culinary Concepts**

Knife Skills  
Measuring

**Safety Module**

Video with Kitchen Safety  
Tour of Kitchen  
Knife Skills

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**Module 2: Understanding Nutrition Labels, Menu Planning & Sensible Breakfasts**

**Nutrition Concepts**

What is a calorie  
Weight loss  
Caloric guidelines  
BMI & WHR  
Nutrition Facts box  
Breakfast prototype  
Mediterranean Diet: Dairy

**Culinary Concepts**

Creating weekly menus  
Cross utilization  
Shopping list  
Building pantry  
Building refrigerator and freezer  
Not cooking every day  
Leftovers  
Storage of leftovers

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**Module 3: Good Shopping Habits & Delectable Dinners**

**Nutrition Concepts**

Dinner prototype with comparisons (like breakfast screens)  
Mediterranean Diet: Legumes  
MyPlate

**Culinary Concepts**

Making a shopping list  
Budgeting  
Cross utilization  
Shopping  
By section  
Bargains  
Coupons  
Cost per unit  
Planning from sales or circulars

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**Module 4: Portion Sizes & Great Lunches**

**Nutrition Concepts**

Portion vs. serving size  
Daily diet model – caloric needs  
Energy density  
Nutrient density  
Lunch prototype with comparisons (like breakfast screens)  
Mediterranean Diet: Vegetables

**Culinary Concepts**

Building a better sandwich

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**Module 5: Healthy Snacks and Desserts, Rethink Your Drink**

**Nutrition Concepts**

Sugar sweetened beverages  
Sweeteners  
Snacking – salty/savory vs. sweet  
Mediterranean Diet: Fruit and nuts

**Culinary Concepts**

Snack selections based on taste and texture

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**Module 6: Fats and Cholesterol, Roasting**

**Nutrition Concepts**

Fat  
Saturated fat  
Unsaturated fat  
Cholesterol  
Dietary vs. serum cholesterol  
Sources of fats and cholesterol  
Mediterranean Diet: oils and fats

**Culinary Concepts**

Lean cuts of meat  
Seafood  
Trussing / tying meats & roasts  
Roasting temperature and technique  
Review final cooking temps  
Ideal vegetables  
Ideal cuts of meat  
Basting  
Timing – full chicken or large roast vs. vegetables  
Carving Chicken & Poultry  
Fat replacers

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**Module 7: Carbohydrates, Soups, Stews and Crock-pot Cooking**

**Nutrition Concepts**

Carbohydrates  
Complex carbs  
Sugars  
Fiber  
Mediterranean Diet: whole grains  
Carb counting

**Culinary Concepts**

Soup Building Blocks: increasing vegetables, best cuts of meats, technique, cuts, etc.  
Clear soups  
Crock pot cooking  
Incorporating healthier techniques into soups (yogurt, pureed beans, lower saturated fat, etc.)  
Utilizing ingredients available seasonally and in pantry to build one-pot meals  
Proper cooling technique, TDZ  
Fruits and Vegetables: Frozen vs. fresh vs. canned

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**Module 8: Protein, Grilling & Broiling**

**Nutrition Concepts**

Protein needs  
Protein sustainability as far as satiation  
Amino acids (only as they relate to vegetarian diet)  
Good sources of vegetable protein  
Health and flavor benefits of grilling  
Mediterranean Diet: meats

**Culinary Concepts**

Grill maintenance and setup  
Types of grills (broiling and range top grill pans)  
Basic cooking guidelines (oiling, flipping, heat, secret to perfect grill marks, etc.)  
Fileting & Scoring Fish  
Alternative and creative uses (salads, sandwiches, leftovers, grilled greens, breads, etc.)  
Best types of vegetables, fruits, proteins (meat & fish)

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**Module 9: Poaching, Steaming & Blanching**

**Nutrition Concepts**

Sodium defined  
Effect on hypertension  
Potassium  
Five taste buds  
Health & flavor benefits of poaching  
Mediterranean Diet: fish

**Culinary Concepts**

Poaching  
Court bouillon Basics  
Poaching, steaming and blanching temperatures  
Poaching proteins  
Poaching eggs  
Blanching vegetables & fruits  
Finishing methods  
Steaming principles  
Blanching/parcooking  
Issues: overcooking, nutrient loss  
Make stock - vegetable and chicken stock

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**Module 10: Sodium, Advanced Knife Skills, Sautéing & Finishing Sauces**

**Nutrition Concepts**

Mindfulness  
Mindfulness exercise in this class using herbs  
Personal goals

**Culinary Concepts**

Herb identification  
Advanced knife skills: julienne, chiffonade, dice potato  
Basics of Sautéing: health benefits, oil, heat, etc.  
Making pan sauces

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**Module 11: Mindfulness, Braising & One Pot Meals**

**Nutrition Concepts**

Mindfulness  
Goal setting

**Culinary Concepts**

Breaking down raw poultry  
Braising  
Searing  
Liquid base  
Temperature range  
Best vegetables, cuts of meat  
Flavor-building; not over-seasoning (liquid reduction)  
Fibrous root vegetables (carrots, parsnips)

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**Module 12: Local Resources, Create Your Own Meal**

**Nutrition Concepts**

Local and other resources  
Web resources  
Benefits of seasonal ingredients