

UCI SCHOOL OF MEDICINE CULINARY MEDICINE ELECTIVE — OVERVIEW

Department of Family Medicine, Integrative Medicine Program
Susan Samueli Center for Integrative Medicine

Overview of Elective: The Culinary Medicine elective teaches first- and second-year medical students practical, healthy, hands-on cooking skills paired with evidence-based whole food nutritional concepts that are applicable to their own health, as well as to future patients they see with diet-related illness. The elective examines the effects of nutrition on both healthy patients and those with diet-related illnesses. Lectures, readings and case studies examine the significant role that food choices and nutrition play in preventing and managing several common chronic diseases, including obesity, diabetes, hyperlipidemia and hypertension.

The course is taught in **five three-hour workshops at the ARC teaching kitchen near campus**. The week prior to each live workshop, students review a brief online presentation, an article relevant to the session topic and an example patient case. During the live sessions, our Chef/Culinarian will orient students to the nutritional focus of the session, and review the different dishes and cooking techniques to be used. The students then break up into small groups and adjourn to the kitchen to learn practical, hands on food preparation and cooking techniques that translate nutritional concepts into healthy, delicious and accessible dishes. At the conclusion of the cooking time, each small group presents their dish(es) to the large group, describing the nutritional elements as well as pertinent culinary tips. Then the large group sits down for a family meal. During this time, our nutritionist and physician course director review how the food and cooking techniques pertain to a patient case.



Fall 2017 medical students, with help from faculty and chef assistants, prepare dishes from the module “Renal Function, Dietary Sodium, Hypertension and Flavor-Building”

We offer the course twice each academic year – once in the Fall semester and again in Spring. For each series, the course is capped at 15 students who are chosen on the basis of their interest and expressed goals for taking the course and as space allows.

The license and permission for using this well-tested and researched curriculum developed by Tulane School of Medicine and their Goldring Culinary Center was obtained through a generous grant from the Samueli Foundation. It is currently being used by over 25 other medical schools across the country, with research showing that the program improves students’ knowledge, attitudes toward and likelihood of following healthy diet principles. Studies of physicians attending similar hands-on culinary medicine workshop courses show that attendees are more likely to provide patients with counseling on healthy diet changes.



Location: The course venue is at the UCI Anteater Recreation Center's Demonstration/Teaching Kitchen, conveniently located only a few minutes from the medical school.

Dates: The class is offered on five (5) Wednesday evenings, 5:30 – 8:30 p.m., during the course of each semester. Specific dates are determined at the start of each semester and chosen so as to not conflict with the end of week of 1st/2nd year exams. Dates for the Spring 2018 semester are: Feb 7, Feb 21, Feb 28, Mar 21, with the last date being either April 4 or April 18.

Elements of Elective

- Before class
 - 20-minute online video lecture, also available as a PowerPoint presentation with script
 - Study guide
 - One (1) journal article required, plus additional optional resource materials for reference
- During workshops: Each session has a clinically relevant focus, with students learning to prepare a variety of recipes that illustrate different nutritional and culinary teaching points for each session. The session format is:
 - 10- to 15-minute faculty review of overarching nutritional and culinary concepts and techniques for that session, including a review of recipes for the session and assigning of small cooking groups
 - Students break into small groups of two or three for hands-on cooking of 60 minutes to 80 minutes. Each small group cooks different dishes reflecting nutritional and culinary learning objectives for the module (with up to six to 10 recipes total per class)
 - At conclusion of cooking, each small group briefly presents sample dishes with a review of nutritional and culinary principles represented by the recipe.
 - A 45-minute family meal, during which students and faculty review an example patient case and discuss relevant culinary medicine approaches for that patient's clinical issues, including how cooking techniques impact nutrient value, as well as how to frame conversations with patients about food and healthy eating.
 - Students participate in 15 minutes of clean-up.

Core Faculty for Culinary Medicine

- Physician: David Kilgore, MD, FAAFP, Clinical professor, Department of Family Medicine; Director, Integrative Medicine Program, UCI Family Health Centers.
- Nutritionist: Kim Storm, MS, RD, Dietitian, Susan Samueli Center for Integrative Medicine
- Culinarian: Chef Jessica VanRoo, Director of Culinary Education, UCI Campus Recreation

Volunteers

- Up to seven (7) undergraduate pre-med students and community volunteers are recruited to assist with kitchen prep, on-site cooking and clean-up for each workshop
- Special thanks for the incredible course coordination efforts by Elaine A. Chen, the steadfast and enthusiastic support of Vida Kohanteb and Cathy Parks, as well as our chef assistants and our wonderful student steering committee. Medical students Ariana Naaseh, Daniel Haik, Lauren Chen, Yesenia Martinez, Christine Pham, Rachel Sunico and Jennifer Nam have been instrumental in planning the medical student elective.