

Culinary Medicine Elective Syllabus 2024

Elective Name: Culinary Medicine Elective

Course Director: Dr. Nancy Beck

Student Directors: Sawyer Archer, Truman Archer, and Arpita Gaggar

Duration: August 12th to December 3rd of 2024

Application: We will accept a total of 40 students (MS1, MS2, GMS). Those interested in being a part of the elective will submit an application, which will go under consideration by the course directors.

Mission Statement: Enhance students' knowledge on medical nutrition therapy and food preparation in order to benefit their interactions with future patients, as well as personal understanding of nutrition and cooking.

Course Description: This elective course will complement the curriculum for medical students by providing a nutritional interactive component so that they will learn valuable cooking skills, the benefits of certain foods and how to incorporate them into a meal, and how to educate patients about healthy habits. Students will also learn about different dietary restrictions associated with common diseases. The course will incorporate lectures accompanied by evening cooking classes and open discussions.

Application: Those interested in being a part of the elective will submit an application, which will go under consideration by the course directors.

Completion Requirements: After acceptance into the course, students must attend a mandatory introduction meeting. The course will be divided into 6 didactic experiences (scheduled lectures) and 7 hands-on experiences (evening culinary instruction labs, HEB grocery store tour, and final cook-off), incorporating competencies learned throughout the course. Students are required to attend **1 volunteering event, 4 out of 7 lectures, and 3 out of 6 labs (7 including Pot-luck) for a total of 8 out of 14 sessions**. If a student is unable to complete these requirements, she/he may submit a short reflection paper and an original recipe by the end of the course. The paper will count as one make up for a lecture and the recipe will count as a make up for one lab. Only 1 make-up will be accepted for a missed lecture or lab. Details for each will be given as needed to those students who are unable to complete the above requirements.

Lab Setup: At the beginning of the semester, a signup sheet will be sent out to students. They will be required to sign up for **at least 1 in-person** lab session, a **grocery store tour**, or the **potluck**. Each lab will focus on a different aspect of medical nutrition and will engage the students in thinking about the importance of nutrition for well-being. In-person labs will include wrap-up discussions to explore how meals can be adapted for individuals with common disease states. The goal of this is to ensure that students have

an adequate understanding of diet's impact on overall health, and to help students learn to counsel patients with different ailments.

Date	Event	Location	Time
August 26th	Mandatory Introduction Session (counts as lecture)	ACB 230	12pm-1pm
September 4 th	Lecture 1: Diabetes & Nutrition (Dr. Dufour)	ACB 230	12pm-1pm
September 6th	Lab 1: How-To-Cook Tutorial	Human Sciences Building (1301 Akron) Lab 286	7pm-9pm
September 20 th	Lab 2: Hispanic/Latin	Human Sciences Building (1301 Akron) Lab 286	7pm-9pm
September 23 rd	Lecture 2: Gut Microbiome (Dr. Grisham)	ACB 230	12pm-1 pm
October 1st	Lecture 3: Cardiovascular Diet & Disease (Dr. Shurmur)	ACB 230	12-1pm
October 4 th	Lab 3: Asian	Human Sciences Building (1301 Akron) Lab 286	7pm-9pm
October 18 th	Lab 4: Mediterranean	Human Sciences Building (1301 Akron) Lab 286	7pm-9pm

October 29th	Lecture 4: Pediatrics Nutrition & Childhood Obesity (Dr. Sleet)	ACB 230	12-1pm
November 7th	Lecture 5: Food Allergens	ACB 230	12-1pm
November 8th	Lab 5: Chopped	Human Sciences Building (1301 Akron) Lab 286	7-9pm
Some Weekend in November or December	Pot Luck (Bonus Lab)	TBD	TBD
November 19th	Lecture 6: Oral Health (Dr. Qubti)	ACB 230	5-6 pm
December 3rd	Lecture 7: Healthy habits and Role of a dietician (Ashley Wilmeth)	ACB 230	12-1pm
December 3rd	Lab 6: HEB tour	HEB (4405 114th St, Lubbock, TX 79424)	7pm-8pm