Culinary Medicine

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Recommended Citation
**Culinary Medicine:** an innovative way to teach basic culinary skills and nutrition concepts

**What we did:**
- Pilot 4th year medical school elective in blocks 7 and 13 for the UNM SOM Class of 2018
- Culinary lab/teaching kitchen 4 hours/week with chef, dietician
- Seminars: 6 hours per week
- Clinical Rotations: 8 hours spend with an inpatient RDN
- RoadRunner Food Bank tour
- Online curriculum—Goldring Center for Culinary Medicine

**Outcomes:**
- “Best course I took in medical school.”
- “It helped me in my own life with wellness and mindfulness.”

**Future plan:**
- 4th year medical student elective blocks 6 and 13 CO2019
- Increase culinary lab to 4-8 hours per week
- Add tour of cheese making dairy farm
- Add outpatient RDN observation
- Food Safety and Sanitation
- Weight Management
- Fats & Lipids
- Food and Neurocognition
- Food Allergy and Inflammation
- Sodium, Hypertension and Renal Physiology +optional modules

**Background:**
Medical providers who are knowledgeable about nutrition have been shown to be more likely to discuss healthy eating with their patients

The majority of chronic disease in America has a dietary component