COOKING UP HEALTH
A culinary medicine and community service course authored by Northwestern Osher Center for Integrative Medicine and Common Threads

READINESS GUIDE
USING THIS DOCUMENT

This document is provided to help partners assess their readiness for the course to help ensure a more successful implementation. It is intended for health professional schools and organizations exploring the Cooking Up Health culinary medicine course. Review this document to better understand:

- General objectives and flow of the standard Cooking Up Health course
- Options for partial implementation or variations from the original structure
- If the Cooking Up Health course will fit your needs
- Resources required for a successful implementation of Cooking Up Health

Questions? Common Threads and Osher are happy to help. Please email teachers@commonthreads.org.

WHAT IS CULINARY MEDICINE?

Culinary Medicine is the utilization of a unique combination of nutrition and culinary knowledge to assist patients in achieving and maintaining optimal health.

ABOUT COOKING UP HEALTH

The Cooking Up Health curriculum is designed to teach students in medicine and allied health sciences about nutrition and healthy cooking through the lens of culinary medicine and community health. This course consists of 10 lessons, alternating between culinary “learning” classes and “giving-back” community health classes.

The course is intended to expand students’ comfort in counseling patients in successful behavior change around nutrition and cooking. The “learning” portion of the course includes a combination of pre-work/videos/didactics and hands on culinary sessions- all focused on plant-based diets. The "giving-back" part of the course engages students in service learning by bringing them into classrooms to teach Small Bites, an established grade school nutrition curriculum, to children and/or families in at risk communities. Through this course participants will learn basic culinary skills, steps to create nutritious meals, relationships between food, health, and disease, and cultural competencies around nutrition.
COURSE GOALS AND OBJECTIVES

The culinary medicine classes are taught by medical school faculty (provided by the host institution) and a trained chef. The lessons will give the students the knowledge and skills to:

- Integrate cooking and eating a healthy diet into their busy schedules
- Understand and apply the current science about the benefits of plant-based diets
- Coach patients through behavior change to achieve healthy diet
- Work effectively in a community or public school setting to teach nutrition and cooking to children

The Cooking Up Health curriculum features:
- Evidence-based, referenced nutrition concepts at a graduate medical student level
- 100% plant-based recipes
- Patient scenarios for practicing motivational interviewing and behavior change coaching
- Global flavors and cooking techniques
- Introductions to societal issues and cultural competency around food

All culinary lessons include:
- Applied Nutrition Science
- Academic articles assigned as pre-reads for the students
- Hands-On Plant-based Cooking in the Kitchen
- Prevention and Management of Disease with Nutrition
- Patient Coaching (Health Coaching)
- Applied public health perspectives when working with diverse populations

SAMPLE COOKING CLASS TIMELINE

5:30pm       Chef/Faculty arrive
6:00-6:30pm   Students arrive
               Cases, Coaching, and Discussion
6:30-7:45pm   Cooking class
7:45-8:15pm   Dinner
8:15-8:30pm   Prep community lessons
The six culinary medicine classes run 2.5 hours, during which students learn practical information about relevant topics and gain hands-on experience in a kitchen.

Each cooking lesson will focus on one aspect of a healthy diet and its application to disease prevention. Class time will be faculty guided and discussion based. Groups are comprised of 10-12 students led by one to two faculty facilitators. The culinary medicine curriculum follows a specific format for each lesson:

Each lesson will begin with a shared experience, comprised of learning a kitchen technique relevant to the day’s focus, cooking and sharing a healthy meal that illustrates nutrition health concepts. Students and instructors, including medical professionals and a chef from our partner organization Common Threads, prepare foods relevant to each session’s discussion in the NMH professional kitchen. At the end of each session, students and instructors gather to practice mindful eating and talk about the complex social and cultural functions of food by sharing their own food stories.

The last 90 minutes of the course will be a review of the role of nutrition in certain disease processes and small group case based discussion on evidence based nutritive literature. Topics to be addressed may include mindful eating, the Standard American Diet, the U.S. Department of Agriculture’s nutrition guide, understanding state of the science of macronutrients, the gut microbiome and impact of diet, food sensitivities, and inflammation as a precursor to chronic disease. Scientific literature underpinning each of these topics will be presented in the form of journal articles, videos and websites and discussed with the students.

Students will be encouraged to continue to cook and eat mindfully outside of class. A Facebook group page and Common Bytes online group course will provide an interactive forum for uploading pictures of meals, recipes and tips.
Throughout the teaching kitchen course, students participate in a service component teaching children about basic healthy nutrition concepts and easy hands-on food preparation. The 4-8 community sessions run about 1 hour, during which students teach the Small Bites lessons to upper elementary school students. Medical students are able to apply the newly acquired knowledge by teaching in local middle school classrooms.

Course leaders are invited to form relationship with schools near their location or Common Threads is able to support building school relationships in the following markets:

- Chicago, IL
- Los Angeles, CA
- Jacksonville, FL
- Miami, FL
- New York, NY
- Pittsburgh, PA
- Texas (most major counties)
- Washington DC (metro area)
- Don’t see your area? Contact teachers@commonthreads.org and they may be able to help!

Small Bites is the curriculum provided by Common Threads for the community lessons in Cooking Up Health. After completing training, partners will have digital access to these lesson plans. The course is designed with 8 lessons, but can be accommodate with a minimum of 4 lessons.
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<th>CUISINE TYPE FEATURED</th>
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<td>Class Two (Culinary)</td>
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<td>Class Ten (Culinary)</td>
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**OPTIONAL COMMUNITY SESSIONS:**

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Our vision for the future of individual care and ultimately, our healthcare system revolves around introducing new integrative care models into the mainstream. As part of The Osher Collaborative our faculty are working together to create innovative clinical models of care, advance medical education, and collaborate on research initiatives. We are dedicated to taking a leadership role alongside the five other Osher Centers for Integrative Medicine to create positive change in healthcare for individuals and better health for communities.

Learn more: http://ocim.nm.org/

Founded in 2003 in Chicago, Common Threads was created to bring health and wellness to children, families and communities through cooking and nutrition education. By integrating preventative health programs into school districts and community organizations, Common Threads not only helps combat the rising number of diet-related diseases, but also cultivates a culture that embraces a healthier lifestyle and celebrates diversity through food.

The organization envisions a community of learners that embraces healthy cooking, healthy eating and healthy living as both a life choice and a human right.

Learn more: www.commonthreads.org