



**VA Boston Healthcare System  
1400 VFW Parkway  
West Roxbury, MA 02132**

## Lifestyle Medicine Rotation Syllabus

Written by Rani Polak, MD, MBA, Chef  
Program Director, Chef Coaching  
Institute of Lifestyle Medicine  
Spaulding Rehabilitation Hospital  
Research Fellow, Harvard Medical School

### **INTRODUCTION TO CULINARY MEDICINE/CHEF COACHING 1** **CULINARY MEDICINE FOR YOU (SELF-CARE AND CLINICAL TOOLS)/CHEF COACHING 2**

Learning objectives:

1. Describe the relationship between home cooking and health based on current evidence.
2. Explain the difference between nutrition and culinary medicine.
3. Demonstrate patient-centered culinary knowledge and skills, and describe strategies for empowering patients to adopt home cooking.
4. Describe three barriers or facilitators to home cooking.

#### **PART ONE**

Introduction to Culinary Medicine/Chef Coaching 1:

##### A. Background

1. Definition of Culinary Medicine
  - Link between eating behaviors and health
  - Food preparation: home food prep vs eating out
  - Inverse correlation between cooking and mortality
2. Skills-based nutrition education
  - Shopping, food storage, meal planning, and preparation
  - Culinary skills education and obesity-prevention
  - Barriers to home cooking: low confidence, lack of skills, limited time

##### B. Culinary programs strategies

- Facilitators to cooking: organization, planning, enjoyment

- C. Scientific evidence for education on culinary interventions
  - Well designed studies needed that rigorously evaluate long-term impact on cooking behavior, dietary intake, obesity, and other health outcomes
  - Summary of representative educational programs: Nutrition Resource Center, Goldring Center for Culinary Medicine, Healthy Kitchens Healthy Lives
  - Impact of physician self care on obesity care

## **PART TWO**

### Culinary Medicine for You/Chef Coaching 2:

- A. Culinary Medicine: Key principles
  - 1. Batch cooking
  - 2. Leftovers
  - 3. Repurposing
  - 4. Dinner-breakfast-lunch
  - 5. Energy density
  - 6. Cooking time vs attention
  - 7. One pot meal
  - 8. Thinking vegetable
- B. Prescribing Culinary Medicine
  - 1. What is home cooking
  - 2. Culinary intake: cooking with chef questionnaire
  - 3. Remote in-person culinary education (discussions/cooking)
  - 4. Nutritional counseling and coaching for behavioral change from novice to master
- C. Culinary Medicine: Resources for you and your patients
  - 1. Culinary clips, online classes, recipes (online/books), publications
  - 2. Remote resources: Coursera/Stanford, Culinary Rx, ChopChop, Chef Coaching

## **References**

1. Murray CJ, Atkinson C, Bhalla k, et al. The state of US health, 1990-2010: burden of diseases, injuries, and risk factors. JAMA. 2013 Aug 14; 310(6):591-608.
2. Mozaffarian D, Ludwig DS. Dietary guidelines in the 21st century--a time for food. JAMA 2010; 304:681-2.
3. Lichtenstein AH, Ludwig DS. Bring back home economics education. JAMA 2010; 303:1857-8.
4. Frank E. JAMA. 2004 Feb 4; 291(5):637.
5. Frank E, Dresner Y, Shani M, Vinker S. The association between physicians' and patients' preventive health practices. CMAJ. 2013 May 14; 185(8):649-53.
6. Eisenberg DM, Myrdal Miller A, McManus K, Burgess J, Bernstein AM. Enhancing medical education to address obesity: "See one. Taste one. Cook one. Teach one." JAMA Intern Med. 2013 Mar 25; 173(6):470-2.