



## The Goldring Center for Culinary Medicine

TULANE UNIVERSITY

### Fourth Year and Resident Elective Curriculum: Intro Packet

Welcome to the Goldring Center for Culinary Medicine 4th Year Medical Student Culinary Medicine Elective. We look forward to working with you and hope you gain a deeper understanding of nutrition and the impact cooking can have on a community throughout this 4-week elective. Please review the following information to orient yourself to the program.

#### **Mission:**

Through innovative nutrition curriculum and hands-on training in the culinary arts, The Goldring Center for Culinary Medicine at Tulane University seeks to better prepare future physicians to serve and heal patients and communities.

#### **Vision:**

The Goldring Center for Culinary Medicine will teach physicians about food: how to cook, what to eat, and how to help their patients improve their diet - and thereby, their health

#### **About the creation and location:**

The Goldring Center for Culinary Medicine was first created to address the lack of nutrition and food education in the medical field, and quickly expanded to involve the community. GCCM is a 501(c)3 organization meaning it is tax-exempt and nonprofit. The program was originally able to be funded with the help of a generous donation from Bill Goldring. The kitchen is located within the ReRefresh project- a fresh-food hub co-located with Whole Foods, Liberty's Kitchen, Broad Community Connections, SPROUT Nola, Firstline Schools, and BoysTown USA. These businesses, all non-profit with the exception of Whole Foods, believe in providing an area, once a food desert, access to affordable, fresh, and nutritious ingredients and educating people on how to prepare them. The community-run café at Liberty's Kitchen teaches underprivileged youth all aspects of working a fast paced job and essential life skills. SPROUT Nola runs an onsite community garden teaching classes and offering gardening plots to community members. Firstline Schools is the parent charter school organization for Edible Schoolyard.

#### **Who is our primary target? Why?**

Although GCCM hosts classes for different audiences, the primary goal is to make an impact on medical students. The average medical student only receives an average of 10-15 hours of nutrition education over the course of four years of medical school. The first and second year medical students are required to complete a 3-hour class twice a year at the Goldring Center for Culinary Medicine for Foundations In Medicine (FIM). Medical students in their first and second year may also choose to participant in the Culinary Medicine elective consisting of a 3-hour class once a week for 9-weeks.

Our secondary target is to teach continuing education to medical professionals. We offer pharmacists, physicians, physician assistants, nurse practitioners, nurses, certified diabetes educators and registered dietitians a chance to take our class and complete the program to become a Certified Culinary Medicine Specialist. The curriculum is tailored to fit specific health problems the providers may encounter in their practice.



## The Goldring Center for Culinary Medicine

TULANE UNIVERSITY

### Who do we teach?

- Adult Beginning Community Class
- Adult Intermediate Community Class
- Family Community Class
- Senior Community Class
- Medical Professional CME Class
- Medical Student Elective (1<sup>st</sup> and 2<sup>nd</sup> years)
- Medical Student/Community Hybrid Class
- Nutrition in Pregnancy Class
- Interdisciplinary Seminars for medical students

### [More info on classes](#)

### Who will you see at the kitchen?

- Chef Leah Sarris, RD, LDN – Director of Operations GCCM
- Chef Kerri Dotson, RDN, LDN, Culinary Medicine Educator
  - If you're interested in shadowing Kerri in her nutrition counseling sessions, please see the HIPAA certification form in the box folder
- Chef Emily Schlag, RD, LDN – Culinary Medicine Educator
- Colleen (CJ) McCullough – Research Director
- Katie Pedroza and Callie Rubbins-Breen – Culinary Medicine Educators (part-time, community only)
- Culinary Nutrition interns → 13-week internship from Johnson and Wales University
- Dietetic interns → 1 intern at a time each 2 weeks
- Public service/service learning volunteers → Undergrad or MS1/MS2 Tulane students
- Community volunteers

### Course Objectives:

- Obtain the 25 hours of nutrition education recommended by NAS
- Become proficient in clinical nutrition education
- Become proficient in teaching cooking classes to medical students, residents, community members and speaking about culinary nutrition in scientific and layman's terms
- Use clinical knowledge to teach first and second year medical students, via leading discussions and STEP-style case studies
- Develop a comprehensive understanding of the interaction between food and medicine
- Develop an understanding of the Mediterranean Diet and its associated health benefits
- Observe nutrition counseling with our in-house dietitian



## The Goldring Center for Culinary Medicine

### TULANE UNIVERSITY

- Assist staff with curriculum development and recipe building
- Complete a month-long project (topic to be assigned on day 1 of rotation)
- Complete a brief research project on a nutrition trend or topic of interest
- Learn basic culinary skills and kitchen management skills
- Interdisciplinary work with chefs, dietitians, physicians, med students, dietetic interns, culinary nutrition interns

### **Expectations:**

- Plan to report to the kitchen M-F 9 am – 5 pm; speak with culinary interns each week to discuss scheduling variations based on class load
- At least 1 MS4 must be present for each class, including nights and weekend classes. If you are assigned to stay for an evening class, you should arrive at noon that day and leave by 8:30 pm.
- Complete assigned GCCM development project
- Complete 1-2 page research paper on a culinary health topic of interest
- Assist culinary interns in kitchen maintenance. This will include class prep and cleaning.
- Attire: Dress casually and comfortably, as you will be working with food products every day. Long pants and close toed shoes are **REQUIRED** in the kitchen, as well as a hat, headband, or hairnet (men and women)
- Lunch is provided every day; dinner is included with evening classes

### **Curriculum:**

Much of the core curriculum will be self-guided using our med student and professional modules. You will be responsible for following the med student elective coursework as well as some of the professional condition and disease specific courses. Each module has videos and accompanying reading. This should help you understand the foundation of the Mediterranean diet and basic principles that we teach. There are a total of 24 CDS courses; you are responsible for the first eight.

All course work can be found on Moodle ([culinarymedicine.org/moodle](http://culinarymedicine.org/moodle)) or Box.com. To create a Moodle account, self-enroll as a student to the Tulane Professional Student Class using the enrollment key “gccmprof2!”. Please see [these instructions](#) for more information on using moodle, box.com, and iCal, which we use for scheduling.

#### *Week 1:*

- Learn the Mediterranean diet
- Become familiar with our classes
- Guide clinical discussion in medical student classes
- Complete Safety and Sanitation module
- Complete module 1: Introduction to Culinary medicine
- Complete module 2: Weight Management & Portion Control



## The Goldring Center for Culinary Medicine

TULANE UNIVERSITY

### *Week 2:*

- Lead the discussion at community classes
- Lead discussion for resident classes
- Complete module 3: Fats
- Complete module 4: Food Allergy and Intolerance

### *Week 3:*

- Lead at least one knife demo and kitchen tour
- Complete module 5: Proteins, Amino Acids, Vegetarian Diets, Eating Disorders
- Complete module 6: Sodium, Potassium, Hypertension

### *Week 4:*

- Understand how to research, support/dispel nutrition trends
- Have developed scripts on counseling patients for common dietary interventions
- Cook one team lunch
- Complete module 7: Carbohydrates
- Complete module 8: The Pediatric Diet

### *For your own education:* topics of other CDS modules include:

- Sports Nutrition
- Cancer Nutrition
- Nutrition in Pregnancy
- Diabetes and HTN in Pregnancy
- Celiac Disease
- Food Allergy
- Anti-Inflammatory Diet
- IBS, IBD, & GERD
- CHF
- Nutrition in HIV and AIDS
- Geriatric Diet
- Mindfulness, Motivational Interviewing
- Eating Disorders
- Myths, Fads, Diets, & Controversies
- Polycystic Ovarian Syndrome
- Bariatric Surgery

You will also be helping out with nightly community classes. Their curriculum follows a 6-week course, with the following topics:

- **Lesson 1:** Mediterranean Diet, Introduction to Cooking and Reading Recipes
- **Lesson 2:** Macronutrients, Mediterranean Diet: Dairy, Breakfast, and understanding nutrition labels
- **Lesson 3:** Mediterranean Diet: legumes, Good Shopping Habits, and Delectable Dinners
- **Lesson 4:** Protein, Mediterranean Diet: Vegetables, Portion Sizes, and Lunch
- **Lesson 5:** Carbohydrates, Mediterranean Diet: Fruits and Nuts, Snacking and Desserts, Sweeteners and “Rethink Your Drink”
- **Lesson 6:** Mediterranean Diet: Fats and Cholesterol

## Monthly Project



## The Goldring Center for Culinary Medicine

TULANE UNIVERSITY

You will receive your project assignment within your first few days of arriving at the kitchen. If you have any specific interests, please let Leah know so she can tailor your assignment to your interests. Past assignments have included: curriculum development, recipe testing, price comparisons, etc.

### Lunchtime Discussion Project

You are also expected to complete a short summary of research on a specific diet trend or hot topic in nutrition of your choice. Include whether there is enough valid research to back up claims behind the trends. Topics in the past have included Paleo diet, low carb no-carb diet, the nutritional qualities of coconut oil. See past presentations [here](#). Include at least 3 references and proper citations.

### Daily Duties

In addition to your research project, your day-to-day activities will include helping the culinary interns maintain the kitchen and run classes. This will be an excellent opportunity to see how a kitchen operates. Tasks will be assigned by the culinary interns and will include:

#### *Kitchen maintenance:*

- Help culinary interns prepare for classes: this includes tray set up (portioning out food into the exact amounts required for class) and station set-up. This will require arriving 30 minutes prior to class.
- Kitchen is clean: dishwasher, sinks, floors, coolers, dry-storage, & bathroom
- Refresh herbs with wet paper towels
- Thaw proteins for next day classes (**Fish/Seafood, Beef/Pork, Ground Meat, Poultry**)
- Set-up & breakdown for class
- Keep up with filing/office duties

#### *Classes:*

- Your role will vary depending on the class. You should always be looking for opportunities to interject your culinary nutrition/medical knowledge whenever possible – for community members, medical students, and even residents!
- You are expected to help with cooking and cleaning during class. To be most efficient, you should look at each recipe before class begins to be able to answer participants' questions. Encourage participants to clean as they go – the more work they do during class, the less you will have to do afterwards.
- *In general, classes are times where you will be working very hard; but it also has the opportunity for you to get a lot out of it. If you are concerned that you are not learning or benefiting from these experiences, please discuss this with the culinary interns and/or Chef Leah.*

### Weekly schedule:

The schedule will change depending on how many classes are each week; you will likely experience a variety of schedules while you are here. In general:

- Shopping is done on Mondays + Fridays



## The Goldring Center for Culinary Medicine

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- Trays for classes are done Monday and Wednesday (Plan to help the interns with tray set up)
- Weekly cleaning is done on Fridays. This is done most efficiently when MS4s and JWU interns work together, so please block out time in your schedule for this cleaning
- We eat lunch as a team every day; the culinary interns are responsible for preparing lunch, but feel free to come up with your own recipes or help them cook if you're interested!
- Friday Feedback lunches: weekly reflection rounds with emphasis on what went well and what could be improved for the next week. We will use this time to go over the schedule for the following week.

### **Knife Skills Demo:**

At the start of every first class, there is a knife skills demo. This gets set up on the front counter with cutting board, mise en place cups, three 1/6 pans, a chef knife, bench scraper, garlic, onion, and celery/carrot. For the intermediate class, we demonstrate how to cut a potato. It will be your responsibility to do these demos after watching one or two.

### Key points to mention:



## The Goldring Center for Culinary Medicine

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- Trash, treasure, and compost bins
- Paper towel under cutting board
- Mise en place cups: organization & save times during cooking
- How to hold a knife & cutting motion
- Bear claw with other hand for safety
  
- Keeping an uncluttered cutting board
- Dice & julienne onion, explaining uniformity of cuts
- Celery: half moons, then planks, julienne & dice
- Garlic: how to peel & mince
- Let people know where you are & basic kitchen safety

### Station Set Up:

