

# Session 1 Agenda

5:30 to 6 p.m.

## **Introductions & Food Story**

- Setting the context for self and patient care
- Understanding how who we are and our environment influences what, why and how we eat
- Foundations of the philosophy and purpose of the course

6 to 6:20 p.m.

## **State of Our Health & Food Systems**

- Where do people find information on food/nutrition?
- How the US food system/policies relate to chronic disease and the environment

6:20 to 6:30 p.m.

## **10 Minute Break**

- Assemble needed kitchen supplies for cooking segment

6:30 to 6:45 p.m.

## **Introduction to Cooking Basics**

- Demo & instruction
- Knife skills
- Flavors: Building flavor and understanding ingredients' functions

6:45 to 7:45 p.m

## **Hands-on Cooking (Choose at least one recipe to prepare together virtually)**

- Red Lentil and Squash Dal
- Salad Dressing
- Roasted Vegetables

7:45 to 8:30 p.m.

## **Wrap-up**

- Mindful eating
- Food-mood journal practice & Mindful Eating - will discuss at Session 2
- Application Closing Activity
  - What is one takeaway from today?
  - How/what would you share with a patient/client?

## Session 1 Resources

- Food & Mood Journal
- Mindfulness & Food
- Pantry Items & Basic Equipment
- Session 1 Recipes & Shopping List
- Session 1 Presentation Slides
- Whole Grains
- Chronic inflammation in the etiology of disease across the lifespan (Nature Medicine, 2019)

## Session 2 Agenda

5:30 to 6 p.m.

### **Reflections & Food Mood Journal**

- What from Week 1 showed up in your practice or life last week?
- Brief review CS/ article, Food-mood concept/connections
- Connection with digestion and physiology
- Role of mind, space, place in eating

6 to 6:10 p.m.

### **10 Minute Break**

- Assemble needed kitchen supplies for cooking segment

6:10 to 7 p.m.

### **Hands-on Cooking: Culinary Skills & Flavor Combinations**

- Greens with miso dressing with option for salmon
- Frittata with vegetables
- Mindful eating review

7 to 8 p.m.

### **Didactic/Discussion**

- Macronutrient and Macronutrient Quality - overview, quality/sources, relationship to select specific disease states and inflammation

### **Small group discussion on Comparison of Dietary Patterns & Food Graphics**

- Discussion of food graphics, utility in clinical practice

8 to 8:30 p.m.

### **Wrap-up**

- Recommend doing a mindful eating practice this week
- What is one takeaway from today? How/what would you share with a patient/client?

## Session 2 Resources

- Session 2 Recipes & Shopping List
- Session 2 Presentation Slides

## Session 3 Agenda

5:30 to 6:15 pm

### **Hands-on Cooking**

Introduction of fermented foods & prebiotics/probiotics in foods

- Build your own bowl concept
- Tofu scramble with kimchi
- Fresh vinegar pickles

6:15 to 7 p.m.

### **Chronic Systemic Inflammation and the Gut Microbiome**

- Foundational understanding of gut microbiome
- Relationship between inflammation, food and health-disease continuum

7 to 7:10 p.m.

### **10 minute break**

7:10 to 8 p.m.

### **Food Sensitivities Discussion**

#### **Breakout Rooms Group Case Discussions**

- Application of concepts to clinical practice / Interdisciplinary approaches
- Report back from case groups to large group

8 to 8:30 p.m.

### **Wrap-up**

- What is one takeaway from this overall course?
- How are you planning to incorporate this into your practice?
- Post-course survey

## Session 3 Resources

- Case Scenarios
- Citations List
- Food-Based Nutrition: Clinical Resources
- Seasonal Eating
- Session 3 Recipes & Shopping List
- Session 3 Presentation Slides