

Clinicians CHEF Coaching – Syllabus

Skill development sessions

Introduction to Lifestyle Medicine: Incorporating culinary medicine as part of a comprehensive Lifestyle approach
Culinary Medicine: The health and social benefits of home cooking: What the newest data clearly shows us
Culinary Coaching: Improving nutrition through culinary training combined with coaching principles
The Nutritional Science of Home Cooking*: What and how should my patient cook*
Why Doesn't my Patient Cook? Recognizing and making it easier for patients to address the reasons they don't embrace healthier cooking practices
Culinary tools to Mitigate Cardio-Metabolic Risk Factors*: Checklists for shopping, pantries, kitchen tools, and utilizing ingredients*
Cooking with Little Time or Budget*: Kitchen economies and efficiencies to make healthier kitchens more accessible to more patients
Getting Patients (Even Reluctant or Unskilled Cooks) Into the Kitchen: Motivational interviewing and coaching to produce healthier kitchen behaviors
In-Office Culinary Education Tools and Delivery Strategies: Group lectures, individual coaching, hands-on instruction, and reimbursement strategies
Mastering Culinary Coaching: How to quickly and effectively help patients set and achieve realistic culinary goals

Small group practice sessions

Session 1-2	Putting everything together*: Improve your own home cooking and your culinary coaching skills in small groups led by program faculty. Explore new culinary practices in your own kitchen, practice culinary coaching strategies with your colleagues, and improve your competencies to prescribe nutrition through reflections with the group facilitator.
Session 3	Mastering Home Cooking*: Advanced Healthy Cooking Strategies to Improve Home Cooking for You and Your Patients – live remote cooking workshop with the program faculty – log-in from your home kitchen!
Session 4-5	Putting everything together*: Improve your own home cooking and your culinary coaching skills in small groups led by program faculty. Explore new culinary practices in your own kitchen, practice culinary coaching strategies with your colleagues, and improve your competencies to prescribe nutrition through reflections with the group facilitator.

* Culinary sessions which also include recipes, introduction of new cooking techniques, and several tips to improve your home cooking!