

Culinary Medicine: Where Health Meets Food

JANUARY 24, 2019 | 11a.m. ET



About This Webinar

Where Health Meets Food! Learn more about this pioneering program from, The Goldring Center for Culinary Medicine at Tulane University. It is the first dedicated teaching kitchen to be implemented at a medical school. The center provides hands-on training for medical students through culinary medicine classes in the form of electives and seminars as well as continuing education for the healthcare and foodservice industries. It also offers practical community cooking classes, hands-on community outreach, and instruction in a strategic relationship with community organizations.

Learning Objectives:

1. Define culinary medicine and its application to patient care.
2. List and translate the 9 fundamentals of the Mediterranean Diet to relevant clinical teaching points.
3. Demonstrate food-first techniques to educate patients on food as medicine.
4. Describe growing culinary medicine initiatives at Tulane University and across the US.
5. Review research initiatives highlighting the impact of hands-on cooking classes on medical professionals' and community members' dietary habits, attitudes and competencies regarding nutrition.
6. Explain how culinary medicine initiatives present a multi-disciplinary approach to nutrition that strengthens the relationship between the health team, while improving patient health outcomes.

Presenter

Leah Sarris, RD, LDN
Director of Operations/Executive Chef
Goldring Center for Culinary Medicine
Instructor of Medicine
Tulane University School of Medicine
Certified Culinary Medicine Specialist (CCMS)

EVENT LOCATION

<https://militaryfamilieslearningnetwork.org/event/22042/>

HOW TO JOIN

To join the webinar use the 'Event Location' link above and follow all directions within this site. The webinar is hosted by the All Partners Access Network (APAN), but will also be available through YouTube Live. By using APAN attendees will be able to participate with the presenter and other audience members. For a broadcast only webinar, participants have the option of connecting via YouTube Live.

CONTINUING EDUCATION CREDIT

This webinar is offering 1.0 CEPU for Registered Dietitians.

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