Cooking Up Nutrition Education

https://learn.extension.org/events/2285
Research and evidenced-based professional development through engaged online communities

www.extension.org/militaryfamilies
www.facebook.com/MFLNNutritionWellness

@MFLNNW

www.youtube.com/user/MIIFamLN

MFLN Nutrition and Wellness Group

Military Families Learning Network LinkedIn Group https://www.linkedin.com/groups/8409844
Today’s Presenter

Lori Carlson, MS, RDN, LDN
MOVE! Weight Management Program Coordinator

Laura.Carlson@va.gov
Learning Objectives

1. You will be able to explain an educational theory to support culinary nutrition.

2. You will be able to list instructional strategies to enhance client culinary knowledge.

3. You will be able to list steps to plan and execute a cooking demonstration.

Overweight and Obesity

Civilian Adults: 69%
MHS Beneficiaries: 70%
Veterans: 78%

Addressing Health Behaviors

3 Health Behaviors

4 Major Chronic Diseases

50% of Global Mortality

Tobacco
Diet
Inactivity

Bosley, Schechter, Skillings 2014
“Knowing – Doing Gap”

- Don’t enjoy cooking
- Too busy
- Expensive
- Clean up
- Healthy food tastes bad
Self-Management Is Key

The Cone of Learning

After 2 weeks, we tend to remember...

- 10% of what we READ
- 20% of what we HEAR
- 30% of what we SEE
- 50% of what we SEE & HEAR
- 70% of what we SAY
- 90% of what we SAY & DO

Source: Edgar Dale (1969)

I see and I forget. I hear and I remember. I do and I understand.
— Confucius
# Cooking 101

<table>
<thead>
<tr>
<th>Culinary Abbreviations</th>
<th>Tbsp, tsp, lb, qt, oz, min, c</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Weights and Measures</td>
<td>2 pt = 1 qt</td>
</tr>
<tr>
<td></td>
<td>1 c = 8 fl oz</td>
</tr>
<tr>
<td></td>
<td>3 tsp = 1 Tbsp</td>
</tr>
<tr>
<td>Cooking Terms</td>
<td>Mince, Cream, Dice, Chop, Chiffonade, Julienne, Braise</td>
</tr>
<tr>
<td>Food Safety</td>
<td>Hand washing, minimum cooking temperatures, leftover storage</td>
</tr>
<tr>
<td>Knife Safety</td>
<td></td>
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<tr>
<td>Herbs and Spices</td>
<td></td>
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<tr>
<td>Recipe Substitutions</td>
<td></td>
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</tbody>
</table>
What culinary education resources do you use already?

Websites
Handouts
YouTube Videos
Apps
# Tasty Benefits

| Photo Source: http://food.unl.edu/home |

## Fall Foods
- winter squash
- acorn, butternut, buttercup, delicata, hubbard, kabocha
- apples
- beets
- Belgian endive
- Brussels sprouts
- cranberries
- figs
- grapes
- mushrooms
- parsnips
- pears
- pomegranates
- pumpkin
- quince
- sweet potatoes
- Swiss chard

## Winter Foods
- chestnuts
- grapefruit
- kale
- leeks
- lemons
- oranges/tangerines
- radicchio
- radishes
- rutabaga
- turnips

## Spring Foods
- apricots
- artichokes
- asparagus
- avocados
- carrots
- cherries
- chicory
- chives
- collards
dandelion greens
- fennel
- mangoes
- mustard greens
- new potatoes
- peas
- rhubarb
- spinach
- spring lettuces
- strawberries
- sugar snap and snow peas
- watercress

## Summer Foods
- bell peppers
- blackberries
- blueberries
- raspberries
- broccoli
- corn
- cucumbers
- eggplant
- green beans
- nectarines
- okra
- peaches
- pineapples
- plums
- summer squash
- tomatoes
- watermelon
- zucchini
## Popular Herb and Food Combinations

<table>
<thead>
<tr>
<th>Herb</th>
<th>Combinations</th>
</tr>
</thead>
<tbody>
<tr>
<td>BASIL</td>
<td>a natural snipped in with tomatoes; terrific in fresh pesto; other possibilities include pasta sauce, peas, zucchini</td>
</tr>
<tr>
<td>CHIVES</td>
<td>dips, potatoes, tomatoes</td>
</tr>
<tr>
<td>CILANTRO</td>
<td>Mexican, Asian, and Caribbean cooking; salsas, tomatoes</td>
</tr>
<tr>
<td>DILL</td>
<td>carrots, cottage cheese, fish, green beans, potatoes, tomatoes</td>
</tr>
<tr>
<td>MINT</td>
<td>carrots, fruit salads, parsley, peas, tabbouleh, tea</td>
</tr>
<tr>
<td>OREGANO</td>
<td>peppers, tomatoes</td>
</tr>
<tr>
<td>PARSLEY</td>
<td>The curly leaf is the most common, but the flat-leaf or Italian parsley is more strongly flavored and often preferred for cooking. Naturals for parsley include potato salad, tabbouleh, egg salad sandwiches</td>
</tr>
<tr>
<td>ROSEMARY</td>
<td>chicken, fish, lamb, pork, roasted potatoes, soups, stews, tomatoes</td>
</tr>
<tr>
<td>SAGE</td>
<td>beef, chicken, potatoes, pork, carrots, summer squash</td>
</tr>
<tr>
<td>THYME</td>
<td>eggs, lima beans, potatoes, poultry, summer squash, tomatoes</td>
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</tbody>
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Hands on Education

Adult Learning Theory & Experiential Learning Model

Photo Source: Bosley, Schechter, Skillings 2014
How many of you lead cooking demonstrations as part of your practice?
Potential Impact on Patient Care

- 73% selection of healthier food purchases
- 33% knowledge for meal planning
- 78% knowledge of healthier meal preparation

Bosley, Schechter, Skillings 2014
Where to start?

• **Time**
  – Preparation, set-up, cooking class, clean-up
  – Mid-day to catch morning and afternoon appointments
  – 10, 30, or 60 minutes

• **Space & Equipment**
  – Home-ec kitchen, small portable equipment, no-cook/assemble, sample-only
  – Conference room, waiting room, community space

• **Expected Audience**
  – Scheduled appointment, walk-in, lunch-n-learn, wellness fairs

• **Marketing**
  – Catchy title/theme, interdisciplinary help, attendee participation
What equipment is used?

• Mobile Creation Station with 2 induction burners
  o Gill Marketing & Nasco

• Mobile prep station island
  o Bed Bath & Beyond

• Mobile cart with supplies
Which recipe to choose?

- US Dietary Guidelines for Americans
- American Heart Association Heart Check
- Healthier version of a favorite dish
- Current food trends
- Exposure to variety within a food category
The Big Event

- Decide the key nutrition points
- Visual appeal
- Are you going to involve the audience?
- Practice!

- Speak slowly and clearly
- Pause to show steps
- Point out keep safety tips
- Explain tools
- Customization
Keep It Clean

- Wash your hands
- Disposable gloves
- Hair restraints
- Garbage can or garbage bowl
- Designate dirty equipment spot
- Refrigeration or cooler available
- Internal cooking temperatures
- Travel time with TCS foods
Alternative Approaches
Alignment of Goals

It’s not tanks, planes or ships, it’s... **people**.
We will never compromise on the quality of our most important resource: the people who have chosen to serve you and serve the nation. They are your sons and daughters, brothers and sisters, husbands and wives. People of whom we are very proud. These are the best of America. – DoD.gov

“First and most sacred” commitment is to the current and total force: active duty, Guardsmen, reservists, veterans and their families.
-Defense Secretary Ash Carter 9/16/15

VA’s “I CARE” Core Values: Advocacy = Enhancing Patient Experience
Financial and Health Outcomes

- Time
- Pre- and post-evaluations
- Clinical measures
- Budget

Bosley, Schechter, Skillings 2014
Take-Aways

• Culinary education is supported by evidence-based Experiential Learning Model and Adult Education Theory.

• Culinary education improves staff development through increased integration and collaboration of services.

• Gather and monitor outcomes for program longevity.
Take-Aways

• Culinary Education Methods
  1) Recipe card review
  2) Watch a video
  3) Demonstrate an app
  4) Food samples
  5) Cooking demonstration
  6) Grocery store tour


QUESTIONS
Evaluation and CPEU Credit

• To receive CPEU credit please complete the evaluation found at:
https://vte.co1.qualtrics.com/jfe/form/SV_5tp9BseuNGcUvVr

• Available until January 26, 2017. The applicability of information presented today may change with new research or policies after this time.
MFLN Nutrition and Wellness
Upcoming Event

Trans-Fats
– Thursday, February 25 at 11:30 am Eastern
– https://learn.extension.org/events/2356

For more information on MFLN Nutrition and Wellness go to:
https://blogs.extension.org/militaryfamilies/nutrition-and-wellness/
Find all upcoming and recorded webinars covering:

Personal Finance  
Military Caregiving  
Family Development

Family Transitions  
Network Literacy  
Nutrition & Wellness

Community Capacity Building

www.extension.org/62581