

# **CULINARY MEDICINE (CULMD)**

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CULMD 740: Clinical Elective in Culinary Medicine

2.5 Credits

The Culinary Medicine course will teach fundamental dietary and nutrition knowledge with basic culinary skills through inter-professional hands-on community cooking classes. Lessons will be keyed to both the basic science curriculum while linking concepts learned to the practical clinical skills needed for the patient physician discussion about the importance of dietary and lifestyle change. Most time in the classroom is spent in an interactive environment in the kitchen. Since this elective is integrated with community members, students will get a true opportunity to develop relationships with community members and practice nutrition and counseling skills. Students will be guided to lead small group discussions covering the daily culinary medicine topics with community members during each class

**Prerequisite:** Successful admission to COM