

“The Medical Culinary Program offers Hands-On Cooking Labs that help clinicians and health care providers understand connections between food and its nutritional value. Based on the Principle of “food as medicine,” each individual class focuses on nutrition knowledge and strategies for using food to impact physical and mental health. This class is for Medical Professionals.

Learning Objectives:

1. Explain current recommendations on carbohydrates to improve nutrition-related illnesses and promote healthy eating
2. Read labels to identify hidden sources of carbohydrates
3. Explain the important role of sugars and sweeteners in cooking/baking and how to modify recipes
4. Prepare a quick and nourishing meal focusing on complex carbohydrates, sustainable fresh ingredients, and minimally processed foods
5. Identify strategies to communicate to patients about managing carbohydrates in their diet

Class Structure:

- 20 minute presentation and discussion led by a Registered Dietitian/Nutritionist (RD)
- A cooking demonstration with an executive chef
- 75 Minutes of hands-on experience in the cooking lab

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Western Michigan University Homer Stryker M.D. School of Medicine and KVCC. Western Michigan University Homer Stryker M.D. School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Western Michigan University Homer Stryker M.D. School of Medicine designates this activity for a maximum of 4.0 AMA PRA Category 1 Credit. Physicians should claim only the credit commensurate with the extent of their participation in the activity.”

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