

Introduction to Culinary Medicine

FACULTY DIRECTOR

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School of Public and Community Health Sciences; College of Health
Missoula College Culinary Arts Program

UNIVERSITY CREDIT HOURS EQUIVALENCY: 3 CREDITS

MICRO-ACCREDITATION AVAILABLE UPON SUCCESSFUL COMPLETION

I. PURPOSE OF THE COURSE

This course provides an introduction to Culinary Medicine and builds the context for the essential role that dietary choices; including not only what we eat, but how, when, where, and with whom we choose to dine affect individual, and thus societal, health and wellness. This in turn drives multi-faceted health promotion and prevention interventions at national and global levels. This course will lay the foundation for assessing and developing health initiatives using a culinary based framework. In Part 1, participants will be introduced to the concept of Culinary Medicine and how it is unique, but relates to, such apparently diverse endeavors such as the Culinary and Medical Arts. In Part 2, participants will survey the impact of non-ingredient variables of the food experience on individual and community health. In Part 3, participants will evaluate evidence-based ingredient choices as key interventions for building and sustaining healthful dietary choices.



II. COURSE OBJECTIVES

At the completion of the course, the participant will be able to:

1. Explain what Culinary Medicine is and how it relates to other disciplines
2. Explain the limitations of a strictly nutritional approach to health and wellness or disability and disease
3. Recognize and identify food-fad-based approaches to health and wellness
4. Understand the evolving role of the gut microbiome in health and wellness or disability and disease.
5. Understand the role of cultural and societal forces in influencing and shaping current attitudes towards food.
6. Understand the role of modern agribusiness and Big/Fast Food in influencing current food choices.
7. Understand the import and impact the total food experience as it relates to health and wellness or disability and disease.
8. Understand how to properly source ingredients and critically distinguish among various food categories such as conventional, organic, local, etc.
9. Critically appraise evidence-based food choices as they relate to overall health and wellness.

III. TEACHING METHODS

Students will have access to online voice over slide presentations, similar to a lecture presentation. Additional recommended readings and resources are referenced throughout the course (books, websites or reference articles). Connection to the web is required to allow participants to access relevant abstracts/articles and other materials. Students are expected to complete on-line modules, participate in discussion forums, and pass examinations within the Learning Management System. On-line office hours and direct email will allow student and faculty interaction. Information updates may be required

periodically to provide students with updates to time sensitive content, and to allow for peer-to-peer learning.

IV. GRADING POLICY

This course will be graded as Pass/Fail. The grading criteria will follow the DPT program criteria. Students must receive a 70% or better to receiving a passing grade and get academic credit (micro-accreditation) for the course.

All students must adhere to School and University policies on academic honesty, integrity and professional communication. Academic or professional misconduct is subject to an academic penalty by the course instructor and/or disciplinary action by the University. Any evidence of cheating or plagiarism will result in failure of the course. All students need to be familiar with the University Student Code of Conduct.

Quizzes will be provided throughout the lectures, and count towards class participation. They are for your benefit to help solidify the material. You must complete all quizzes, and any required discussion forums to receive full credit for participation. Participation will account for 74% of the final grade. A final exam is due at end of the course. The exam is open note and open book. Written examination may include multiple choice, matching, and true/false questions as well as fill in the blank. These items are based on lecture material provided in the course, information in the required textbook/article readings, and the student's ability to search for, obtain, and critically analyze the relevant literature. Students will have four (4) hours to take the exam. The final exam accounts for 26% of the final grade.

Task	Percentage of Grade
Class Participation	50%
Quizzes (Total)	24% (8% for each quiz)
Final Exam	26%
Total	100%

V. CLASS SCHEDULE

This on-line course is taught in an asynchronous format, meaning that there are no regular class meeting times. Rather, students are expected to complete each of the units within the course and the associated readings on their own schedule. However, students are expected to be prepared to discuss all course topics that proceed each assigned discussion board. Also, all students must complete the final exam and for those in the certificate program, submit the application project during the final week of the course, unless other arrangements have been made with the course instructor. Each course unit is expected to require approximately 30 minutes to complete, in addition to the associated readings.

Segment	Title
Part 1	What is Culinary Medicine? (Defining what it is and what it is not and its relationship to other disciplines)
Part 1, Segment 1	Culinary Arts & Culinary Medicine
Part 1, Segment 2	The Practice of Medicine & Culinary Medicine
Part 1, Segment 3	Whole Foods and Holistic Approaches
Part 1, Segment 4	Why not just Nutrition?
Part 1, Segment 5	Functional Foods and “-omic” approaches
End of Part 1	<i>Quiz 1</i>
Part 2	Mealtime: Assessing the Impact of non-ingredient choices in Comestible selection and Health
Part 2, Segment 1	The Impact of Culture and Society in the Foods we choose to eat: We are what we eat, and We eat what we are
Part 2, Segment 2	Dinner with The Dead: The Role of Feasting & The Celebration of Death
Part 2, Segment 3	The Gut Microbiome (part 1): Role in Health
Part 2, Segment 4	The Gut Microbiome (part 2): Role in Disease
Part 2, Segment 5	The Rise of The Modern Western Diet and The Consequences of Convenience Culture
End of Part 2	<i>Quiz 2</i>

V. CLASS SCHEDULE CONTINUED

This on-line course is taught in an asynchronous format, meaning that there are no regular class meeting times. Rather, students are expected to complete each of the units within the course and the associated readings on their own schedule. However, students are expected to be prepared to discuss all course topics that proceed each assigned discussion board. Also, all students must complete the final exam and for those in the certificate program, submit the application project during the final week of the course, unless other arrangements have been made with the course instructor. Each course unit is expected to require approximately 30 minutes to complete, in addition to the associated readings.

Segment	Title
Part 3	Zen and The Art of Cookery: Making Evidence-Based Food Choices
Part 3, Segment 1	Vegetables and Fruits
Part 3, Segment 2	Grains and Breads
Part 3, Segment 3	Dairy and Eggs
Part 3, Segment 4	Fermented Foods
Part 3, Segment 5	Wine and Alcohol
Part 3, Segment 6	Fish and Seafood
Part 3, Segment 7	Meat and Poultry
Part 3, Segment 8	Herbs and Spices
End of Part 3	<i>Quiz 3</i>

VI. ON-LINE LEARNING RESOURCE REQUIREMENTS

Students are responsible for having computer access with at least the following capabilities:

- Microsoft Window XP or MAC OS.X
- 1 GB of RAM
- Flash Player 10
- Microsoft Windows Media Player 8.0
- Browser: Microsoft Internet Explorer 8.0, or equivalent
- Acrobat Reader 5.0

VII. FACULTY BIO

Michael S. Fenster, MD, FACC, FSCA&I, PEMBA, is a board-certified interventional cardiologist and professional chef. He received his MD from The Medical College of Virginia. He returned to his undergraduate roots at The University of Virginia (UVA) where completed his general and interventional cardiology fellowships. He also completed a NIH sponsored research project in microvascular physiology under the tutelage of Professor Brian Duling and served as faculty in the role of a Clinical Instructor while at UVA.

While an undergraduate at UVA, he entered the professional culinary world as a dishwasher. Working his way up the line, he eventually achieved executive chef status running the kitchen at The Cotton Exchange, located in Charlottesville, Virginia near the university campus. He continued his love affair with cooking after graduating from medical school and eventually obtained a culinary degree in Professional Gourmet Cooking and Catering from Ashworth University, where he graduated with honors.

Over the last decade, Dr. Fenster has continued to push and integrate the boundaries of food and health. In addition to his clinical practice, he hosted a weekly podcast, *Journeys into Quantum Food* available on his website, iheart radio, and iTunes. He previously hosted a national radio show, *Code Delicious with Dr. Mike* on RadioMD. His continued interest in the importance of dietary choices for our well-being led to the development of recognizing the importance of *The Food Experience* in our lives as well as the impact of the quality of the comestibles we ingest. This approach was highlighted in 2016 when he served as the national spokesperson for the NET Fusion Initiative sponsored by Novartis Pharmaceutical; which educated those suffering from neuroendocrine tumors (NET) and carcinoid syndrome in the impact of food choices.

Dr. Fenster has broadcast his teachings throughout various media; appearing as an expert guest on many national radio and television programs; including *The Doctors*, and *Fox National News*; where he serves as a national contributor. He has taught and explored the relationship between food and health through international workshops, seminars, lectures, and cooking demonstrations. In 2017 he headlined at the national wellness conference, *Rock Stars of Health*. He currently writes a regular column for *Psychology Today* and has authored several books; *Eating Well*; *Living Better: A Grassroots Gourmet Guide to Good Health and Great Food* (Littlefield and Roman, 2012) and *The Fallacy of The Calorie: Why The Modern Western Diet is Killing Us and How to Stop It* (Koehler Books, 2014), *Ancient Eats: The Greeks and Vikings* (Koehler Books, 2016) and *Food Shaman: The Art of Quantum Food* (Post Hill Press, 2018) is his latest offering. In 2019 he served as the keynote speaker at the annual American Heart Association Go Red for Women Conference in Anchorage, Alaska.

Dr. Fenster currently holds affiliate faculty positions in The College of Health as well as The Missoula College Culinary Arts Program at The University of Montana. Additionally, he holds a faculty appointment as an Adjunct Assistant Professor in Culinary Medicine at The Kansas Health Science Center.