

CULI 1810: Fundamentals of Culinary Medicine

Fall 2024 Syllabus

Lab Location: Seva Teaching Kitchen, 1810 K St. NW (this is an off-campus location, Mondays, 1:30 pm – 4:00 pm)

Lecture Location: Milken Institute School of Public Health, 950 New Hampshire Ave. NW Milken Room B100B (Tuesdays, 1-2:30pm)

What Our Course Is About

Imagine waking up on a lazy Sunday morning to the smell of a bubbling Shakshuka, the vibrant tomato sauce mingling with perfectly poached eggs. Picture yourself savoring the zesty, fresh flavors of Chimichurri Shrimp at a summer barbecue, or indulging in a rich, velvety slice of Chocolate Cake that's not just a treat for your taste buds but also nourishing for your body. Welcome to "Fundamentals of Culinary Medicine," where we turn the art of cooking into a pathway to better health.

In this course, students will learn to bridge the gap between nutrition science and delicious cooking. You'll gain the practical skills to transform your kitchen into a hub of health and taste, making meals that are both good for you and irresistibly tasty. Our comprehensive approach will cover everything from basic nutrition principles to the latest research in culinary medicine, empowering you to make informed dietary choices. This course features an exciting blend of hands-on cooking classes, engaging lectures, and inspiring guest speakers.

Course Goals:

- Master Confident Cooking: Develop the ability to cook with confidence, create your own recipes, and make healthy adjustments that cater to your individual goals. You'll learn to experiment and innovate, ensuring your meals are as nutritious as they are delightful.
- Craft Delicious, Healthy Meals: Retain the skills to prepare meals that are both healthful and mouth-watering, not just for yourself but for your loved ones as well. Your repertoire will include dishes that satisfy the palate and nourish the body.
- Navigate Nutrition Information: Equip yourself with the knowledge to access and understand reliable nutrition information, enabling you to make sound dietary choices in a world full of conflicting advice.

Join us in Fundamentals of Culinary Medicine and embark on a journey where science meets flavor, and where every meal is an opportunity to boost your well-being and delight your senses.

Course Objectives: What You'll Be Able to Do

By the end of this course, you will know or be able to:

- Identify how to navigate the kitchen and understand its tools
- Discover how to adapt on the fly and think critically in culinary scenarios
- Connect individual needs with healthy, delicious recipes
- Interpret nutrition labels in order to make informed decisions
- Evaluate nutrition claims empowering you to make educated choices regarding your diet

Instructor Information

Instructor Name: Timothy S. Harlan, M.D., FACP, CCMS (he/him/his)
Email: drdrmrmd@mac.com

Instructor Name: Maya Fiellin, MPH (she/her/hers)
Email: mfiellin@email.gwu.edu

Office Hours: as needed – you can email us to request some time!

Materials You'll Need

No textbook is needed. We will utilize an online platform called Moodle. You will receive an invitation to join this course via email. If you have questions or problems with technology for this course, please contact our co-professor and program director, Dr. Timothy Harlan – drdrmrmd@mac.com.

You do not have to purchase any cooking materials.

We often have leftovers at the end of cooking sessions. Students are encouraged to bring tupperware in order to take food home! If you forget, we just ask that if you borrow our containers, you bring them back, keeping them in alignment with the University's environmental priorities.

Important Information - Seva Teaching Kitchen

1. Please wear fitted clothing and leave jewelry at home.
2. Keep your hair securely off your face. Feel free to bring a hat or head covering, or we can provide a hair net for you.
3. For your safety, please wear closed-toed, non-slip shoes. We can't allow open footwear during participation.
4. Make sure your clothing covers your midsection and underarms.

Accommodations: Disability Support Services (DSS) | 202-994-8250 | dss@gwu.edu

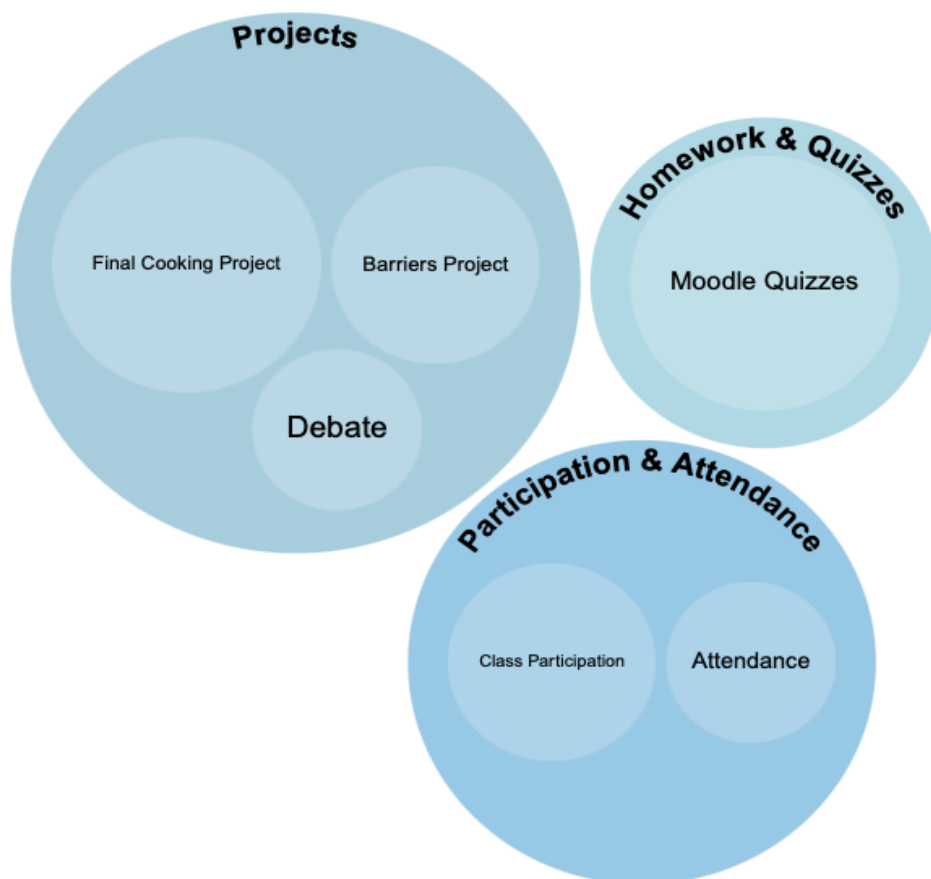
Any student who may need an accommodation based on the impact of a disability should contact the Office of Disability Support Services (DSS) to inquire about the documentation necessary to establish eligibility, and to coordinate a plan of reasonable and appropriate accommodations. DSS is located in Rome Hall, Suite 102.

Credit Hour Policy

This is a three-credit undergraduate course. The semester is 15 weeks. Required reading and preparation outside of class is expected to require, on average, 4 hours per week. Instruction, including class sessions, will require 4 hours per week. Projects I and II are expected to take 5 hours outside of class time and the Final project is expected to take 10 hours of outside class time.

How You'll Learn and Demonstrate Knowledge (Course Work)

The work you will be doing in this class comprises:



How Your Work Will Be Assessed (Grading Policy)

This course uses a percent based grading schema, as shown below. The grading scale below, based on percent determines your final letter grade.

| | | | |
|-------------|-------------|-------------|-----------------|
| 100 – 94: A | 86 – 84: B | 76 – 74: C | 66 – 64: D |
| 93 – 90: A- | 83 – 80: B- | 73 – 70: C- | 63 – 60: D- |
| 89 – 87: B+ | 79 – 77: C+ | 69 – 67: D+ | Less than 60: F |

Coursework

PROJECT I: DEBATE PROJECT (25%)

Dive into the world of nutrition debates with this midterm project. Hot topics, popular on social media, include "Is fasting more effective than a calorie deficit?" or "Does collagen really improve skin quality?" In this group project, your group will pick a side, pro or con, and gather evidence from scholarly scientific articles to back up your stance. Your mission: build a rock-solid argument and poke holes in the opposing side's case.

You'll present your findings in a class presentation. You'll wow us (and yourself) with your ability to understand and interpret scientific studies, and persuade us that your opinion is right, in a short presentation. Was the claim in the social media video correct? Let us know ...

Get ready to dive into a popular nutrition debate and shine in this fun and informative project.

PROJECT II: BARRIERS PROJECT (15%)

Create your very own case study and explore how life's hurdles impact their diet in this exciting project. Imagine a unique person with a detailed background—age, job, living situation, stress levels, and cooking skills. Then, pick two or three specific barriers to healthy eating you've never faced before, like financial struggles, health conditions, or lack of access to stores.

Embark on a thought experiment to see how these challenges affect their ability to follow healthy eating guidelines. Develop realistic strategies to help your character overcome these obstacles and analyze their success. Dive into the nitty-gritty, including the financial costs and practical steps needed to tackle these barriers.

Document your thought experiment in a 3-5 page paper detailing your character's struggles and triumphs. Ready to step into someone else's shoes and solve their healthy eating puzzle? Let's get started.

Project III: FINAL PAPER AND PRESENTATION (30%)

Join forces with 2-3 classmates to tackle a unique medical condition and create a tasty, nutritious meal plan! Here's the game plan:

Part I: Research the assigned medical condition. Describe its symptoms, diagnosis, and nutrition and lifestyle implications.

Part II: Invent a case study person with specific demographics, lifestyle, and dietary habits. Detail their nutrition knowledge, cooking skills, and food security status. Explain how the medical condition impacts them.

Part III: Analyze a provided 24-hour food diary. Make realistic diet and lifestyle recommendations tailored to your case study, considering Mediterranean Diet principles and challenges.

Part IV: Design a meal that fits your recommendations and your case study's lifestyle. Test and tweak your recipe in class to ensure it's delicious and nutritious. Use nutrition software to evaluate its nutritional profile.

Deliverables include initial and updated recipes and shopping lists. Your final cooking session and group presentation will showcase your case study, dietary recommendations, and perfected recipe to the class, ensuring it meets nutritional guidelines and tastes great.

Finally, write a 2-3 page individual paper reflecting on your experience. Don't forget to include a peer evaluation of your group members. Ready to cook up some knowledge and tasty dishes? Let's get cooking!

MOODLE QUIZZES (13%), ATTENDANCE (7%), AND PARTICIPATION (10%)

You will get the most out of this course if you prepare for each session. There are videos to watch (or PDF's you can read, if you prefer) for each nutrition/cooking topic we tackle during the semester. Watch/read the information in the Moodle platform, take the short quiz (also in Moodle) for each topic, and answer questions in our class discussion. We seek learning, not perfection. If you do these things, you will learn more, have more fun in class, and earn 30% of your grade, as well.

If you will miss a lecture or lab, contact your professor before the class you will miss. Your attendance is required.

Course Outline, Assignments & Session Plan

| Before class | When I get to class | During class | After class |
|--|--|--|---|
| <ul style="list-style-type: none">• Watch Moodle Video• Take Quiz• Complete Reading/HW | <ul style="list-style-type: none">• Sign the Attendance Sheet• Wash Hands | <ul style="list-style-type: none">• Cook and have fun! | <ul style="list-style-type: none">• Check Blackboard for Assignment Instructions• Email for help |

SESSION 1: “Good Soup” - Introduction to Culinary Medicine

Week of 8/26/24

Lab Class Seva Teaching Kitchen: Monday August 26, 1:30-4:00 pm

Lecture Class Milken Room B100B: Tuesday August 27, 1:00-2:30 pm

Required Preparation before lab class:

- Register: Moodle (see instructions in Blackboard)
- Read: Syllabus (attachment in Blackboard)

Lab Class Plan:

- Kitchen Tour
- Tomato Soup Activity

Lecture Class Plan:

- Introductions
- Syllabus Review
- Mediterranean Diet Introduction

Assignments: Due by 9 am Tuesday September 3

1. Bb: Answer Blog Questions: Getting to Know You
2. Moodle: Watch Video: Safety and Sanitation.
3. Moodle: Take Safety and Sanitation Quiz.
4. Moodle: Watch Video: Introduction to Culinary Medicine.
5. Moodle: Take Introduction to Culinary Medicine Quiz.
6. Moodle: Read Article: Adherence to a Mediterranean Diet and Survival in a Greek Population.
7. Moodle: Read Mediterranean Dietary Pattern and Prediction of All-Cause Mortality in a US Population.
8. Moodle: Watch video and Take quiz: Micronutrient Nutrition
9. Moodle: Watch video and take quiz: Macronutrient Nutrition

SESSION 2: Lecture Class

Week of 9/2/24

No Lab this week

Lecture Class Milken Room B100B: Tuesday September 3, 1:00-2:30 pm

Lecture Class Plan

- Discussion: Mediterranean Diet Review, Nutrition Label, Micro and Macronutrients

Assignment: Due by 9 am Monday September 9

1. Blog Post: Assess your Mediterranean Diet Score for a day in your life. Record score and describe how you derived that number from your intake that day. What can be improved? Be realistic. Consider current lifestyle, time, money, ability.

SESSION 3: “Lunch-lady Spaghetti” - Introduction to Culinary Medicine Cooking (Cooking Class)

Week of 9/9/24

Lab Class Seva Teaching Kitchen: Monday September 9, 1:30-4:00 pm

NO LECTURE

Lab Class Plan

- Cooking: Introduction to Mediterranean Diet recipes
- Plate Discussion

Assignment: Due by 9 am Monday September 16

1. Moodle: Watch Video: Gastrointestinal tract
2. Moodle: Take Gastrointestinal tract quiz.
3. Moodle: Read article: “The Microbiome” from Harvard School of Public Health.
4. Moodle: Watch Video: Celiac Disease.
5. Moodle: Take Celiac Disease quiz.

SESSION 4: Vitamins, Supplements and Diet Myths

Week of 9/16/24

Lab class Seva Teaching Kitchen Monday September 16, 1:30-4:00 pm

Lecture Class Milken Room B100B: Tuesday September 17, 1:00-2:30 pm

Lab Class Plan:

- Cook Recipes from Digestion, Absorption, Metabolism Module
- Plate Discussion

Lecture Class Plan:

- Review: Vitamin Supplementation

Assignment: Due by 9 am Monday September 23

1. Moodle: Watch Video: Diet and Inflammation.
2. Moodle: Take Diet and Inflammation quiz.
3. Read Article:
<https://guides.libraries.indiana.edu/c.php?g=992698&p=7182643#:~:text=Always%20read%20the%20table%20charts,questions%20or%20look%20up%20definitions>
4. Read article: <https://guides.library.illinois.edu/c.php?g=348214&p=2346645>
5. Read article: <https://www.ncbi.nlm.nih.gov/books/NBK390304/>

SESSION 5: Anti Inflammatory Diet and Introduction of Debate Project

Week of 9/23/24

Lab Class Seva Teaching Kitchen Monday 9/23, 1:30-4:00 pm

Lecture Class Milken 300A Tuesday 9/24 1:00-2:30 pm

Lab Class Plan:

- Review: Anti-Inflammatory Diet
- Cooking
- Plate Discussion

Lecture Class Plan:

- Guest Speaker: Literature Search at GW
- How to read scholarly article
- Introduce Debate Project

Assignment: Due by 9 am Monday September 30

1. Moodle: Watch Video: Calorie and Nutrient Density: Plant Forward Cuisine.
2. Moodle: Take Plant Forward quiz.
3. Read the articles, pro- and con-, for your topic in time for the lecture on Tuesday October 1, 2024. Highlight/note any parts that are helpful for your debate presentation. Also, bring any questions about the project, or reading scientific articles, to lecture October 1. We set aside time for discussion.

SESSION 6: “Where’s the Beef?” - Calorie and Nutrient Density: Plant Forward Cuisine

Week of 9/30/24

Lab Class Seva Teaching Kitchen Monday September 30, 1:30-4:00 pm

Lecture Class Milken Room B100B: Tuesday October 1, 1:00-2:30 pm

Lab Class Plan:

- Review: Calorie and Nutrient Density: Plant Forward Cuisine
- Cooking
- Plate Discussion

Lecture Class Plan:

- Debate Group Work Session
- Q&A with professors

Assignment: Work on Debate project with Group. Be prepared to present debate in lecture Tuesday October 8 at 1:00.

1. Everyone in the group will be part of the debate presentation. Your group must be ready to present in the lecture class on Tuesday October 8.
2. Upload Individual Written Analysis by Noon Tuesday October 8.

SESSION 7: First Group of Presentations

Week of 10/7/24

Lecture Class Milken Room B100B: Tuesday October 8, 1:00-2:30

NO LAB

Lecture Class Plan:

- Debate Presentations

SESSION 8: Second Group of Presentations

Week of 10/14/24

Lecture Class Milken 300A Tuesday October 15, 1:00-2:30

NO LAB

Lecture Class Plan:

- Debate Presentations

Assignment: Due by 9 am Monday October 21

1. Moodle: Watch Video: Food Allergies and Intolerances
2. Moodle: Take Food Allergies and Intolerances Quiz
3. Moodle: Read Article: A Young Woman with Fatigue: Celiac Disease

SESSION 9: “Let Them Eat Cake” - Food Allergies and Intolerances (Cooking Class) & Final Presentations

Week of 10/21/24

Lab Class Seva Teaching Kitchen Monday October 21 1:30-4:00 pm

Lecture Class Milken Room B100B: Tuesday October 22 1:00-2:30

Lab Class Plan:

- Review: Food Allergies and Intolerances
- Cooking
- Plate Discussion

Lecture Class Plan:

- Final Group of debate presentations
- Review Food Allergies and Intolerances

Assignment: Due by 9 am Monday October 28

1. Moodle: Watch Video: Recipe Modification
2. Moodle: Take Recipe Modification Quiz
3. Moodle: Watch Video: Government Programs for Food Insecurity: Supplemental Nutrition Assistance Program (SNAP)
4. Moodle: Take Government Programs for Food Insecurity: Supplemental Nutrition Assistance Program (SNAP) Quiz
5. Moodle: Watch Video: Food Banks and Medically tailored Meals
6. Moodle: Take the Food Banks and Medically Tailored Meals Quiz.
7. Moodle: Watch Video: Challenges for Older Adult Populations
8. Moodle: Take Quiz: Challenges for Older Adult Populations
9. Moodle: Review Video: Update on Food Access and Food Security in Washington, DC.

SESSION 10: "Roll With It" - Recipe Modification and Development (Cooking Class)

Week of 10/28/24

Lab Class Seva Teaching Kitchen Monday October 28 1:30-4:00 pm

Lecture Class Milken Room B100B: Tuesday October 29 1:00-2:30

Lecture Class Plan:

- Guest Lectures: Food Policy and Food Security
- Assign Project II: Barrier Project

Lab Class Plan:

- Review: Recipe Modification
- Tomato Sauce Activity
- Summer Rolls

Assignments:

1. Complete Barrier Project Assignment, upload your paper to Bb by Friday November 8 at 5 pm.

SESSION 11: Week of Election Day

Week of 11/4/24

No Lab Class

No Lecture Class

- Optional Office Hours: Schedule individually with your professor

Assignments: Due by 9 am Monday November 11

1. Moodle: Watch video from Myths, Fad Diets, Supplements and Controversies module.
2. Moodle: Take quiz from Myths, Fad Diets, Supplements and Controversies module
3. Reminder: Complete Barrier Project Assignment, upload your paper to Bb by Friday November 8 at 5 pm.
4. Pick final Project groups, see Bb Blog: each group must provide one entry including the names of the members of your Final Project group. Everyone must be in a group. Complete the blog entry by Tuesday November 12 at 12 pm.

SESSION 12: Myths, Fad Diets; Food Photography, Food Policy; and Final Project

Week of 11/11/24

Lab Class Seva Teaching Kitchen Monday November 11, 1:30-4:00 pm

Lecture Class via ZOOM Tuesday November 12, 1:00-2:30 pm

Lab Class Plan:

- Review: Myths, Fad Diets, Supplements and Controversies
- Cooking
- Plate Discussion
- Food Photography

Lecture Class Plan: Via Zoom

- Introduce Final Project
- Breakout Rooms with Final Project Groups: initial research, recipe discussion, Q&A available with professors

Assignments:

1. Upload Recipes and Grocery list* via Bb by 8:00 pm Thursday November 14.
2. Work on Final Project with your group.

*Be sure to include amount of each item in the grocery list.

SESSION 13: Recipe Development and Testing (Cooking Class)

Week of 11/18/24

Lab Class Seva Teaching Kitchen Monday November 18, 1:30-4:00 pm

NO LECTURE

Class Plan:

- Test Recipes for Final Project in Groups

Assignment:

1. Make any changes needed to your original recipe(s) and grocery lists. Upload updated recipes and grocery list via Bb by 8:00 pm Wednesday 11/20/24.
2. Individual final papers due by noon Friday December 6 via Bb (include peer review as last page).
3. Create powerpoint presentation with group, each student upload to Bb by 9 am December 2, 2024.

THANKSGIVING WEEK – NO CLASS

SESSION 14: Final Project Presentation (Cooking Class)

Week of 12/2/24

Lab Class Seva Teaching Kitchen Monday December 2, 1:30-4:00 pm

NO LECTURE

Class Plan:

- Cook Final Project Menu
- Group Presentations

Extra Credit Assignment:

1. Return class feedback survey for extra credit, by noon Friday December 6, 2024.

University Policies

Academic Integrity | 202-994-6757 | rights@gwu.edu

Academic integrity is an essential part of the educational process, and all members of the GW community take these matters very seriously. As the instructor of record for this course, my role is to provide clear expectations and uphold them

in all assessments. Violations of academic integrity occur when students fail to cite research sources properly, engage in unauthorized collaboration, falsify data, and otherwise violate the [Code of Academic Integrity](#). If you have any questions about whether or not particular academic practices or resources are permitted, you should ask me for clarification. If you are reported for an academic integrity violation, you should contact Student Rights and Responsibilities (SRR) to learn more about your rights and options in the process. Consequences can range from failure of assignment to expulsion from the University and may include a transcript notation. Learn more about avoiding these:

- [GW guidance for students on academic integrity](#)
- [“Plagiarism: What is it and how to avoid it”](#) from GW Libraries.

Religious Observances

Students must notify faculty during the first week of the semester in which they are enrolled in the course, or as early as possible, but no later than three weeks prior to the absence, of their intention to be absent from class on their day(s) of religious observance. If the holiday falls within the first three weeks of class, the student must inform faculty in the first week of the semester. For details and policy, see “Religious Holidays” at [the Provost's website of policies, procedures, and guidelines](#).

Use of Electronic Course Materials and Class Recordings

Students are encouraged to use electronic course materials, including recorded class sessions, for private personal use in connection with their academic program of study. Electronic course materials and recorded class sessions should not be shared or used for non-course related purposes unless express permission has been granted by the instructor. Students who impermissibly share any electronic course materials are subject to discipline under the Student Code of Conduct. Please contact the instructor if you have questions regarding what constitutes permissible or impermissible use of electronic course materials and/or recorded class sessions. Please contact [Disability Support Services](#) if you have additional questions or need assistance in accessing electronic course materials.

GWU Policies

Sharing of Course Content

Unauthorized downloading, distributing, or sharing of any part of a recorded lecture or course materials, as well as using provided information for purposes other than your own learning may be deemed a violation of GW's Student Conduct Code.

Use of Student Work (FERPA)

I will use academic work that you complete during this semester for educational purposes in this course during this semester. Your registration and continued enrollment constitute your consent.

Copyright Policy Statement

Copyright Restriction: Materials used in connection with this course may be subject to copyright protection under Title 17 of the United States Code. Under certain Fair Use circumstances specified by law, copies may be made for private study, scholarship, or research. Electronic copies should not be shared with unauthorized users. If users fail to comply with Fair Use restrictions, they may be liable for copyright infringement. For more information, see the [GW Copyright Policy](#) and [Fair Use guidelines](#).

Student Support

[Counseling and Psychological Services](#) | 202-994-5300 | chcadmin@gwu.edu

GW's Colonial Health Center offers counseling and psychological services, supporting mental health and personal development by collaborating directly with students to overcome challenges and difficulties that may interfere with academic, emotional, and personal success.

CARE Team | 202-994-6555 | gwcared@gwu.edu

GW's CARE Team is a cross-departmental support system that recognizes that student concerns are often multi-faceted. Students are connected to resources through inter-departmental collaboration to provide them with appropriate and personalized outreach. You can submit referrals through the CARE Team online form.

Academic Commons | 202-994-6048 | academiccommons@gwu.edu

Academic Commons provides tutoring and other academic support resources to students in many courses. Students can schedule virtual one-on-one appointments or attend virtual drop-in sessions. You may schedule an appointment, review the tutoring schedule, access other academic support resources, or obtain assistance as you need at the [Academic Commons website](#).

GW Libraries | 202 994-6558 | gelman@gwu.edu

Students can utilize a variety of resources and services for off-campus students. View more options for making a consultation appointment and for evening and weekend assistance at the [Ask Us page](#).

GW Writing Center | gwriter@gwu.edu

The GW Writing Center is an inclusive space serving the GW community. The Center cultivates skilled, confident writers by facilitating conversations at all stages of the writing process. Working alongside peer mentors, writers develop strategies to write independently in academic and public settings. The GW Writing Center's collaborative approach focuses on refining the writer's argument, organization, use of examples, clarity and audience. To learn more or to make an appointment, visit the [Writing Center website](#).

Safety and Security

- Monitor [GW Alerts](#) and [Campus Advisories](#) to [Stay Informed](#) before and during an emergency event or situation
- In an emergency: call GWPd/EMERG 202-994-6111 or 911
- For situation-specific actions: refer to GW's [Emergency Response Handbook](#) and [Emergency Operations Plan](#)
- In the event of an armed intruder: Run. Hide. Fight.