

## CHEF Coaching Beyond the Basics - SYLLABUS

- Hone the efficacy of your culinary coaching with patients and their families
- Practice, get feedback, and refine your culinary coaching techniques
- Introduce new culinary practices into your kitchen and those of your patients
- Build competencies to prescribe nutrition
- Improve your home cooking
- Implement tele medicine, culinary training, and health coaching in your practice

<b>Session 1</b>	<p><b>The Big Picture of Culinary Coaching:</b> Improve home cooking programs with culinary vision and long-term goals.</p> <p><b>Cooking with Culinary Videos:</b> Explore the CHEF Coaching plant based remote culinary resources.</p> <p><b>Healthier ingredients and culinary skills:</b> Practice culinary brainstorming to identify culinary training needed.</p>
<b>Session 2</b>	<p><b>Action Steps - Weekly culinary Goals:</b> Improve patient nutritional outcomes with short term home cooking goals.</p> <p><b>Improve Patient's Culinary Skills Using Recipes and Videos:</b> Practice how to provide patient centered culinary education that addresses specific barriers to home cooking.</p> <p><b>Expand home cooking through kitchen organization:</b> Practice techniques and principles to improve kitchen flow.</p>
<b>Session 3</b>	<p><b>Cooking Online With a Chef:</b> Hands on remote cooking workshop using videoconference software for the delivery of group culinary tele-training. Cook with CHEF Coaching faculty without leaving your own kitchen.</p> <p><b>Implement live Remote Cooking:</b> Explore how the cooking online with a chef model can be implemented in your practice.</p>
<b>Session 4</b>	<p><b>Adopting home cooking habits:</b> Supporting new culinary behaviors through open ended culinary questions and appreciative inquiries.</p> <p><b>Saving time in the kitchen!</b> Explore batch cooking, repurposing, creating a patient centered staple ingredient list and recipes that can be used to support these tools.</p>
<b>Session 5</b>	<p><b>Integration:</b> Practice culinary coaching skills for application in clinical setting.</p> <p><b>Implementation - Next steps:</b> Tele medicine, culinary training, and health coaching in your practice.</p>

**Handouts and resources:** During the program several recipes, including nutritional information, and guidance about substitutions for various populations and culinary videos will be shared. You are welcome to share these recipes with your colleagues and use with patients.