

CHEF Coaching the Basics – SYLLABUS

Define the relationship between home cooking and health; and discuss barriers to home cooking

Improve your culinary skills and personal health

Demonstrate culinary coaching knowledge and skills; and describe strategies for empowering patients to adopt home cooking

Use health coaching tools and remote culinary resources to improve nutrition

Introduction to Lifestyle Medicine: Incorporating culinary medicine as part of a comprehensive Lifestyle approach
Culinary Medicine: The health and social benefits of home cooking: What the newest data clearly shows us
Culinary Coaching: Improving nutrition through culinary training combined with coaching principles
The Nutritional Science of Home Cooking: What and how should my patient cook
Why Doesn't my Patient Cook? Recognizing and making it easier for patients to address the reasons they don't embrace healthier cooking practices
Culinary tools to Mitigate Cardio-Metabolic Risk Factors: Checklists for shopping, pantries, kitchen tools, and utilizing ingredients
Cooking with Little Time or Budget: Kitchen economies and efficiencies to make healthier kitchens more accessible to more patients
Getting Patients (Even Reluctant or Unskilled Cooks) Into the Kitchen: Motivational interviewing and coaching to produce healthier kitchen behaviors
In-Office Culinary Education Tools and Delivery Strategies: Group lectures, individual coaching, hands-on instruction, and reimbursement strategies
Mastering Culinary Coaching: How to quickly and effectively help patients set and achieve realistic culinary goals