Cooking for the Everyday Eater – OE 943

Brief description (200 words or less of course details):

**Kitchen Skills:** Develop cooking skills to maintain students’ health and ability to practice good self-care via preparing simple, nutritious meals; Correct use of kitchen equipment and development of knife skills; Preparation of meals with fats and carbohydrates that promote overall health; Ability to make ingredient substitutions to reduce calories without sacrificing flavor; Practice preparing food so it can be repurposed into multiple meals

**Practical Nutrition:** Improve confidence in personal understanding of nutrition and ability to discuss the foundations of nutrition in understandable terms; Structure meals for sustained energy throughout the day; Gain understanding of how fiber and certain fats affect overall health and weight management; Learn how to read labels to aid in planning balanced meals; Learn common pitfalls to weight management and how to overcome them

Semester offered: Spring & Fall

Registration information: Maximum Student Enrollment: 16 (Class would be open to all four medical student classes and the graduate school of nursing)

Requirements for credit:

Students must attend at least four out of five sessions and submit a one to two page reflection on one of the topics addressed in the course, due at the beginning of session eight. Students will also fill out entrance and exit surveys.

Contact information (student and faculty leaders):

Robert Guber
Tracy Zhang

Offered in this academic year: YES