

CULINARY FUNDAMENTALS FOR CLINICIANS AND COACHES

FOOD SCIENCE. NUTRITION SCIENCE.
CULINARY SCIENCE. COOKING TECHNIQUES.
RECIPES. PRACTICAL ADVICE

A COURSE DESIGNED TO ANSWER THE MYRIAD OF QUESTIONS OUR
CLIENTS ASK US ABOUT FOOD AND COOKING





ABOUT

You are the expert in what to eat for health. You know the healing power of food. You help people eat better and change the course of their lives. But, every so often, a basic cooking question from a client completely stumps you....

Chef Kate Waters, NT and Amanda Archibald, RD developed this course to answer the many food and culinary-related questions that we are asked as experts. Our goal is to bridge the gap between science and the practicalities of discussing how to put healthy, tasty and budget-sensitive food on the plate. Whether it's storage and prep questions, best cooking techniques, temperature-related, type of fat, what the science really says about grass-fed, should we soak grains and legumes or not, and why...this course is designed to give you, the food and nutrition expert, all the answers in one place. Food science, nutrition science, culinary techniques and hacks, tips and tricks for you and your clients, and yes loads of adaptable recipes! What more could a nutrition and health expert want?

Course Format

- Self paced and self study. **All modules are recorded.**
- Recordings were made March - July 2020
- Science sessions feature presentations with on-slide citations
- Culinary sessions feature a mixture of recorded demos, interactive culinary sessions with Kate and Amanda and live webinar sessions featuring Kate, Amanda and clinicians
- The course is organized into modules.
- Within each module you can navigate between science and culinary recordings, find recipes, locate handouts. View photos of the recipes demonstrated
- You can also ask questions about material presented in each module and view questions and answers from other students.



COURSE OVERVIEW

KATE WATERS AND AMANDA ARCHIBALD

SESSIONS ONE AND TWO

FUNDAMENTALS OF FLAVOR

Science: Flavor, taste and the genes that influence their perception. What the health expert needs to know. Educational resources and tools

Culinary: Enhancing and balancing acidity, umami and sweet. Working with earthy, pungent flavors and picky eaters

SESSIONS THREE AND FOUR

WORKING WITH VEGETABLES

Science: Optimizing nutrient preservation and bioavailability. Best cooking methods. Optimizing storage. Greens and impact on thyroid

Culinary: Techniques to preserve/extend the life of vegetables. Optimal cooking methods. Creative vegetables. Beyond salads: shavings, ribbons, spaghetti. Vegetable stock

SESSION FIVE AND SIX

WORKING WITH FRUIT

Science: Fruit and the new food conversation. Fresh versus frozen. Canned. Impact of Storage. Impact of washing fruit with produce washes. Best practices and recommendations for health experts

Culinary: Store, freeze, creative cooking methods: puree, poaching, grilling, roasting, dehydrating. Creative ideas for cheaper fruit.

SESSIONS SEVEN AND EIGHT

WORKING WITH HERBS AND SPICES

Science: Herbs, spices and their new applications for health. Phenolic content of herbs and spices. Increasing antioxidant capacity and, hindering lipid peroxidation - through herbs and spices. Nutritional comparison of fresh, dried and paste forms of herbs and spices

Culinary: Buying, storing, cleaning, prepping for optimal health and flavor. Getting creative with oils, dressings, sauces, sprinkles.

SESSION NINE

GRAINS

Science: Updated insights into grains nutrition, bioactives, impact of cooking and sprouting grains on bioavailability

Culinary: How to cook 5 non-gluten grains. Creative use of grains in simple recipes



COURSE OVERVIEW CONTINUED

SESSION TEN

LEGUMES/PULSES

Science: Culinary considerations. Canned versus dried. Impact of lined canned. Nutrient considerations. Lectins

Culinary: Soaking, preparing and cooking legumes for optimal nutrients and flavor. Quick and easy dishes with legumes

SESSIONS ELEVEN AND TWELVE

FATS, NUTS AND SEEDS

Science: The impact of heat on acrylamide formation and the role of fat. Optimal heat for toasting nuts and seeds. How genes may influence the type of fat for an individual (brief overview)

Culinary: The culinary art of working with a variety of fats. Heat applications with different oils. Toasting nuts and seeds. Working with fat from fruit. Creative ways to incorporate a variety of fats into dishes

SESSION THIRTEEN

WORKING WITH SEAFOOD

Science: The fish-nutrient-toxin connection. Getting the facts straight. Trends. Seafood Guides

Culinary: Working with fresh, frozen and canned (tinned) seafood. Working with fresh, canned, frozen seafood. . Marinated, ceviche and sauces

SESSION FOURTEEN

WORKING WITH MEAT

Science: Advanced glycated end products. A new lens for consideration. Consumer insights. Omega update. Offal and its nutrition

Culinary: Methods for healthy meat cooking. Preventing glycation. How to work with different cuts and cheaper cuts. Working offal into recipes in creative ways.

SESSION FIFTEEN

FERMENTATION

Science: A brief peek at nutrients (since you are so familiar already). A brief look at which countries include fermented food advice in their public dietary guidance.

Culinary: Overview of fermentation methods. Quick and easy starter ferments. Go to recipe basics.



FAQS

Q: What resources do I get with this course?

A: All science presentations are supported with on-slide citations.. All culinary presentations are supported with additional handouts, a complete recipe pack and recipe photos to accompany the on camera demos.

Q: Where do I access recordings and all course materials?

A: When you register for the course, you will set up an account with our Teachable platform. Once you are registered, you access the course and can start listening to the recorded sessions. Simply log into your account at your convenience to listen in.

Q: How can I ask questions about the materials?

A: In each module you will find a comments section. Here you can post your questions which will be answered routinely. Alternatively, you can directly email Kate or Amanda with your questions?

Q: How long do I have to complete the course?

A: You have forever access!

Q: Can I download the recordings?

A: No, but you have permanent access to the recordings and can listen as many times as you like.

