

FAQS

Genomic Kitchen PRO Course
Certificate in Culinary Genomics

THE GENOMIC
KITCHEN



Q. What is the difference between the Genomic Kitchen PRO course and the Certificate in Culinary Genomics?

A. The Genomic Kitchen PRO course is our foundation course introducing health experts to the fundamentals of nutrigenomics and culinary genomics from a public health perspective. The Genomic Kitchen PRO course allows experts to learn how we present these concepts to the public using our M.I.S.E. principles. This professional level course includes an introduction to nutrigenomics and culinary genomics and is accompanied by a rigorous review of the science that informs both of these disciplines. The course includes handouts, sample recipes and is supported by extensive scientific references. Experts participating in this course may use materials for education and counseling in private practice. No prior knowledge of nutrigenomics is required. This course, and the public equivalent does not require genomic testing.

The Certificate in Culinary Genomics builds upon the Genomic Kitchen PRO course (required), through 5 additional modules. These advanced modules include case studies so that participants can see how we link the basic concepts of nutrigenomics to the kitchen (culinary genomics). The advanced modules include deeper insights into recipe selection, organization and meal planning using nutrigenomics principles. Advanced modules also include a deeper review of food and nutrition science that informs which ingredients to choose and how to prepare them for optimal food-gene interaction and nutrient utilization.

Q: What does the Certificate in Culinary Genomics mean?

A: A Certificate in Culinary Genomics demonstrates that you understand and can apply the essentials of nutrigenomics to recipe selection, meal planning and meal preparation. Additionally, that you can explain what nutrigenomics is and its relevance to health from a public health perspective.

Q: Is the Genomic Kitchen PRO course required before I take the Advanced Modules to complete the Certificate?

A: Yes. The PRO course provides you with the fundamentals which we then build upon in the Advanced Modules.



Q: Do I have to take both courses consecutively, or can I take a break in between?

A: You can take the courses at your convenience. The PRO course is a pre-requisite for the Advanced Modules.

Q: I have taken the Genomic Kitchen PRO course, where do I sign up for the Advanced Modules to complete the Certificate?

A: Go to the Certificate in Culinary Genomics course and choose the Advanced Modules registration option

Q: How can I use the materials from this course?

A: You may use any of the handouts and recipes from either the GK PRO or Advanced Modules course to educate your clients in private practice. If you wish to teach the public Genomic Kitchen Fundamentals Course (Public-facing equivalent course), there is an additional fee that licenses you to teach the public course as a live (not online) course. The license fee covers the course materials, all course updates, additional ongoing supporting science and recipes. You will also receive mentoring and have full time access to Amanda for questions and additional support

Q: Can I refer clients to the public Genomic Kitchen Course?

A: Yes you may refer clients and will receive a referral fee for all registered clients

Q: Are there opportunities to work with Amanda?

A: At this point, we are investigating the potential of offering a basic genomic test and course bundle to members of the public who are interested in pursuing this option. We will provide the basic assessment of the test results and then refer clients on to accredited dietitians and physicians in relevant states for follow up. Interested clinicians up would receive a summary of test results and prioritized next steps for nutrition counseling and/or medical nutrition therapy based on the genomic information. Contact Amanda if you are interested in being a referral source for these clients should we proceed with this testing option.