

THE GENOMIC KITCHEN



The Genomic Kitchen PRO Course

For Nutrition and Health Professionals

Amanda Archibald, RD

THE GENOMIC KITCHEN PRO COURSE FOR NUTRITION AND HEALTH PROFESSIONALS

Help your clients live their best expression. The Genomic Kitchen Professional (PRO) course provides in-depth insights into the nutrition science and educational strategies that make the concept of Culinary Genomics both revolutionary and essential to health professionals.

In this course, you will gain an understanding of the fundamentals of nutrigenomics and culinary genomics and how to use them in education and counseling in the private practice, community or institutional setting. This course introduces you to M.I.S.E. principles and associated nutrients that form the foundation of our system of understanding, choosing and preparing food for health and longevity and to further the mission of public health. The peer-reviewed science nutrigenomic and nutrition science that supports these principles is covered extensively. We then unite the M.I.S.E. principles with culinary strategies that translate these vital ingredients to the plate.



Parallel to the science, we review relevant components of the public Genomic Kitchen course and the supporting educational materials to enhance your understanding of what we're teaching the public, why we're teaching it, and some of the questions they may have for you. As professionals, you also receive our signature nutrition education roadmap visuals that support learning and counseling. Detailed scientific references accompany course visuals, and an extensive supplemental reading guide is also included. This course also presents options to teach this program live in your community or refer your clients to our online program. Take this course if you are interested in learning about the basics of nutrigenomics and how they can apply in your practice or workplace setting. No genomic test or prior understanding of nutrigenomics is needed for you to learn and apply these principles in education and practice.

The Genomic Kitchen PRO course is taught by:

Amanda Archibald, RD: Nutrigenomics, Nutritional biochemistry, Food Science, Culinary Translation, Nutrition Education

The Genomic Kitchen PRO Course: Fundamentals of Nutrigenomics and Culinary Genomics for Culinary Translation, Nutrition Education and Counseling.

Session One

Introduction to The Genomic Kitchen

Introduction to Culinary Genomics and the course. Shining a new lens on The Mediterranean and Blue Zones research to tell the food-gene story and longevity. Introduction to the M.I.S.E. acronym.

Session Two

Introduction Nutrigenomics

Defining genomics, genes, gene variants, nutrigenetics and nutrigenomics with examples.

Session Three

Introduction to Master (M) Genes

Nutritional biochemistry and the impact of master genes and their transcription factors on health: oxidative stress, inflammation, metabolism.

Session Four

Genes and Longevity

Connecting the dots between genes, food, lifestyle and longevity. A review of research through the lens of genomics and nutrigenomics

Session Five

How to work with Master (M) Ingredients in the Kitchen. Introduction to Influencer (I) Ingredients (Part 1)

Culinary strategies and considerations for working with master ingredients in the kitchen. Introduction to **Influencer Ingredients**. Fundamentals of essential pathways and the nutrients that influence them: transmethylation, transsulfuration and folate metabolism.

Session Six

Influencer (I) Ingredients Part II.

The role of Influencer Ingredients in the bipterin cycle and urea cycles . How to use culinary strategy to work with Influencer Ingredients in the kitchen.

Session Seven

Super Foods (S) and Introduction to The Enablers (Part I)

What are Super Foods, why are they called Super Foods and how to work with them in the kitchen.

Introduction to “E”: Enabler Ingredients. The role of probiotics and prebiotics in gut health and integrity.

Session Eight

The Enablers (E) (Part II)

The interplay of the microbiome, novel nutrition compounds and health. A deeper dive into Short Chain Fatty Acids and their influence on genes, the immune system, inflammation and health. How to introduce and work with Enabler Ingredients in the kitchen.

Session Nine

Working with The Genomic Kitchen Tools

How to use the tools and strategies of the Genomic Kitchen in teaching and education. Review of the public courses.