



CULINARY MEDICINE UK CERTIFIED ONLINE COURSE FOR HEALTHCARE PROFESSIONALS

Welcome to Culinary Medicine Online

A 14 module, online nutrition-focused course for healthcare professionals, developed by healthcare professionals



<https://culinarymedicineuk.org/our-course>



A fully online course designed for UK based health professionals to improve knowledge and provide tools to improve conversations around nutrition and health.



14 interactive modules help participants to adapt nutrition messages to different medical conditions, economic circumstances and cultures.



Unique multi-professional learning platform to encourage discussion and sharing of good practice



**Online Certification in Culinary Medicine
CPD learning: 20 hours +**



Scan to sign up!



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Who can join ?



<https://culinarymedicineuk.org/our-course>

**Quick and simple registration via our website
with subscriber exclusive offers**

**This course is for ALL health and social care
professionals including:**

- ✓ **Doctors**
- ✓ **Nurses**
- ✓ **Allied Health Professionals**
- ✓ **Healthcare Education and Research Professionals**



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How does it work?



<https://culinarymedicineuk.org/our-course>



Learn from leading experts in the field of Nutrition, Culinary Arts and Motivational interviewing



Expand your evidence-based knowledge of how nutrition impacts health and the planet, and build key culinary skills with our Chef led video tutorials



All modules contain video lectures with downloadable presentations, transcripts, and resources to share with your patients



The CMUK Virtual Learning Platform gives you access to learn at your own pace, any time, from anywhere in the world



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MODULES & AUTHORS

Module 1: The Role of Nutrition in Health

Elaine Macanich, RD & Dr Abhi Bhansali
CMUK Directors

Module 2: Food and Nutrition Insecurity

Jackie Wilson, RD
@jgwdietetics

Module 3: Food Sustainability

Louise Symington, RD
@sustainabledietitian
sustainabledietitian.co.uk

Module 4: Culinary Skills

Chef Vinnie Kelly
CMUK Culinary Lead
@culinaryclinicuk

Module 5: Introduction to Motivational Interviewing

Claudia Salazar, MSc,
Dr Sumi Baruah, CMUK Director, GP
and Health Coach

Module 6: Type 2 Diabetes

Nicola Guess, RD
Research Fellow at KCL
@Dr_Guess
dietdoctor.com

Module 7: Weight and Health in Adults

Owen Marples, RD
@omarples

Module 8: Food, Mood and Mental Health

Priya Tew, RD
@Priya_Tew
priyatew.com

Module 9: IBS

Laura Tilt, RD
@nutrility
lauratilt.com

Module 10: Food Allergy and Intolerance

Laura Tilt, RD
@nutrility
lauratilt.com

Module 11: Undernutrition

Harriet Smith, RD
@hrscommunications
hrscommunications.com

Module 12: Oncology and Nutrition

Vicky Aubury, RD
@VickyAubs
vnnutrition.co.uk

Module 13: Weight and Health in Children

Jenny Rosborough, ANutr
@hellohealthyyou_
Head of Nutrition at Jamie Oliver Ltd

Module 14: Nutrition for HCPs

Harriet Smith, RD
@hrscommunications
hrscommunications.com

...plus an additional suite of culinary videos to watch in your own time and cook along, and more!

Summary of Online Modules and Learning Objectives

1. Introductory Module: The Role of Nutrition in Health

Written by Elaine Macaninch RD and reviewed by Dr Abhi Bhansali

By the end of this session you should be able to:

- Understand the role of food in maintaining our health
- Be aware of different dietary patterns
- Understand what malnutrition is and its significance within healthcare
- Consider the main nutritional problems in the UK

2. Food Insecurity and Food Poverty

Written by Jackie Wilson RD and reviewed by Elaine Macaninch RD

By the end of this presentation, you should be able to:

- Understand the issues of food insecurity and its impact on health
- Understand the extent of food security pre- and post-COVID pandemic
- Appreciate the factors which shape our health and wellbeing
- Be aware of local community food projects in your geographical area, including referral processes

3. Food Sustainability

Written by Louise Symington RD and reviewed by Helena Trigueiro and Dr Jonathan Sadler

By the end of this presentation, you should be able to:

- Understand how planetary health is measured
- Be aware of different models of 'sustainable diets' and nutritional implications
- Suggest practical solutions to managing food waste and packaging issues

Summary of Online Modules and Learning Objectives

4. Culinary Skills introduction -

Written by Chef Vince Kelly and reviewed by Dr Rupy Aujla

By the end of this module you should:

- Be aware of why culinary skills are important for healthcare professionals (HCPs).
- Be familiar with the concept of culinary skills and be aware of CMUK culinary resources available to HCPs.
- Understand how to offer appropriate nutrition advice for different population groups.

5. Introduction to motivational interviewing

Written by Claudia Salazar RN and Dr Sumi Baruah and reviewed by Elaine Macaninch RD

By the end of this module, you should be able to understand:

- The processes and skills underpinning Motivational Interviewing (MI)
- The “guiding style” for consultations in primary care
- How to use the key MI skills in brief interventions about food in primary care

6. Type 2 diabetes

Written by Dr Nicola Guess PHD RD and reviewed by Shane McAuliffe RD RNutr.

By the end of this session you should be able to:

- Understand the underlying pathophysiology of T2DM
- Understand dietary components that can help to manage T2DM
- Understand the evidence behind how diet can effect T2DM
- Be aware of the unknowns of diet and T2DM

Summary of Online Modules and Learning Objectives

7a. Overweight and Obesity I - Causation, Assessment & Energy Balance

written by Owen Marples RD and reviewed by Dr Adrian Brown PhD RD & Dr Luke Buckner ANutr

By the end of this lecture you should:

- Understand what overweight and obesity is and be able to assess it alongside chronic disease risk
- Understand the principles of energy balance and body weight
- Be aware of the complex aetiology of overweight and obesity and the influence of modifiable and non-modifiable risk factors.

7b. Overweight and Obesity II – Dietary Approaches for Weight Loss Written by Owen Marples and reviewed by Dr Adrian Brown PhD RD & Dr Luke Buckner ANutr

By the end of this lecture you should:

- Be aware of evidence-based dietary strategies for weight loss maintenance
- Understand that individualisation and support are key components of a successful weight loss and maintenance strategy.
- Be aware of the importance of setting realistic goals
- Understand the predictors of successful long-term weight loss maintenance
- Understand limitations of the current evidence base for dietary strategies for long-term weight and health outcomes.

8. Food, Mood and Mental Health Written by Priya Tew RD and reviewed by Harriet Smith RD

By the end of this presentation, you should be able to:

- Understand the link between food, mood and mental health
- Be aware of eating patterns associated with better mental health
- Be aware of specific nutrients which are important for mental health

Summary of Online Modules and Learning Objectives

9. Irritable Bowel Syndrome (IBS): Dietary Management

Written by Laura Tilt RD reviewed by Jackie Wilson RD

By the end of this session you should be able to:

- Describe IBS, including its symptoms and diagnostic criteria
- Be aware of the main treatment options for IBS
- Have a basic understanding of first and second-line diet advice for IBS

10. Food allergy and intolerance

Written by Laura Tilt RD and reviewed by Jackie Wilson RD.

By the end of this module you should:

- Be able to clearly describe the difference between food allergy and intolerance
- Understand the process for diagnosis
- Have a brief overview of the management of food allergy and food intolerance

11. Undernutrition

Written by Harriet Smith RD and reviewed by Esther King RD.

By the end of this session you should be able to:

- Understand the significance of undernutrition and frailty in the UK
- Consider current challenges relating to undernutrition and frailty
- Be aware of different oral nutrition support strategies
- Think about ways in which your own practice can influence nutrition and hydration in patients.

Summary of Online Modules and Learning Objectives

12. Oncology and Nutrition

Written by Vicky Nelson RD and reviewed by James Bradfield RD RNutr.

By the end of this session you should be able to:

- Be aware of those most at risk of malnutrition
- Understand how to manage the nutritional problems associated with cancer treatment
- Have a basic understanding of nutrition and cancer recommendations

13a. Weight and health in children I

written by Jenny Rosborough RNutr and reviewed by Dr Marjorie Lima do Vale PhD RNutr.

By the end of this module you should:

- Be aware of the prevalence of, and trends in, child weight
- Understand what contributes to weight gain in children
- Understand the health outcomes associated with child obesity

13b. Weight and Health in Children II

Written by Jenny Rosborough RNutr and reviewed by Dr Marjorie Lima do Vale PhD RNutr

By the end of this module you should:

- Be aware of weight stigma and understand how to raise the conversation of weight with parents and carers.
- Be aware of weight management prevention and treatment services.
- Understand the key lifestyle behaviours associated with maintaining a healthy weight.
- Be aware of why and how policies are important in reducing child obesity.

Summary of Online Modules and Learning Objectives

14. Nutrition for Healthcare Professionals

Written by Harriet Smith RD and reviewed by Dr Brian Powell RD.

By the end of this session you should be able to:

1. Understand the importance of eating well at work
2. Recognise that “one size” does not fit all for healthy eating
3. Be aware of enablers and barriers to eating well at work

...plus an additional suite of culinary videos to watch in your own time and cook along, and more!



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