



## Culinary Nutrition and Whole Grain Education

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#### **Objectives:**

- The Past, Present and Future of JWU's Culinary Nutrition BS Degree Program
- Our Approach to Wholes Grains and Nutrition Education





# Culinary Nutrition: ...a short history

- Culinary Nutrition was not a popular idea in the College of Culinary Arts when it was first introduced.
- Piloted the degree with less than 35 students in 1999.
- Received accreditation from CADE (now ACEND) as a Didactic Program in Dietetics (DPD).
- Graduated its first class in 2001.



## Health Focused Chefs

Registered Dietitians

2 Years Culinary Nutrition

2 Years Culinary Product R&D Chefs



## **Culinary Nutrition**



## Culinary Nutrition: ...a short history (continued)

- 2007 ACEND Changed their Standards.
- 2012 JWU Introduces an "Arts and Science Core".





## Health Focused Registered Dietitians

**Concentration Classes** 1.75 Years Culinary Nutrition

Chefs

2 Years Culinary

Product R&D Chefs



## Health Minded Chefs Product R&D Registered **Concentration Classes** Chefs Dietitians 2.75 Years Culinary Nutrition 1 Year Culinary 8

## Culinary Nutrition: TODAY and into the FUTURE

- Influenced by
  - New University, College and Program Leadership
  - A DPD Self Study Report in 2013
  - The Creation of a Physician Assistant (PA) Program
  - The Introduction of a College of Health and Wellness

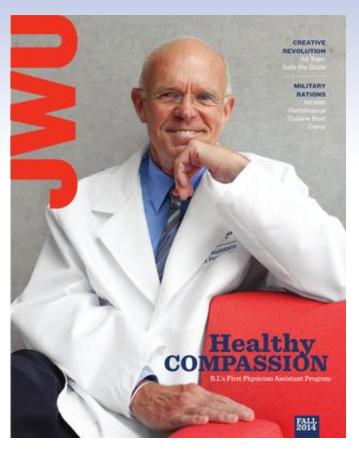




#### FALL 2017



#### Forward Thinking Healthcare Educators



- Mandatory Culinary Training for <u>ALL</u> Health Science Students
- Proposed Minor in Culinary Arts



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#### The "Food as Medicine" Movement

• Tulane University and Johnson & Wales University



#### The "Food as Medicine" Movement

Brown University & Wales University



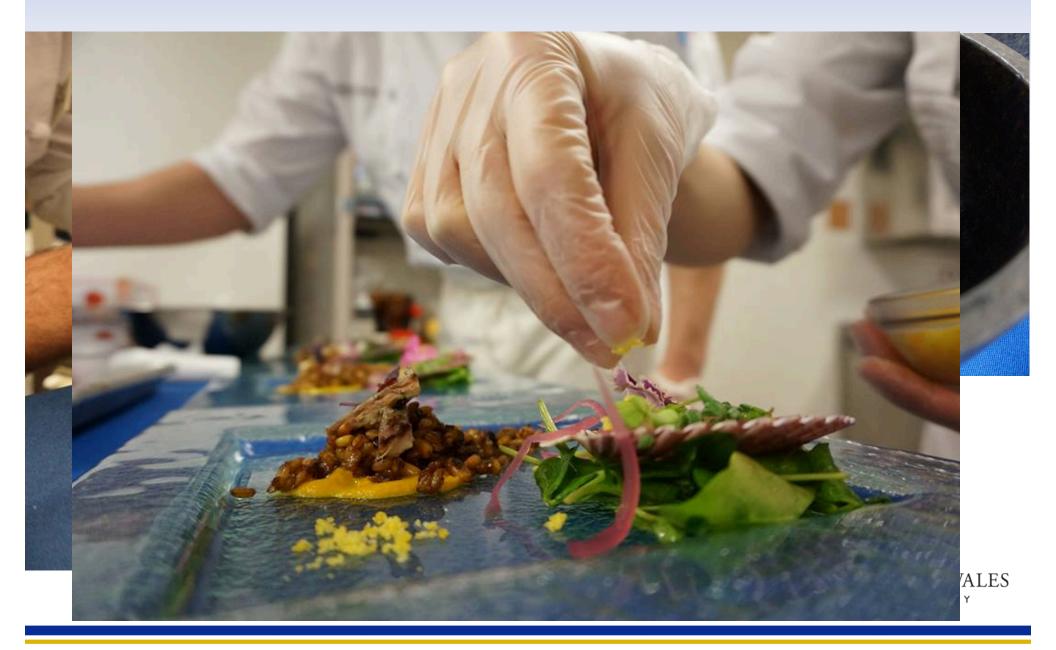


### JWU's Position on Healthy Cooking

Nutrition Across the Curriculum



#### The Use of Whole Grains



### My Philosophy on Whole Grains...

- I. Expensive <u>does not</u> equal healthier.
- 2. <u>Technique-Focused</u> over <u>Recipe-Focused</u> Education.
- 3. Exposure to <u>new</u> ingredients fosters <u>curiosity</u>.
- 4. It's ok to think of grains as a <u>vehicle</u> for other ingredients, flavors, and components.
  - Variety & Moderation in all things...





## Questions?

