



JOHNSON & WALES
UNIVERSITY



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

Product R&D
Chefs

2 Years
Culinary



Culinary Nutrition



Culinary Nutrition:

...a short history *(continued)*

- 2007 – ACEND Changed their Standards.
- 2012 – JWU Introduces an “Arts and Science Core”.



Health Focused

Chefs

Registered
Dietitians

Product
R&D Chefs

Concentration Classes

1.75 Years
Culinary
Nutrition

2 Years
Culinary



Health Minded

Registered
Dietitians

Chefs

Product R&D
Chefs

Concentration Classes

2.75 Years
Culinary
Nutrition

1 Year
Culinary



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 **ALL** Health Science Students
- Proposed Minor in Culinary Arts

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...

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



Questions?

