

Faculty

Chef Ian Lai, Culinary Instructor at Northwest Culinary Academy of Vancouver, studied business, psychology and criminology in university. He worked for Hy's for 11 years in the front and back of the house and had the opportunity to help open Hy's Ottawa. He graduated from VCC's culinary program and worked for six years at the Four Seasons Hotel, where he developed and managed their apprenticeship program. He also taught at Dubrulle for 4 years and had the opportunity to work as the Resident Chef of the U.S. Consulate General between 2002 and 2004. Ian is also the founding Director for the Terra Nova Schoolyard Society, a non-profit organization that engages elementary school children with the earth and agriculture at large.

Chef Jonathan Kinney A 10th generation Canadian Jonathan grew up in a household where food was fuel. Early on, he knew he loved to cook and although he always dreamed of doing something in food, life got in the way. Following a BA in History and Geography and later a Masters in Public Administration, Jonathan ran a management consulting firm for 13 years. But at as he approached 40 he knew he wanted to seriously pursue a career in food. Jonathan is a graduate of the Northwest Culinary Academy of Vancouver and where his various roles include assistant to the culinary and pastry programs and head of media.

Angel Luk, BSc, RD is a registered dietitian with the College of Dietitians of BC and a member of the Dietitians of Canada and SportMedBC. She completed her dietetics degree with honours through the University of British Columbia and currently works as a Clinical Dietitian within Vancouver Coastal Health Authority and is the Consulting Dietitian to the Richmond Olympic Oval.

Harry Karlinsky, MD, MSc, FRCPC, is a Clinical Professor within the Department of Psychiatry at the University of British Columbia. He has a long involvement with various innovative professional and public education initiatives. Among various honours, Dr. Karlinsky was the winner of the inaugural UBC Faculty of Medicine Innovation in Continuing Medical Education award.

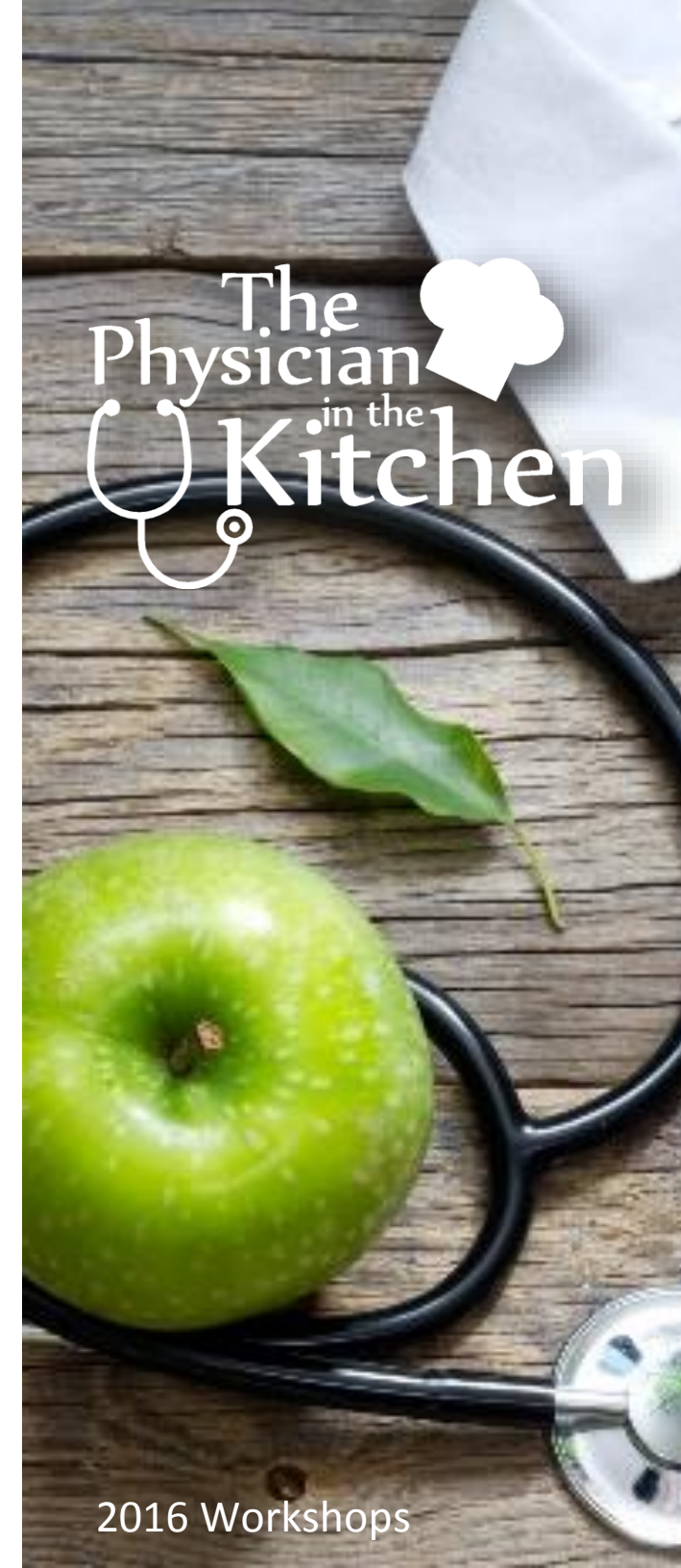
Who Should Attend

- Family Physicians / Physician Specialists
- Nurses / Nurse Practitioners
- Dietitians / Nutritionists
- All Health Care Professionals interested in the treatment and prevention of disease as facilitated by the study/application of evidence-based nutrition.



Registration/Info

www.thephysicianinthekitchen.com
info@thephysicianinthekitchen.com



2016 Workshops

Teaching Venue

Northwest Culinary Academy of Vancouver
2725 Main Street
Vancouver, BC V5T 3E9
Canada

www.nwcav.com

Accreditation

This program has been accredited by the College of Family Physicians of Canada and the BC Chapter for up to 2.25 Mainpro-M1 credits.

The time spent attending a 'Culinary Medicine' workshop can be utilized by Royal College medical specialists as a Maintenance of Certification Section 2 personal learning project (PLP), a self-initiated learning activity that is stimulated by a question, issue or dilemma in one's professional practice. The reading material and handouts associated with the Culinary Medicine workshops can also generate additional PLP hours.

Program

Welcome to the emerging discipline of **culinary medicine!**



Our introductory fall workshop is dedicated to educating physicians and other health care professionals in an innovative and engaging way by integrating nutritional theory; chef-led demonstrations; and hands-on kitchen work in a communal and interactive learning environment.

The workshop begins in an all-in-one classroom/demo/eating area and starts with an overview of the nutritional learning objectives. Next follows a precise chef-led demonstration of various culinary skills. This occurs in conjunction with the preparation of a specific recipe and dish and is accompanied by the relevant nutritional commentary. The 'hands-on in the kitchen' component of the workshop then begins. Workshop attendees are teamed in pairs and move into island-configured kitchens where they begin preparing the assigned recipes under the supervision of training chefs. Once completed, the executed dishes are then brought to the common dining table where nutritional education is again conveyed as the food is critiqued, tasted, and enjoyed. The next culinary technique/dish is then demonstrated, executed, and eaten and once more the prepared dish segways to the presentation of nutritional education. This rhythm proceeds throughout the evening, and it is this integration of didactic information, demo and kitchen-work that reinforces the workshop's nutritional learning objectives.

Culinary Learning Objectives

This module introduces kitchen safety and basic knife skills along with a number of other essential culinary techniques including stocks, soups, salads, poaching, incorporation of ancient grains, vegetable cookery, choreography of cooking times, lower fat cooking methods, seasoning with herbs and spices more often than salt, and time-saving techniques such as mise en place.

2016 Workshops



Introduction to Culinary Medicine

Saturday evenings from 5:45 PM – 9:30 PM

Upcoming Sessions:

March 12, 2016

April 2, 2016

May 21, 2016

Recipes: varied due to seasonal food availability

Nutrition Education Learning Objectives

1. Discuss the prevalence of overweight and obesity and physician referrals to community dietitians for weight management.
2. Outline recommendations for safe rate of weight loss through combination of physical activity and changes in eating patterns.
3. Describe common comorbidities associated with the overweight and obese population.
4. Provide evidence based nutrition interventions for the treatment of some common co-morbidities.
5. Apply course knowledge via case studies to build practical skills in nutrition counseling.