



THE FOOD COACH ACADEMY OBJECTIVES



Welcome to the first ever, in the world, Food Coach Academy! The courses are purposely designed for a wide audience – all levels of cooking expertise and nutrition knowledge from a basic understanding (what is a macronutrient and micronutrient) to a PhD level. All are welcome and you don't have to have had any experience in coaching/counseling.



OBJECTIVES:

Nourishing people and communities is the mission of the Food Coach Academy where flavor leads the way, backed by science and wrapped in the culinary arts. It is rooted in the conviction that culinary skills hold the transformative power to revolutionize individual well-being, community health, and environmental sustainability in an equitable, inclusive, and diverse manner.

1. Master culinary and eating fundamentals

- Implement culinary medicine principles to support healthy eating
- Create a meal to promote satiation and satiety
- Demonstrate shifts one can take to transition from a Western Diet to a healthy diet
- Interpret nutrition research
- Identify reputable sources of nutrition information
- Assess the factors influencing food intake
- Utilize photovoice to evaluate cooking skills and diet quality
- Distinguish between the facts and marketing ploys on food labels
- Mindfully eat
- Practice motivational interviewing



2. Design a teaching kitchen and set up the home kitchen for success

- Organize a home kitchen to promote healthy eating
- Identify the type of teaching kitchen needed in various situations
- Design a teaching kitchen based on the fundamental elements

3. Utilize taste and flavor to support healthy eating

- Describe a person's palate based on various types of tasters
- Explain taste/flavor-liking and the critical time period for introducing new food
- Describe how to use culinary techniques to address the innate dislike of bitter foods
- Summarize eating strategies to decrease caloric intake
- Prepare a meal focusing on somatosensory sensations, to address a decreased sense of taste and/or smell





3. Utilize culinary techniques to build flavor, lessen toxins, and improve nutrient absorption when cooking healthy meals

- Demonstrate taste-taste interactions
- Plate food for maximum appeal
- Apply the properties of acid to change the flavor profile of food
- Serve food at the appropriate temperature to maximize or lessen various tastes
- Utilize cooking methods to induce flavor changes
- Improve the flavor of herbs using various techniques: blooming, toasting, tempering
- Add herbs and spices during the cooking and preparation process
- Describe cooking techniques that limit toxins and improve nutrient absorption





6. Teach others to cook healthy food

Each food course - *Fruit, Vegetables, Grains, Protein (Animal), Protein (Plant), Dairy, Fats & Oils, Beverages, Sugar and Sodium* - takes a deep dive into the nutrition science and culinary techniques in order support individuals in following the dietary recommendations set by National experts. It trains the food coach to:

- Define the type of food, and its characteristics
- Define and list the benefits of cooking
- Examine the current intake of the food in regards to 1. barriers to intake 2. the liking of the food 3. shopping knowledge 4 .cooking ability and 5. menu planning
- Describe the benefits and risks of consuming too little or too much
- Explain how the population is doing in meeting requirements
- Distinguish the taste and flavor profile of a food
- Teach others how to shop and utilize cooking and preparation methods to maximize flavor while honoring their palate, wallet and cultural heritage
- Teach others how to plan a weekly menu





7. Utilize Motivational Interviewing skills to support others in changing their diet

- Examine food stories
- Explain the theory and benefits of Motivational Interviewing
- Summarize the ethical processes of Motivational Interviewing
- Demonstrate Motivational Interviewing principles for healthful eating
- Utilize Motivational Interviewing techniques to coach someone towards establishing and reaching their healthy eating goal

