



What we offer

- 4-week Elective to 4th year medical students
- Twice per year since Fall 2017



Chapter 1—in person, UNM Students only

- Fall 2017, Spring and Fall 2018 and 2019
- Seminars 2 days per week; **one** 4-hour food lab per week with guest chef
- HMF modules 1ks-8
- Final presentation on a trending topic
- Shadow dietician 2 half days—outpatient, inpatient
- Field trips—human performance lab for body composition analysis and local farm tour

Chapter 2—Virtual

- June 2020-- **2** cooking sessions in one's own kitchen; synchronous seminars and food lab
- No more dietician shadowing or field trips
- Add HMF modules 15, 16 and 21
- Lifestyle goals

Chapter 3—Virtual learning continues

- Fall 2020—Local registered dietician teaches online cooking classes
- Weekly themes: chopping, sautéing, pan oven roasting, omega 3s



Chapter 4—Visiting students join UNM

- Spring and Fall 2021, 2022, 2023, and Spring 2024
- 71 students from 25 other schools
- Guest lectures on Nuts, Berries, MIND Diet

Chapter 5—Fall 2024 Onward

- UNM Students only; adding resident physicians
- Budget cuts
- **Unable to enroll visiting students in a virtual course any longer**

Reflection and future opportunity

- Students at many US Medical Schools desire culinary medicine education
- Other institutions should add culinary medicine programs to meet this demand
- Outcomes data cannot yet be published but feel free to ask questions