COURSE OBJECTIVES
Upon successful completion of this course, students should be able to:

• Discuss the relationship between food and health
• Identify basic principles of a healthy, nourishing diet
• Increase awareness regarding mindful eating and self care
• Know how to cook healthy, delicious food for optimal health
• Choose to include discussion of food choices as part of patient care and health policy
• Understand the role of food systems, sourcing, sustainability and their relationship to health on a personal and community level
• Foster community and inter-professional relationships through food and experiential learning
• Incorporate/demonstrate increased confidence in menu planning and food preparation for self and others

COURSE DESCRIPTION
Food Matters is an experiential-learning, applied nutrition & culinary skills course for health professional students. The course addresses the role of food in specific health conditions and its function in health promotion and disease prevention. The course guides future health professionals in the procurement, preparation and consumption of sustainably raised whole foods for self care and how this translates to patient care.

Visit z.umn.edu/CSPH5905 or contact us at csh-academics@umn.edu for more information.