

## **Workshop 05: Culinary nutrition masterclass: best practices in recipe writing and development for dietitians**

**\*Proudly sponsored by Cobram Estate\***

**Held off location at Sprout Cooking School**

### **Presenters**

- Emma Stirling, Australian Catholic University (Primary Presenter)
- Sharon Croxford, Australian Catholic University
- Karen Kingham, Australian Catholic University
- Themis Chryssidis and team, Sprout Food Group

### **Overview**

Culinary nutrition is emerging as a distinct practice area with significant growth opportunities. Combining a food first philosophy with cooking and recipes at the core, culinary nutrition covers many areas including advanced knowledge and skills in food science, culinary applications, ingredient sourcing, supply chains, special diets, gastrophysics and eating behaviours. In this hands-on workshop, involving both theory and practical in a teaching kitchen, the science and art of recipe development will be explored. If you're looking to expand your career or upskill for your existing role, this delicious workshop is just for you. Proudly supported by Cobram Estate Venue: Sprout Cooking School 89 Sir Donald Bradman Drive Hilton South Australia 5033 Time: 9:00am-12:30pm Maximum capacity: 36

**Cost per participant: \$82.50 (including GST)**

### **Learning outcomes**

1. Examine the theory, systems and resources involved with culinary nutrition and best practice advanced recipe writing and development, including an overview of food styling and nutrient analysis for dietitians.
2. Identify, prepare and present foods using a standard recipe and culinary nutrition principles to a targeted nutrition intervention.
3. Demonstrate ability to work efficiently and safely in a kitchen environment with commercial equipment and communicate with qualified chefs.

## **Target audience**

Culinary nutrition and advanced recipe development skills are relevant to many dietitians including those involved in writing and developing recipes and cooking via a private practice, community health centre, not-for-profit organisation, consulting business, the food industry, a sporting or athletic environment, the media or social media, restaurants, catering and hospitality, and of course traditional dietetic foodservice. Even though this workshop is in the Advanced stream it is suitable for new graduate dietitians with a strong passion for food and cooking or those who may have existing skills, training or experience in hospitality, foodservice or commercial cookery.

## **Workshop abstract**

**Background / rationale:** There is a growing trend towards approaching health through a culinary focus. Culinary nutrition is emerging as a distinct practice area with significant growth opportunities for the Australian dietetic profession. There is a need for a consistent, collective approach to planning as we evolve in Australia and to capture and promote the work of dietitians outside the traditional foodservice box. This workshop will be the impetus for our future. **Content overview:** The science and art of advanced recipe development will be covered in this hands-on workshop involving theory sessions with a practical class in a teaching kitchen, culminating in a shared table. Presenters include academics with gastronomy, food science and culinary nutrition professional and teaching experience. **Evidence base:** The Academy of Nutrition and Dietetics in the USA has the well-established Food and Culinary Professionals Dietetic Practice Group, founded in 1997, which promotes a range of activities and developed 11 core food and culinary competencies (Buckley, 2016). As reported by dietitian Bryan Roof of America's Test Kitchen, "Despite their best intentions, dietitians' practical cooking experience can sometimes be weak, which can decrease their level of effectiveness" (Buckley, 2016). In order for dietetic professionals to take the lead in conducting cooking skill interventions, they must possess the required skills (Begley & Gallegos, 2010). **Strategies to be used for audience engagement:** Icebreaker activities, open forum for questions and information sharing, experiential teamwork and networking with cooking, shared meal.

## Proposed program:

Time	Content	Format / Activity
15min Welcome and Overview	Introduction to culinary nutrition & house keeping	Present to audience Ice-breaker Activity
60min Theory session	The science and art of recipe development	Lecture style presentation with 3-4 speakers and audience participation/question time
90min Practical Session	Recipe preparation and data collection in a commercial teaching kitchen	Practical, hands-on cooking activity in groups within a teaching kitchen and supervised by dietitian facilitators and qualified culinary trainers.
30min	Recipe showcase, shared meal and debrief  Wrap up and close	Informal group discussion with key organisers as facilitator.