



Cornell **CAU** Education Vacations

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Dear Participants,

Hello and welcome to “Delicious and Nutritious: Food for Healthy Living!” I am excited to spend the week with you as we review scientific dietary guidance for common health conditions and prepare recipes that adhere to this guidance. I am a Registered Dietitian (RD) with over 10 years of experience in clinical practice and 20 years of experience in dietetics education. As an RD, I’ve witnessed confusion about how to prepare food that tastes great and supports health. It is easier than you may think.

Over the course of the week, I hope you will discover how easy it is to prepare flavorful dishes that support health. The course draws on two courses offered by the Division of Nutritional Sciences Registered Dietitian training program. NS 4420 Implementation of Nutrition Care teaches students about medical nutrition therapy for various disease states. NS 2470 Food for Contemporary Living teaches students about basic food preparation skills, sensory evaluation, and menu planning. I’ve taught both courses (NS 4420 currently, NS 2470 previously) for many years and thought it would be fun to provide a CAU offering that draws on both courses. My goal is to demonstrate how fun, flavorful and easy it can be to prepare diets for health management. If you struggle with making food choices to manage blood pressure or high cholesterol, if you’re looking for sound dietary interventions to manage weight, blood glucose or gut health, or if you prepare food for others with these concerns, then this course is for you. If you simply want to cook from scratch in a state-of-the-art kitchen and increase your knowledge of food, cooking terms and techniques, then this course is also for you.

Each day we will explore a new topic. We’ll begin the day with a brief lecture, demonstration and Q&A session. Following your coffee break, you’ll choose a recipe from the day’s list and get to work cooking! Recipes will be provided in advance so you can see what’s on the menu and each day will include entrees with both vegetarian and animal protein options, several side dishes and dessert. After all dishes are prepared, we’ll gather as a group to enjoy the meal. As we eat, we’ll use our senses to evaluate the food and discuss how each recipe demonstrates the dietary guidance for the day’s topic. We’ll also review how recipes could be further modified to better fit your preferences. Plan to make this group meal your lunch! There will be plenty of food to enjoy. Take leftovers with you to enjoy later. On Wednesday, we’ll enjoy a special guest chef appearance and cooking demonstration.

What to Bring:

- Plan to wear comfortable, closed-toe footwear as there is a fair amount of standing.
- If you have long hair, please bring a hairband to pull back your hair.
- If you’d like, bring something to take notes with, either paper/pen or pencil or tablet/laptop.

Aprons, all equipment and ingredients will be provided for you. All sessions will take place in the new Discovery Kitchen in Morrison Dining Hall. There are small lockers available in the kitchen to safely store any personal items not needed during class. Please complete the participant survey on the CAU Summer Info Portal and let me know about any food allergies. While the kitchen is not an allergen-free space, we will try to accommodate your needs by modifying recipes accordingly. I am happy to answer any questions you may have. Please reach me at eg47@cornell.edu.

Class Schedule* & Topics:

- 9:00-10:00 AM: Introduction to class topic, Brief Lecture (the evidence behind the diet), Demonstration and Q&A
- 10:15-12:15 PM: Prepare and cook recipes
- 12:15-1:30: Eat! As a class, enjoy and discuss recipes from the day's topic.
- 1:30-2:00: Clean-up

*Wednesday's schedule is modified. We will meet 9:00-12:15 and will focus on taste testing and a cooking demonstration to accommodate your Spring Break!

Monday: Introduction to Discovery Kitchen, Sensory Evaluation and Diet for Blood Pressure Management

Tuesday: Eating for Gut Health

Wednesday: Eating for Weight Management and Guest Chef Demo on Grilling

Thursday: Eating for Heart Health

Friday: Eating for Diabetes Management

I look forward to meeting you in July!

Emily