

## Welcome to CAU's Preparing Healthful Cuisine without Sacrificing Flavor and Flair



**Instructor:** Emily Wilcox Gier, MBA, RD, CDN, FAND Associate Professor of Practice, Dietetic Internship Director, and Dietetics Program Leader

Contact Information:  
Division of Nutritional Sciences | [Cornell Nutrition](#)  
[eg47@cornell.edu](mailto:eg47@cornell.edu)

[Cornell University](#)  
215 Savage Hall  
Ithaca, NY 14853  
office: 607.255.2638 | fax: 607.255.1033

**Instructor Introduction:** Emily Wilcox Gier '91, P '22, '26 is a Registered Dietitian with over 10 years of healthcare experience and 25 years in education. She teaches courses in medical nutrition therapy, management and leadership and serves as the Dietetic Internship Director. Emily taught the popular cooking course NS 2470 Food for Contemporary Living for over 15 years and was delighted to be part of the team to create the new Discovery Kitchen, a Cornell Dining and Division of Nutritional Sciences collaboration, where NS 2470 now is taught.

**Course description:** Are you curious about the evidence behind popular diets promoted for better health? Are you challenged by confusing diet recommendations to manage cardiovascular health, weight or diabetes? Are you interested in honing your meal preparation skills to prepare quick, tasty and healthy meals using local ingredients? **Preparing Healthful Cuisine without Sacrificing Flavor and Flair** will help you to explore the evidence on how to support your wellness through what you eat and gain a holistic understanding of the culinary arts. All the while, you'll marvel at the taste, elegance, and nutritional excellence possible in every dish!

### 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 classes will take place in the new Discovery Kitchen. Please notify CAU at the time of your registration of any allergies or dietary preferences. 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](mailto:eg47@cornell.edu).

**Pre-Class Assignment:** Please view the following videos in advance of class. These videos were prepared for instruction in NS 2470 and cover introductory topics and techniques that may assist you with the class.

**Fruits and Vegetables:** <https://youtu.be/Rt6tdlx9tiM>

**Grains:** [https://youtu.be/a\\_XwiqC01uw](https://youtu.be/a_XwiqC01uw)

**Vegetarian Diets:** <https://youtu.be/fMB1CYTtzMc>

**Optional but fun!** Bring a favorite family recipe. We'll discuss the meaning and significance of the recipe to you and explore options to modify it for health needs.

### Meeting Location & Schedule:

This course will meet daily in the Discovery Kitchen in Morrison Dining Hall. The Discovery Kitchen is a full-scale teaching kitchen with 12 two-person cooking stations and direct demonstrator visual consoles at each station. A collaboration between Cornell Dining and the Department of Nutritional Sciences, the Discovery Kitchen is a great space to hold class.

### July 7-13, 2024

#### Class Topics & Schedule\*:

**Sunday:** 7:30 PM Brief Orientation

**Monday:** Introduction to Discovery Kitchen, Sensory Evaluation and Eating for Gut Health

**Tuesday:** Eating Blood Pressure Management

**Wednesday:** Eating for Weight Management & Cooking Demo

**Thursday:** Eating for Heart Health & Favorite Recipe Discussion

**Friday:** Eating for Diabetes Management

- 9:00-10:00 AM: Introduction to class topic, Brief Lecture, 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!

General Learning Objectives:

**Learning Objectives:** Participants will

1. explore and apply healthy cooking techniques in the Discovery Kitchen;
2. self-evaluate for "supertaster" ability;
3. understand principles of and develop skills in sensory evaluation;
4. explore evidence-based nutrition guidelines common health concerns; and,
5. prepare, eat and discuss recipes consistent with nutrition guidelines.

Class-day learning objectives, lecture notes and recipes will be provided onsite. Class materials will also be shared electronically.