Culinary Medicine
NUIP 7540/ FPMD 7540

Spring 2026 Thursdays, 5:30 pm – 7:30 pm
HPER-N 227
1 credit

Instructors: Theresa Dvorak, MS, RDN, Tricia Petzold, MD
Contact information: t.dvorak@utah.edu; tricia.petzold@hsc.utah.edu

Office Hours/Location: By Appointment Only

Course Description:
This one-credit, eight-week class, addresses the role that food plays in treating chronic diseases, through the preparation of weekly shared meals. Students will learn how to translate evidence-based nutrition information into meals and actionable advice about what and how to eat. Students meet weekly in a teaching kitchen to prepare and try delicious plant-forward meals based on the Mediterranean Diet while practicing counseling skills in a collegial environment that will help patients make lasting health behavior changes. Culinary skills combined with evidence-based practice recommendations and interprofessional collaboration provide students with the tools needed to complete medical case studies and counsel patients regarding nutrition-related health concerns. The class uses a flipped classroom in which pre-work is completed online so that students may apply their knowledge during the hands-on session.

Pre- or co-requisites:
Students must be enrolled as a graduate student at the University of Utah

Required Materials:
All required readings will be made available via Canvas, no other materials are required. These readings will include peer-reviewed journal articles and publications from medical and health governing bodies.

Student Learning Outcomes:
By the end of this course, you will be able to:

- Describe the components of a Mediterranean diet.
- Identify strengths and weaknesses in a patient's diet.
- Convey concise dietary advice to patients simulated through role-playing.
- Prepare at least eight healthy meals.
- Understand the role diverse disciplines play on a healthcare team.
- Identify priorities for growth in the area of nutrition and basic culinary skills through self-assessment and reflection-based assignments.
- Demonstrate the ability to obtain a basic nutrition history and use basic motivational interviewing skills through role-playing.

Teaching and Learning Methods:

This course uses case studies to provide an opportunity for students to apply nutrition science principles to patient case scenarios. Basic culinary skills are taught through the preparation of plant-based meals that meet Mediterranean Diet guidelines. Counseling simulations and online discussion boards provide opportunities to practice motivational

interviewing skills The course uses a flipped classroom format wherein students view lectures and complete quizzes before class. The course is 15% didactic (online); 60% lab time; 15% case study discussion (online).

Assignments:

Pre-work: Didactic online learning modules will be completed before the weekly lab as preparation for in-class discussions and assignments.

- Weekly quizzes over readings and recorded lectures are posted on Canvas and are due the day before class at 11:59 pm.

Hands-on lab: Active participation in weekly cooking labs is required for weekly participation points. Students who are unable to attend lab may make arrangements to attend via Zoom. Recipes and Ingredient lists are provided so you may fully participate at home if needed.

In-class and Online Discussion: Students' mastery of knowledge and skills will be assessed through small group discussions and participation in case study discussions.

Grading Criteria:

Medical Students will receive a grade of pass (P)=A, or fail (F)=E. Students from other disciplines may take the class for a grade or credit/no credit.

Pass: A Pass will be awarded to students who complete pre-work and attend sessions, achieve a score of passing on assessment quizzes, and participate in small group and hands-on activities. Pre and post-course surveys are highly recommended as a part of participation.

Fail: Students who do not attend required sessions or complete required work risk failing this elective. Completion of less than seventy percent of course work will result in failure of the course. For Medical students, this will be noted in the Medical Student Performance Evaluation (MSPE) and the student will be forwarded to the Promotions Committee for further action.

Non-medical students in this class take the course for credit/no credit and will be graded using the same criteria as for medical students.

Course Schedule:

Note: Our schedule is subject to revision based on the needs of our class; any updates will be made available for students through Canvas.

Week	**Topics**
1	Introduction to Nutrition, Mediterranean Diet, and Knife Skills
2	Taking a History, Motivational Interviewing, and SMART Goals
3	Weight Management: eating disorders and obesity
4	Diabetes: includes a discussion of exercise and sleep
5	Irritable Bowel Syndrome: includes elimination diets and food intolerances
6	Renal/Cardiovascular Disease/Food Insecurity

7	Pediatrics and Adolescents
8	Micronutrients, Supplements, and Sports Nutrition
Final	There is NO final for this Lab

Course Policies:

Medical Students should refer to the Student Handbook (on the Student Affairs' website) for these policies:
http://medicine.utah.edu/students/current-students/student-handbook/som_student_handbook.pdf
http://registrar.utah.edu/handbook/
http://gradschool.utah.edu/graduate-catalog/

Accommodations
Attendance policy
Dress Code
Examination and Grading Policies
Grade or Score Appeal
Professionalism, Roles & Responsibilities
Mistreatment

Final grades will be posted within 7 business days of the course end date.

School of Medicine Policy Statements

1. The School of Medicine seeks to provide equal access to its programs, services, and activities for all medical students. The Center for Disability Services (CDS) provides accommodations and support for the educational development of medical students with disabilities.
2. Medical students with a documented disability are required to meet with the CDS Director for recommended accommodations. The CDS will work closely with eligible students and the Associate Dean of Professionalism, Accountability, and Assessment to make arrangements for approved accommodations. The School of Medicine and CDS maintain a collegial, cooperative, and collaborative relationship to ensure compliance with federal and state regulations for students with disabilities.

Contact Robert Rainey (Robert.Rainey@hsc.utah.edu) for details Or:

University of Utah Center for Disability Services
Olpin Student Union Building, Room 162
Phone (Voice/TDD): (801) 581-5020 Email: info@disability.utah.edu
http://disability.utah.edu

University Policies:

- Please refer to the academic calendar found on the University's website for adding, dropping, and withdrawing deadlines.
- Students are expected to adhere to The Code of Student Rights and Responsibilities. The code is provided in detail on the University of Utah webpage and can be found on the NUIP 6900 Canvas page. The code specifies student rights as well as conduct involving cheating, plagiarism, collusion, fraud, theft, etc. According to the Code:
    - *"Plagiarism means the intentional unacknowledged use or incorporation of any other person's work in, or as a basis for, one's own work offered for*

academic consideration or credit or for public presentation. Plagiarism includes, but is not limited to, representing as one's own, without attribution, any other individual's words, phrasing, ideas, sequence of ideas, information or any other mode or content of expression."

Americans With Disabilities Act (ADA)

The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities.

All written information in this course can be made available in an alternative format with prior notification to the Center for Disability & Access (CDA). CDA will work with you and the instructor to make arrangements for accommodations. Prior notice is appreciated. To read the full accommodations policy for the University of Utah, please see Section Q of the Instruction & Evaluation regulations.

In compliance with ADA requirements, some students may need to record course content. Any recordings of course content are for personal use only, should not be shared, and should never be made publicly available. In addition, recordings must be destroyed at the conclusion of the course.

If you will need accommodations in this class, or for more information about what support they provide, contact:

Center for Disability & Access

801-581-5020
disability.utah.edu

Third Floor, Room 350
Student Services Building
201 S 1460 E
Salt Lake City, UT 84112

Safety at the U

The University of Utah values the safety of all campus community members. You will receive important emergency alerts and safety messages regarding campus safety via text message. For more safety information and to view available training resources, including helpful videos, visit safeu.utah.edu.

To report suspicious activity or to request a courtesy escort, contact:

Campus Police & Department of Public Safety

801-585-COPS (801-585-2677)
dps.utah.edu
1735 E. S. Campus Dr.
Salt Lake City, UT 84112

Addressing Sexual Misconduct

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status, or genetic information.

If you or someone you know has been harassed or assaulted, you are encouraged to report it to university officials:

Office of Equal Opportunity and Title IX

801-581-8365
oeo.utah.edu
383 S. University Street
Level 1, OEO Suite
Salt Lake City, UT 84112

Office of the Dean of Students

801-581-7066
deanofstudents.utah.edu
270 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

To file a police report, contact:

Campus Police & Department of Public Safety

801-585-COPS (801-585-2677)
dps.utah.edu
1735 E. S. Campus Dr.
Salt Lake City, UT 84112

If you do not feel comfortable reporting to authorities, the U's Victim-Survivor Advocates provide free, confidential, and trauma-informed support services to students, faculty, and staff who have experienced interpersonal violence.

To privately explore options and resources available to you with an advocate, contact:

Center for Campus Wellness

801-581-7776
wellness.utah.edu
350 Student Services Building
201 S. 1460 E.
Salt Lake City, UT 84112

Academic Misconduct

It is expected that students comply with University of Utah policies regarding academic honesty, including but not limited to refraining from cheating, plagiarizing, misrepresenting one's work, and/or inappropriately collaborating. This includes the use of generative artificial intelligence (AI) tools without citation, documentation, or authorization. Students are expected to adhere to the prescribed professional and ethical standards of the profession/discipline for which they are preparing. Any student who engages in academic dishonesty or who violates the professional and ethical standards for their profession/discipline may be subject to academic sanctions as per the University of Utah's Student Code: Policy 6-410: Student Academic Performance, Academic Conduct, and Professional and Ethical Conduct.

Plagiarism and cheating are serious offenses and may be punished by failure on an individual assignment, and/or failure in the course. Academic misconduct, according to the University of Utah Student Code:

"...Includes, but is not limited to, cheating, misrepresenting one's work, inappropriately collaborating, plagiarism, and fabrication or falsification of information…It also includes facilitating academic misconduct by intentionally helping or attempting to help another to commit an act of academic misconduct."

For details on plagiarism and other important course conduct issues, see the U's Code of Student Rights and Responsibilities.

Drop/Withdrawal Policy
Students may drop a course within the first two weeks of a given semester without any penalties. Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A "W" grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade "W" is not used in calculating the student's GPA. For deadlines to withdraw from full-term, first, and second session classes, see the U's Academic Calendar.

Mandatory Reporting for Sexual Harassment
Responsible employees are required under University policy to inform the Office of Equal Opportunity (OEO) of all reports of discrimination or sexual misconduct. Some employees (e.g. campus security authorities, those classified as confidential) are not required to report to OEO, but may have other reporting obligations. Learn more about how the OEO reporting process functions.

Title IX Accommodations for Pregnant Students
University Policy 1-012 and University Rule 1-012C prohibit discrimination based on Pregnancy or Related Conditions. Students who need pregnancy or pregnancy-related accommodations may request them through the Office of Equal Opportunity and Title IX by email (oeo@utah.edu), phone (801-581-8365), or the Office of Equal Opportunity website.

For further support, please contact:

Office of Equal Opportunity and Title IX
oeo@utah.edu
801-581-8365
oeo.utah.edu
S.J. Quinney College of Law

383 S. University Street
Level 1, OEO Suite
Salt Lake City, UT 84112

Students Who Are Parents & Caregivers
You may be balancing your student responsibilities with the responsibility of being a parent or caregiver. If this is the case, I encourage you to reach out to me to discuss how I can best support your success in this course. You can also reach out to the Student Parent Support Center or the Center for Student Access and Support for additional resources.

Lauren's Promise
Lauren's Promise is a vow that anyone– faculty, staff, students, parents, and community members– can take to indicate to others that they represent a safe haven for sharing incidents of sexual assault, domestic violence, or stalking. Anyone who makes *Lauren's Promise* vows to:

1. Listen to and believe those individuals who are being threatened or experiencing sexual assault, dating violence or stalking;
2. Represent a safe haven for sharing incidents of sexual assault, domestic violence, or stalking, and;
3. Change campus culture that responds poorly to dating violence and stalking.

By making *Lauren's Promise*, individuals are helping to change campus cultures that respond poorly to dating violence and stalking throughout the nation.

Indigenous Land Acknowledgement
The University of Utah has both historical and contemporary relationships with Indigenous peoples. Given that the Salt Lake Valley has always been a gathering place for Indigenous peoples, we acknowledge that this land, which is named for the Ute Tribe, is the traditional and ancestral homelands of the Shoshone, Paiute, Goshute, and Ute Tribes and is a crossroad for Indigenous peoples.

The University of Utah recognizes the enduring relationships between many Indigenous peoples and their traditional homelands. We are grateful for the territory upon which we gather today; we respect Utah's Indigenous peoples, the original stewards of this land; and we value the sovereign relationships that exist between tribal governments, state governments, and the federal government. Today, approximately 60,000 American Indian and Alaska Native peoples live in Utah. As a state institution, the University of Utah is committed to serving Native communities throughout Utah in partnership with Native Nations and our Urban Indian communities through research, education, and community outreach activities.

Student Support at the U
Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you. Please refer to the Student Support Services page for the U for updated information.

Student Success Coaching
Looking for extra support at the U? Student Success Coaches help students:

- Explore interests, set goals & build skills (time-management, study strategies, etc.)
- Overcome challenges and connect you with campus resources
- Discover opportunities and stay on track throughout your journey

Ready to get started? Schedule a free Student Success coaching session with flexible options (in-person, Zoom, or phone) today!

Dream Center for Immigrant Students
The Dream Center in Student Affairs supports the holistic development of all students, including undocumented students and those systematically impacted by immigration, empowering them to thrive at the university and beyond.

Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence. The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families.

For more information about what support they provide and links to other resources, view their website or contact:

Dream Center
801-581-3470
dream.utah.edu
Student Union, Room 70
200 S. Campus Drive, Room 70
Salt Lake City, UT 84112

Basic Needs Collective
Success at The University of Utah includes learning about and using available resources. The Basic Needs Collective (BNC) is a coordinated resource referral hub. They educate about and connect students to campus and community resources to help them meet their basic needs. As a central location for resource referrals related to food, housing, health insurance, managing finances, legal services, mental health, etc., any student experiencing difficulties with basic needs is encouraged to contact them. Drop into their office located in the Union basement, or schedule with them online for an in-person or virtual visit through their webpage: basicneeds.utah.edu.

Day 1 Book Access
University of Utah's Day 1 Books Access Program is a campus-wide initiative to provide students enrolled in undergraduate courses with increased accessibility to their required print and digital textbooks, courseware, and course packs at a single $259 low flat rate per semester.

- Utah Day 1 Books Access provides students taking undergraduate courses (level 0000-5999) with all required textbooks each semester for a low flat rate of $259 per semester, saving students over 50% off average course material expenses. The charge is posted to the students' account each semester.
- Eligible students begin each semester with complete access to required textbooks no later than the first day of class. Digital books are delivered within Canvas, while all print books are distributed by the Campus Store.
- Students can log in to Canvas to view program options, including how to opt-out. If you do not wish to participate in Day 1 Books Access, to avoid being billed you must opt out of Day 1 Books Access online before the add/drop deadline each semester. Once billing has been completed after the add/drop date, there are no refunds.
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Learn more about Day 1 Books Access from the Campus Store or contact day1access@campusstore.utah.edu for additional assistance or questions.

Accommodations for Field Experiences for Students with Disabilities

If a student needs to request disability-related accommodations for a field experience, clinical placement, practicum, internship, externship, or other comparable work activity for academic credit, that student must make their request through the Center for Disability and Access (CDA).

As with academic accommodations, the CDA engages in an interactive process with the student and all stakeholders to determine reasonable accommodations based on the unique requirements of the experience. As part of this process, CDA may disclose an accommodation and parameters of that requested accommodation but will not disclose a student's diagnosis or health condition related to those accommodations.

For more information, please visit disability.utah.edu