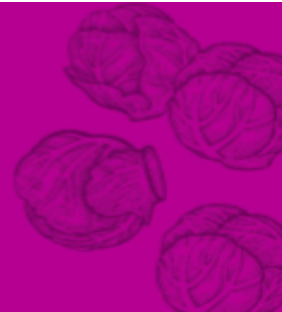


2024 Teaching Kitchen Symposium



Breakout Session 2A

Session Title:

Innovation in Action: Teaching Kitchens at the University of Utah (2 of 3)

Date & Time:

Nov 14, 2024 11:00 AM MST (90min)

Session Description:

Come explore the teaching kitchens around the University of Utah. This breakout session offers a unique opportunity to see firsthand how various kitchen environments can be leveraged to create impactful and engaging programming. You'll tour three distinct locations and programs: 1) The Foods Lab: A built-in teaching kitchen designed for hands-on learning; 2) The Metabolic Kitchen: a research-focused kitchen where interventional diet studies explore diverse disease outcomes; and 3) A Community Clinic-Based Culinary Shared Medical Appointment (SMA). Learn from experts at the University of Utah about how these versatile spaces cater to different populations with programs that are continuously refined through participant feedback to better serve their evolving communities.

Learning Objectives:

By the end of this session, participants will be able to:

1. Explore various teaching kitchen environments designed to meet the needs of the community including the Foods Lab (a built in teaching kitchen), a Metabolic Research Kitchen, and a Community Clinic-Based Culinary Shared Medical Appointment (SMA).
2. Describe how community-centered culinary education can meet teaching kitchen objectives.
3. Identify strategies for developing effective programming that meets the community where they are at.

Location 1: Foods Lab

Presenters:

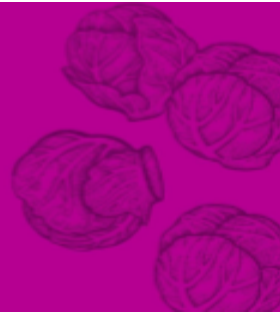
- Theresa Dvorak, MS, RD, CSSD, Associate Professor, Director of Culinary Medicine, Department of Nutrition and Integrative Physiology, University of Utah
- Tricia Petzold, MD, Adjunct Assistant Professor, Pinnacle Health
- Britta Retzlaff, RD, Registered Dietitian, University of Utah

Location 2: Metabolic Kitchen

Presenters:

- Zach Hartlyn, Metabolic Kitchen Chef, University of Utah
- Rachel Clark, MS, RD, Metabolic Kitchen Director and Culinary Medicine Instructor, University of Utah

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Location 3: Culinary Shared Medical Appointment (SMA)

Presenters:

- Lindsey Imber, MS, RD, Wellness Dietitian & Chef, Nutrition Care Services, University of Utah
- Richmond Doxey, MD, CCMS, Assistant Professor, Department of Internal Medicine, University of Utah

Presenter Slides:

- [Culinary SMA Slides](#)
- [Metabolic Kitchen Slides](#)