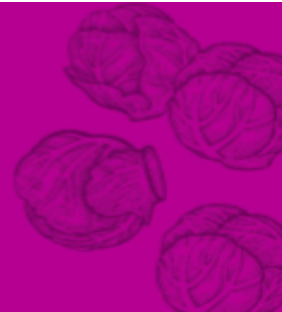


2024 Teaching Kitchen Symposium



Breakout Session 3B

Session Title:

Virtual Culinary Classroom: Technology Tips for Teaching Kitchens

Date & Time:

Nov 14, 2024 1:30 PM MST (90min)

Presenters:

- Cindy Chou, RDN, Chef, Culinary Nutrition Instructor, Cooking Video Creator, The Sound of Cooking
- Ashley Dunworth, MS, RDN, CDCES, Community Health Nutrition Specialist, Presbyterian Healthcare Services

Session Description:

This session focuses on mastering virtual culinary education, equipping teaching kitchen professionals with essential skills to create engaging and accessible virtual content. Highlights include a behind-the-scenes look at class setup, a curated list of equipment essentials, tips for using live streaming and video software, and strategies to ensure content is accessible to diverse communities and different learning styles. Whether you're new to virtual instruction or looking to enhance existing programs, you'll gain actionable strategies to expand your reach and impact while empowering clients, patients, and/or communities to implement what you teach.

Learning Objectives:

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

1. Describe the basic set-up and equipment needed for effective virtual cooking classes.
2. Create an interactive and engaging virtual learning environment that resonates with diverse audiences and ensures inclusivity and accessibility.
3. Evaluate advanced equipment and user-friendly software tools that enhance the quality and accessibility of virtual cooking classes.
4. Design and execute a simple, yet effective multi-camera setup for virtual teaching that caters to different space constraints, from individual home kitchens to larger teaching facilities.

Presenter Slides:

- [Ashley Dunworth](#)
- [Cindy Chou](#)

References:

- Koch S, Lohmann M, Geppert J, Stamminger R, Epp A, Böhl GF. [Kitchen Hygiene in the Spotlight: How Cooking Shows Influence Viewers' Hygiene Practices](#). *Risk Anal.* 2021;41(1):131-140. doi:10.1111/risa.13584

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- Sharma SV, McWhorter JW, Chow J, et al. [Impact of a Virtual Culinary Medicine Curriculum on Biometric Outcomes, Dietary Habits, and Related Psychosocial Factors among Patients with Diabetes Participating in a Food Prescription Program](#). *Nutrients*. 2021;13(12):4492. Published 2021 Dec 15. doi:10.3390/nu13124492
- Greenlee H, Rillamas-Sun E, Yung RL, et al. [Cook and Move for Your Life, an eHealth intervention for women with breast cancer](#). *NPJ Breast Cancer*. 2024;10(1):62. Published 2024 Jul 25. doi:10.1038/s41523-024-00662-2
- Sütçüoğlu O, Özey Zİ, Özet A, Yazıcı O, Özdemir N. [Evaluation of scientific reliability and quality of YouTube videos on cancer and nutrition](#). *Nutrition*. 2023;108:111933. doi:10.1016/j.nut.2022.111933

Supplemental Resources:

- [Presbyterian Community Health website](#)
- [Technology Tips for Teaching Kitchens Resources from The Sound of Cooking](#)
- [2023 HEAL Annual Program Report](#)
- Links to Amazon for equipment recommended:
 - [4k livestream camera camcorder](#)
 - [Bluetooth headset](#)
 - [Gooseneck phone holder](#)
 - [Webcam with mini tripod](#)
 - [Extension cord reel](#)