

Welcome to the eleventh communique “From the Dean’s Desk”, the second communique of 2019. This is the platform utilized to share new initiatives, ideas and news of note with you on a bi-weekly basis. For the New Year we’re looking at our unique programs, our people, and what makes them exceptional. This communique focuses on our **Culinary Medicine Program**.

Obesity! Cardiovascular disease! High blood pressure! Society is facing a number of health problems due to our diets. We love fast food, food with too much salt and too much fat. We take medications to combat the health issues caused by our poor diets. There’s an option for better health. [Rosen College](#) in partnerships with [UCF College of Medicine](#) (COM), [Nemours Children’s Hospitality](#) and the [YMCA of Central Florida](#), and other community groups, are working together on a Culinary Medicine program to help to address the medical issues that arise from unhealthy eating habits and lifestyles. Two chefs, a doctor, several dietitians and local farmers, have teamed up to offer courses to the next generation of physicians with a goal of solving a societal health problem.

The courses in the Culinary Medicine Program are unique. Fourth year medical students are learning in the classroom, but they are also putting on a white coat in the kitchen. They are learning to cook without salts, using spices for flavor, substituting high calorie items for lower caloric, high nutrition foods and using fresh products instead of canned or processed where possible. The course uses farm to table ingredients and even takes the students out into the community to see where the fruits, vegetable and meats are



The Culinary Medicine program was launched in the spring semester of 2018, developed in partnership with [Dr. Rob Karch](#), a pediatrician at Nemours, and instructor at UCF College of Medicine. It is modeled after the Tulane University [Goldring Center for Culinary Medicine](#) program. There are approximately 20 other medical schools running similar programs, but only the program at Rosen College, brings together the elements of hospitality and medicine to restore health to the community.

Based on the success of the first cohort of medical students from COM enrolled in the first Culinary Medicine Program, the program will double in size in the Spring of 2019. Chef Robb Seltzer, Rosen College director of food and beverage operations and an instructor, Chef Kate Wilson, an instructor at Rosen College, along with members of the Rosen College kitchen lab team, will once again be teaching kitchen and

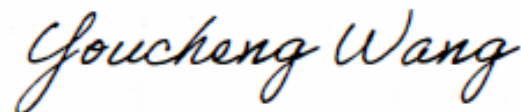
harvested and produced.

The course is a four-week elective, which will equip new doctors with the knowledge and hands-on culinary skills to treat their patients with food, as well as medicine. You've probably heard the phrase "physician heal thyself". With the knowledge gained in the Culinary Medicine course, medical residents who usually eat when they can, and what they can, will be walking the walk and talking the talk when it comes to healthy eating and healthy lifestyle through what they learn in the Culinary Medicine program. The result we see is communities that live longer, healthier lives because they are eating better diets that are higher in nutrition, lower in salt, fat and calories, resulting in less of a need for medical care.

cooking skills to the med students. Dietitians who work in underserved communities will take the med students into the neighborhoods of Central Florida to meet and serve their future patients while they learn.

The Culinary Medicine Program helps those who will be treating patients know the true role of nutrition. It can be a life-saver! The team also work on extending the knowledge and skills to the general public who are interested in healthy eating and a healthy lifestyle. So it is not just a course, it is more about our approach to hospitality education which helps us to cope with problems facing our society at large. It is our unique approach of integrating our curriculum into the larger fabrics of our community so that we continue to create a distinctive impact on society.

Charge On!



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