

WONCA 2025

CULINARY MEDICINE

IN-PERSON WORKSHOP



Culinary Medicine is the practice of combining nutrition science with cooking skills to create meals that help prevent and treat disease while promoting overall health and well-being.

This 3.5-hour **Culinary Medicine Workshop** is designed specifically for Family Medicine doctors who play a vital role in guiding families toward healthier eating behaviors. It bridges the gap between medical nutrition knowledge and practical kitchen skills, empowering physicians to confidently integrate “food as medicine” into their patient care.

The workshop begins with **orientation**, where participants assess and reflect on their current habits and approaches to nutrition counseling. This opening sets the tone for a collaborative and experiential session.

The first segment, **Evidence & Foundations of Culinary Medicine**, provides doctors with a concise but powerful overview of the science linking diet, and chronic disease. Using real-life cases, physicians will see how lifestyle interventions, particularly nutrition, can manage conditions such as hypertension, diabetes, and dyslipidemia.

The highlight of the workshop is the **Culinary Skills Demonstration and Hands-On Cooking**. In this interactive portion, participants step into the kitchen to prepare heart-healthy, culturally familiar Filipino dishes, reimagined with plant-forward, low-sodium, and nutrient-dense approaches. Participants will experience first-hand how simple modifications in cooking techniques and ingredients can change the nutrition profile of the food and turn traditional meals into powerful therapeutic tools.

The workshop concludes with **Reflection and Commitment**, where each participant shares how they will apply Culinary Medicine in their own life and practice. They receive recipe cards, counseling toolkits, and patient-friendly nutrition handouts to bring back to their clinical setting. This ensures the training does not end in the kitchen but continues in every consultation room where food choices influence health outcomes.

This workshop is not just about cooking, it is about re-learning the art of healing through food, equipping health care providers to model and teach lifestyle change for themselves, their patients, and their communities.

Venue:

Asian Institute of Culinary Medicine Teaching Kitchen
26 Huervana St., Lapaz, Iloilo City.

Schedule:

Workshop cost: \$70

Workshop Topics and Schedule

Welcome and Orientation

- Introduction of facilitators and participants
- Objectives and expected outcomes
- Pre-workshop quick survey: “How often do you counsel patients on food?”

Evidence & Foundations of Culinary Medicine

- Global and local burden of chronic diseases linked to diet
- Lifestyle Medicine pillars with a focus on food as medicine
- Principles of Culinary Medicine: whole-food, plant-predominant nutrition
- Philippine dietary patterns: challenges and opportunities
- Brief overview of nutrition-sensitive agriculture and planetary health.

Culinary Skills Demonstration & Hands-On Activity

- Kitchen safety, sanitation, and knife skills
- Preparing 6 dishes

Counseling in the Clinic: Translating Food to Practice

- Motivational interviewing for dietary change
- Using the “Planetary Plate” and meal visuals to guide patients
- Culturally sensitive, family-centered counseling strategies
- Addressing barriers: cost, taste, time, family preferences

Reflection and Commitment to Action (30 minutes)

- Group sharing: “What one change will you apply in your personal life and practice?”
- Post-workshop survey (compared with pre-test)
- Distribution of resource kit:
 - Recipe cards with nutrition facts
 - Patient education handouts
 - Quick counseling guides (5 A’s: Assess, Advise, Agree, Assist, Arrange)



A collaborative activity of the Philippine Academy of Family Physicians, the Philippine College of Lifestyle Medicine, and the Asian Institute of Culinary Medicine