



## CULINARY MEDICINE WORKSHOP

**Time:** March 24, 2026 from 1:00 PM – 5:00 PM

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

### PROGRAM FLOW

TIME	TOPIC	SPEAKER/ FACILITATOR
1:00 – 2:00 PM	Welcome and Orientation <ul style="list-style-type: none"> <li>· Introduction of facilitators and participants</li> <li>· Objectives and expected outcomes</li> <li>· Pre-workshop quick survey: “How often do you counsel patients on food?”</li> </ul>	Dr. Mechelle Palma
2:00 - 3:00 PM	Evidence & Foundations of Culinary Medicine <ul style="list-style-type: none"> <li>· Global and local burden of chronic diseases linked to diet</li> <li>· Lifestyle Medicine pillars with a focus on food as medicine</li> <li>· Principles of Culinary Medicine: whole-food, plant-predominant nutrition</li> <li>· Philippine dietary patterns: challenges and opportunities</li> <li>· Brief overview of nutrition-sensitive agriculture and planetary health.</li> </ul>	Dr. Mechelle Palma
3:00 – 4:00 PM	Culinary Skills Demonstration & Hands-On Activity (3:00pm) <ul style="list-style-type: none"> <li>· Kitchen safety, sanitation, and knife skills</li> <li>· Preparing 6 dishes</li> </ul>	Chef Maria Lourdes Lesaca & Dr. Mechelle Palma
4:00 – 4:30 PM	Counseling in the Clinic: Translating Food to Practice <ul style="list-style-type: none"> <li>· Motivational interviewing for dietary change</li> <li>· Using the “Planetary Plate” and meal visuals to guide patients</li> <li>· Culturally sensitive, family-centered counseling strategies</li> <li>· Addressing barriers: cost, taste, time, family preferences</li> </ul>	Dr. Mechelle Palma
4:30 – 5:00 PM	Reflection and Commitment to Action <ul style="list-style-type: none"> <li>· Group sharing: “What one change will you apply in your personal life and practice?”</li> <li>· Post-workshop survey (compared with pre-test)</li> <li>· Distribution of resource kit: <ul style="list-style-type: none"> <li>o Recipe cards with nutrition facts</li> <li>o Patient education handouts</li> <li>o Quick counseling guides (5 A’s: Assess, Advise, Agree, Assist, Arrange)</li> </ul> </li> </ul>	Dr. Mechelle Palma