



Why Become a Certified Culinary Medicine Professional?

The Problem is Clear:

A number of health issues prevalent in the United States today are associated with poor eating habits and nutrition. An estimated 69% of adults are identified as overweight or obese and the typical American diet exceeds the recommended intake levels for fat, sugar, refined grains, and sodium.

Chefs and foodservice professionals are perfectly positioned to play a central role in changing the way Americans eat. Yet many foodservice professionals feel their nutrition education and ability to create great food that is not only healthy but cost-conscious is lacking.

The Certified Culinary Medicine Professional (CCMP) program provides foodservice professionals at any level with a unique combination of nutritional knowledge and improved healthy culinary skills so that they can effectively incorporate healthy options into menus to help consumers.



Why become a Certified Culinary Medicine Professional?

Any well-trained chef can use their culinary expertise to develop delicious food, but a chef with Culinary Medicine knowledge and skills is empowered to develop food that is not just delicious but also healthful. A solid foundation in Culinary Medicine enhances a chef's ability to prepare food for the most diverse range of nutrition needs.

Research reports that despite verbalizing health concerns, **consumer food choice is driven by taste**. This ambivalence between belief and behavior demonstrates the need for innovative chefs with a depth of nutrition science knowledge and advanced culinary techniques to **develop food dishes that consumers will not only accept but will enjoy and incorporate into their life regularly**.



Americans eat out an average of 4.2 times per week and spend almost 50% of their food dollars doing so. A chef that can accommodate consumer demand for delicious food that just happens to be healthful is a more attractive job candidate for any number of food service industries, including healthcare settings, cruise lines, catering, private chef positions, test kitchens, athletic performance, spas, and resorts. There are also employment possibilities with grocery stores, airlines, and schools. Culinary students believe nutrition and sustainability are important. Opportunities exist to empower them with knowledge and skills for promoting public health and sustainable food systems in their future work as chefs.

Culinary Medicine is the approach needed to make a difference in our nation's health. However, making nutrition principles easily accessible is useless without also making them applicable. The CCMP program does just that: **translating the complex science of nutrition into the art of the kitchen.**



Through certification, foodservice professionals will enhance their knowledge, confidence, and skills by learning how to:

- Evaluate and apply the most rigorous current research to menu and recipe development
- Enhance the quality of meals prepared
- Improve the diet quality especially targeting diet-related chronic diseases

Featuring a hybrid curriculum comprised of **hands-on teaching kitchen modules** and **online education**, the CCMP program is designed for those passionate about integrating science-based nutrition research into their culinary skillset and will equip candidates with the nutritional knowledge and culinary skills to optimize health

If you're one of the following, the training is 100% for you!

- **ACF Designation** — Current American Culinary Federation designation and member in good standing.
- **Culinary School Graduate** — Graduation from an accredited culinary program. A copy of certificate/diploma must accompany application.
- **Current employment at a Healthcare Facility** — Currently employed at a healthcare facility; assisted living, independent living, long-term acute care hospital, inpatient rehab, skilled nursing, or hospital.
- **Industry experience** — Currently employed in any food service establishment with at least three (3) years of experience. Proof of employment and a copy of your resume must accompany application.
- **CDM certification** — Currently credentialed as a certified dietary manager by the CBDM. A copy of current certification must accompany application.
- **USDA extension agent** — Currently employed by USDA extension. Proof of current job position and description must accompany application.
- **Foodservice/Culinary/Nutrition Educators** - at post-secondary or secondary institutions

What topics are covered in the CCMP Curriculum?

Core Curriculum: Foundational Topics

- [Module 1: Introduction to Culinary Medicine](#)
- [Module 2: Macronutrients](#)
- [Module 3: Select Micronutrients](#)
- [Module 4: The Gastrointestinal Tract: Digestion, Absorption and Metabolism](#)
- [Module 5: Recipe Modification](#)
- [Module 6: Calorie and Nutrient Density: Plant Forward Cuisine](#)
- [Module 7: Anti-Inflammatory Diet](#)
- [Module 8: Food Allergy and Intolerance](#)

Condition and Disease States Modules

- [Module 9: Celiac Disease](#)
- [Module 10: Renal](#)
- [Module 11: Diabetes Mellitus](#)
- [Module 12: Heart Disease](#)
- [Module 13: Cancer Nutrition: Prevention and Diet After Diagnosis](#)
- [Module 14: Obesity & Weight Management](#)

Foods Across the Lifecycle

- [Module 15: Nutrition and Aging](#)
- [Module 16: Pregnancy Nutrition](#)
- [Module 17: Pediatric Nutrition: A Family Approach to Healthy Children](#)

Specialized Topics

- [Module 18: Sports Nutrition](#)
- [Module 19: Myths, Fad Diets, Supplements and Controversies](#)
- [Module 20: Food safety & Sanitation](#)

Capstone Project

- This capstone project is a culmination and application of all the skills and knowledge acquired from all modules. It cannot be started until all modules have been successfully completed

I love this, where /when can I take this program?

Frederick Community College (FCC) offers the CCMP program over the summer through the **Hospitality, Culinary & Tourism Institute:**

Session 1: Earn Tier III: Certificate in Culinary Medicine (Modules 1-10)

Wednesdays • May 28 - July 9 • 8:00 a.m. - 12:30 p.m

***Session 2: Earn Tier II: Certificate in Culinary Medicine (Modules 11- 20)**

Wednesdays • July 16 - August 27 • 8:00 a.m. - 12:30 p.m

*Must earn Tier III first

***Earn Tier I: Certified Culinary Medicine Professional (CCMP)**

Successfully pass the CCMP exam online, offered early September

*Must earn Tier II first

The CCMP program is offered in 2 different formats

- **In person:** FCC's Monroe Center Teaching Kitchen, 200 Monroe Ave. Frederick, MD
- **Structured Remote:** Meets via Zoom at the same time/day as in-person classes

How much does the program cost?

- **In person:** Each Session costs \$740
- **Structured Remote:** Each Session costs \$590

Continuing Education Scholarships are Available

A **\$500 scholarship** is available for this course. When completing the application for this course, simply provide your name, student ID number (if applicable), and email, along with the name of this course *while disregarding any criteria listed on the application and requests to upload any documents*. Please contact the FCC Foundation at **301-846-2438** or email foundation@frederick.edu if you have any questions.

- Link to application: www.frederick.edu/foundation/scholarships.aspx
- Click on “CEWD Scholarship (Non-Credit)

I'm ready! How do I register?

1. Visit www.frederick.edu/hcti
2. Scroll down and Click on “**Health meets Food: Culinary Medicine in Foodservice**”
3. Scroll down and click on the **course number** you want to enroll in:
 - HCT 140 Tier III May 28- July 9 (In Person OR Structured Remote)
 - *HCT 141 Tier II July 16 – August 27 (In Person OR Structured Remote) *Must enroll in HCT 140 in order to enroll in HCT 141

Have questions? Email hcti@frederick.edu