

Psych, Food & Mood

8 Lessons

LESSON	LEARNING OBJECTIVES	COOKING SKILLS
Introduction & Fruit	<ol style="list-style-type: none"> 1. Define the terms “Nutritional Psychiatry” and “Culinary Competencies” 2. Summarize the reasons people eat and factors that influence intake 3. Critique photovoice projects from a diet-quality standpoint 4. Summarize findings from the SMILES Study 	Fruit & Adding Acid
Foundational Mechanisms & Protein	<ol style="list-style-type: none"> 1. Describe nutrition’s impact on neurotransmitter production 2. Outline how neuroinflammation is modulated by certain nutrients 3. List neurologic conditions that have a nutrient deficient etiology 4. Describe the base of a healthy brain diet 	Protein & The Protein Flip
The Microbiome & Vegetables and Fermented Food	<ol style="list-style-type: none"> 1. Describe the microbiome and the gut-brain axis 2. List the benefits of consuming fermented foods 3. Summarize the Mediterranean Diet 	Vegetables & Fermentation
Stress and Eating & Fats/Oils	<ol style="list-style-type: none"> 1. Describe the relationship between stress, eating, and weight gain 2. Demonstrate mindful eating 	Fats/Oils & Blooming herbs
Depressio & Dairy	<ol style="list-style-type: none"> 1. Define brain derived neurotrophic factor 2. List foods and methods that increase brain derived neurotrophic factor 3. Explain the most healthful diets shown to support individuals with depression 4. List and describe the evidence supporting the use of supplements for depression 5. Summarize the evidence for role of diet and eating behaviors in SAD 	Dairy & Build a Smoothie
Anxiety & Grains	<ol style="list-style-type: none"> 1. Explain the difference in complex carbohydrates and refined sugars and their respective health effects 2. Summarize the benefits and risks of following a gluten free diet 3. List foods and nutrients that decrease anxiety symptoms and those that increase anxiety symptoms 4. Recommend dietary patterns for anxiety 	Grains & Batch Cooking
Addiction & Sugar and Processed Food	<ol style="list-style-type: none"> 1. Describe food addiction 2. List foods and nutrients that improve recovery from substance use disorder 3. List common nutrient deficiencies in those with a substance use disorder 4. Recommend dietary patterns for addiction 	Treats & Menu Planning
Concentration, Cognition, and ADHD & Elimination Diet	<ol style="list-style-type: none"> 1. List foods, beverages, and nutrients that improve attention and cognition 2. List foods, beverages, and nutrients that improve and exacerbate ADHD symptoms 3. List healthful sources of water 4. Explain the Elimination Diet 	Beverages & Sea Vegetables