

April 8 - 12, 2019
Chicago, Illinois



EXPLORING CULINARY CULTURES

an advanced study of global food customs

This workshop, adapted from a course at California Polytechnic State University taught by Dr. Doris Derelian, is an exploration of the evolution of food customs and practices from a global perspective. We will look back at the challenges and successes of populations worldwide who have developed their own eating cultures based on geography, climate and available resources.

Among tribes, societies and population groups, all the world's foodstuffs can be identified. Even the most "American" food is from another place on our planet. We will compare and contrast foods across continents with special attention to the movement of crops, livestock and cooking techniques that formed in one location and migrated to another. Every part of the world has, within its boundaries, taste profiles especially known to people. Where did those tastes originate and how have they changed over time?

This 5-day workshop, limited to 20 participants, will have required readings, lectures, classroom assignments using laptops, as well as food tours and tastings. Come and learn of the cultural contributions that shape the way you eat, the way your family has eaten and what might change in the future.

A rare opportunity for advanced level culinary insights taught by renowned culinary educators.

FACULTY

Doris Derelian, PhD, JD, RDN, FADA/FAND, Professor, California Polytechnic State University
Tom and Patricia Penzey Erd, owners, The Spice House
Mary Nguyen Aregoni, MS, owner, Saigon Sisters and BangChop Thai restaurants
Judith Dunbar Hines, Culinary Services
Mary Abbott Hess, LHD, MS, RDN, LDN, FAND, Culinary Nutrition Publishing LLC
Cathy Powers, MS, RDN, LD, Culinary Nutrition Publishing LLC

LOCATION

Academy of Nutrition and Dietetics
120 S. Riverside Plaza, Suite 2190
Lake Michigan Room
Chicago, Illinois 60606

REGISTRATION

5-day workshop fee:
\$1250 (until March 1, 2019)
\$1500 (March 2 - April 1, 2019)
Includes all course materials, food tours and a dinner

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