

## Comfort Food and Wine

### Week 1

**Topic** - Overview/Introduction

**Instructor** - Rebecca Roach, M.S., R.D., L.D.N., C.D.E.

#### Course Content

- Why we eat (physiologic cues and psychological cues)
- What we get from food (nutrients – basic CHO, pro, fat, vitamins/minerals; self-soothing, well-being, memories)
- Using comfort foods within a context of a healthful diet (calories, nutrients, punishment/reward, soothing)
- ‘Traditional’ makeup of comfort foods (high calorie, high fat, portion sizes)
- Strategies to transform some traditional comfort foods into more healthful dishes
- Strategies to transform a comfort food concept into one including healthful foods

**Activity** – comparing tastes of traditionally prepared and lightened comfort foods

### Week 2

**Topic** - Foods that Comfort your Bones and Muscles

**Instructor** - Lisa Burgoon, M.S., R.D., L.D.N.

#### Course Content

- For the bones:
  - Calcium, Vitamin D, Magnesium
  - Weight bearing exercise/activities
- For the muscles:
  - Antioxidant vitamins and phytochemicals for tissue repair (foods that contain healthful antioxidants, how they are used for repair, levels needed, examples)
  - Cardio, strength, stretching and balance improvement
- For the mind and body:
  - How nutrition and fitness go together to improve mood, decrease stress, improve bone health, improve cardiovascular health and provide for healthful weight management - Food samples of high antioxidant foods—almonds, orange, pink and red fruits and vegetables

#### Activity

- Demonstration of how to increase calcium intake by modifying recipes to add milk, yogurt, cheeses and calcium fortified foods include taste testing.
- Strength training and flexibility demo using light weights or own body weight

### Week 3

**Topic** - The Sixth Sense – An introduction to Sensory Science

**Instructor** - Dr. Nicki Engeseth & Dr. Soo Lee

**Objective** - to explore the senses involved in enjoying and evaluating your food

#### Course Content

- Define Sensory Science
- Discuss sensory perceptions involved in evaluating food products – taste, aroma, common chemical senses and vision,

- Discuss different types of sensory tests,
- Disciplines related to sensory science and uses of sensory expertise

**Activity** - sensory demonstration/tasting

#### **Week 4**

**Topic** - Exploration into Chocolate

**Instructor** - Dr. Nicki Engeseth & Dr. Soo Lee

**Objective** - to demonstrate potential health benefits and to teach about the production and quality evaluation of chocolate

#### **Course content**

- Discuss health benefits of chocolate
- Discuss the steps involved in chocolate production
- Discuss storage and Shelf-life quality of chocolate

**Activity** - Hands-on quality evaluation with sensory evaluation and visual instrumental evaluation.

#### **Week 5**

**Topic** - Tea Time

**Instructor** - Dr. Elvira de Mejia

#### **Objectives**

- Obtain an understanding of the various types of teas and characteristics that make them different in nutritional value, medical use, and taste
- Learn the value of including tea in a healthy diet
- Gather information about the “comfort factors” and cultural implications of tea

#### **Possible activities**

- tea tasting
- analysis of tea components
- Japanese tea ceremony
- possibly hold this session at the Japan House

#### **Week 6**

**Topic** - Illinois Wine

**Instructor** - Bradley Beam, M.S.

- Discuss the thriving grape industry in Illinois in the early 1900’s, and the lingering impact of prohibition
- Discuss the recent growth of the IL wine industry, and the catalysts for its rapid development
- Discuss several grape varieties grown in IL, and sensory characteristics of the wines they produce, potentially include good grape varieties for the backyard grower
- Introduce a systematic method for the tasting of wine and the evaluation of quality

**Activity** - Pour and taste 3-4 wines from Illinois and discuss their sensory attributes

**Week 7**

**Topic** - Probiotics

**Instructor** - Dr. Michael Miller

**Objective** – to enable participants to make informed purchases regarding probiotic containing products

**Course Content**

- Define probiotics, prebiotics and symbiotic
- Describe the acquisition and composition of the gut microbiota
- Discuss the health-promoting mechanisms of probiotics
- Discuss several examples of probiotic containing products that are currently available

**Activity** - Tasting of various probiotic containing products