

## The Mahoney Guide to Preparing and Hosting a Teaching Kitchen Event at Dayani

### **Preparation**

- Go into the kitchen a couple days before your event and see what tools they already have. Knives, water pitchers, and serving utensils should be available for your use. The fewer things you have to carry over to Dayani, the better!
- Use ingredients the Vanderbilt Medical Center production kitchen keeps in stock. Added bonus - your audience is more likely to try recipes with ingredients they already have at home.
- Think of your audience when choosing recipes. Most of the members of Dayani are going through cardiac and pulmonary rehabilitation. Keep in mind any dietary restrictions they may have.
- Decide whether you want to measure and chop your ingredients in front of the audience or have them prepared. If you choose to chop and measure ingredients beforehand, separate them into label containers and carry them over *carefully* so that nothing spills.
- Make sure to have the oven preheated and ready to go by the time you need it if you are baking or broiling.
- Rehearse! Make sure you have everything you need. You don't want to find out you are short a cutting board in the middle of your presentation.
- Have handouts about your topic and recipes prepared.
- Pay attention to details! Do you have pretzels or vegetables for a dip? Spoons for a soup? Napkins? It's better to be overprepared than underprepared.

### **Set Up**

- Arrive an hour early. You will have to set up chairs, the movable counters, and ready your workspace. It is helpful to do a quick run through of your presentation.

### **Hosting**

- Introduce yourself and the topic to the audience. You will want to have a hook, a reason why your audience is taking time out of their day to listen to you.
- Avoid "uptalk." Uptalk is a way of speaking in which your intonation rises towards the end of sentences – think of it as a stereotypical valley girl voice. Speak in a relaxed, conversational manner. Make sure you talk slow and loud enough for everyone to hear you.
- If attendees come into the demo late, identify the topic and recipe you are making. Recap what they have missed.
- Include interesting facts about what you are making. Attendees came to learn something new!
- Get the audience involved. Ask questions and make sure they understand what you are doing.
- Use humor when appropriate.
- Be confident with your skills and knowledge.
- Smile and have fun!

### **Clean Up**

- Allow an hour for clean up. Wipe down all counters, wash dishes, and return chairs and counters to their original locations. Return any borrowed or unused items to the catering kitchen or Dianne.

## **Dayani Teaching Kitchen Topic Events**

**Feb 7-8** Team #1 – Megan Toomey and Kati Pittman

**\*Teaching Kitchen Event is on Feb 7 – TOPIC is: Reading Nutrition Labels**

**Mar 7-8** Team #2 – Natalya Richardson and Grace Farone

**\*Teaching Kitchen Event is on Mar 7 – TOPIC is: Foods That Reduce Inflammation**

**April 11-12** Team #3 – Patience Ergish and Katelyn Fougere

**\*Teaching Kitchen Event is on April 11 – TOPIC is: Pre-Post Exercise Healthy Snacks**

**May 9-10** Team #4 – Morgan Hurst and Rachel Keller

**\*Teaching Kitchen Event is on May 9 – TOPIC is: A Healthier Protein Source: Peas, Lentil, Beans, Chickpeas!**