

Bulldogs in the Kitchen

Food Science and Nutrition Department Presents:

Brainstorming

Lisa Herzig, PhD, RD, CDE, directs the Dietetics Program.

It all **began** when the Fresno State's head strength coach, Andy Bennett, expressed interest in **collaborating** with the nutrition department to **help** the athletes **learn about nutrition**.

To **improve** their athletic performance, Bennett believed the athletes needed to know how **nutrition played a role**.

We wanted the athletes to learn about **meal planning, grocery shopping, and budgeting**, so it made perfect sense to **partner** with the nutrition department to **achieve** these goals.



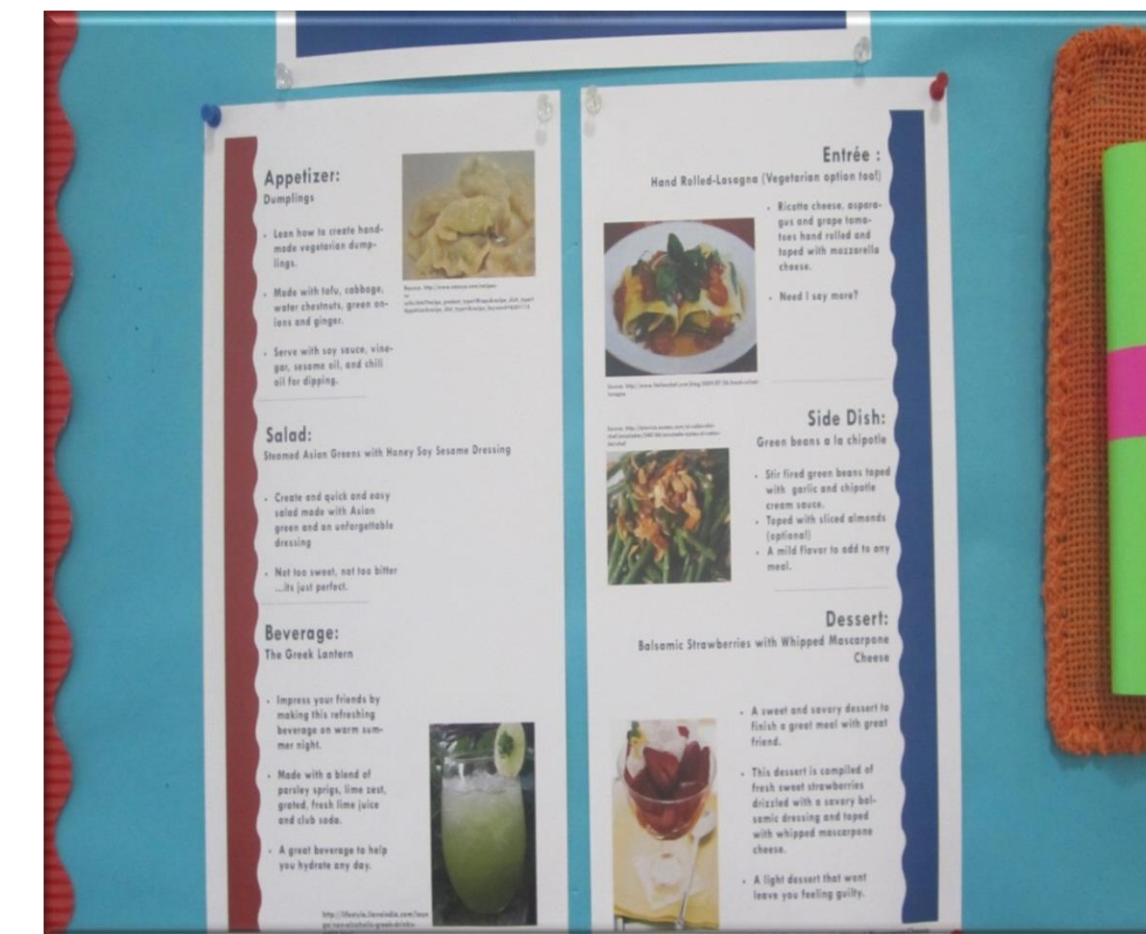
Why Sports Nutrition?

"Talent is not the only secret of being a **great athlete**, it is also the way they get their nutrition".

Sports nutrition is different from normal nutrition because with sports nutrition, the athletes **require** more **protein, fat and carbohydrates** to keep their **energy** up during their various activities.

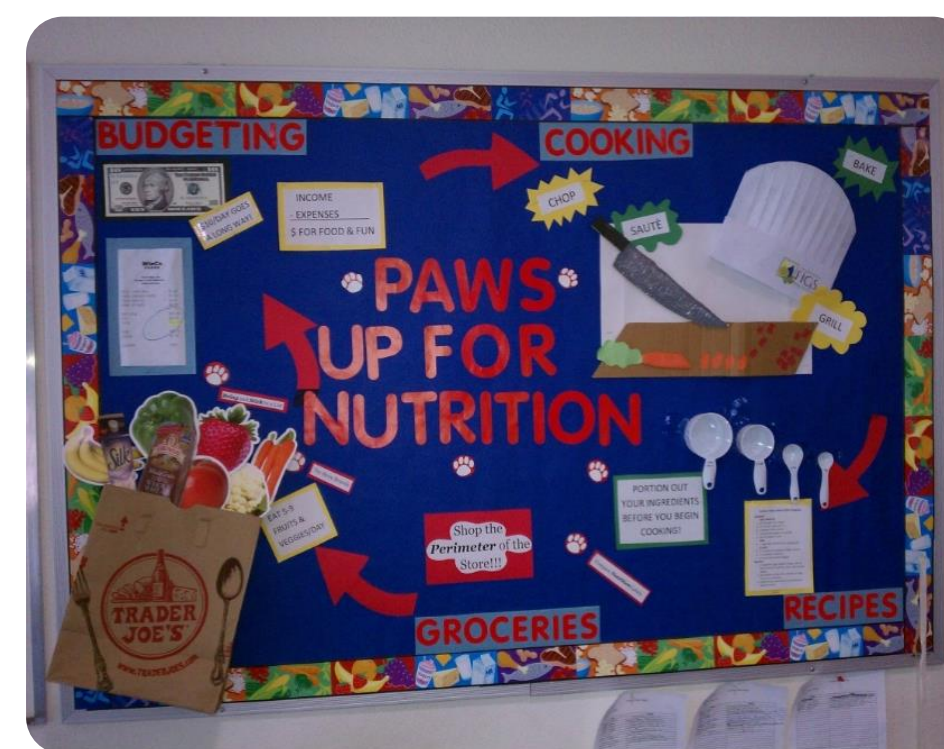
Athletes **perform** strenuous activities, that is why **good nutrition** is needed to keep them **running**.

This Years Menu



Advertising

Bulletin Boards are designed to **entice, educate and invite** the athletes.



Value Driven

An **evaluation** of the program has shown that the athletes find Bulldogs in the Kitchen valuable, worth their time, and helpful for **improving** their knowledge and **comfort** in the kitchen.

Some athletes have said that they'd never **touched a knife** before participating in the class.

Sports Nutrition Playbook

It also **offers** snack ideas, garnishing techniques, and much more.

Each time students **complete** the Food and Nutrition Communication class, they **update** the booklet and add new recipes.

Sections on special dietary concerns, such as **meatless meals, food allergies, and cultural foods** are included.



As part of the program, the dietetics students **create a booklet** for the athletes that's available online and in print.

The booklet contains menus and recipes and **provides a step-by-step** guide for budgeting and shopping.

Working Together

The dietetics students work in pairs and **choose** a group of three to four athletes to take under **their wing**.

In Their Own Words

Now lets meet some of the athletes:

- Andrew Shapiro
- Rayanne Nguyen
- Marissa P. Brand
- Kristen Sciacca



Perfect Match

There was a kitchen already available, therefore it was easy to invite the athletes.

The dietetics students are **required** to take cooking classes during their undergraduate curriculum.

It was a **perfect match** to teach the athletes not only basic cooking skills but basic nutrition education skills as well:

- Determining a **healthful body weight**
- Deciphering **pre- and post-workout recommendations**
- Focusing on **grocery shopping**
- Creating a **budget**

Come One Come All

All Fresno State athletes are **invited to participate** in the program – including: soccer, football, softball, track and field, tennis, golf, basketball, lacrosse and volleyball teams.

Of the 400 athletes on campus, about **100 participate in cooking classes at any given time**, and 300 have received individual counseling since the program began in **2009**.

Create and Eat

The dietetics students **greet** the athletes and proceed to teach them basic cooking skills such as **baking, broiling, frying, sautéing, steaming, chopping, and grilling**.

Real Home Cooking

They learn to use **proper knife techniques**, food safety and handling procedures as well as how to **complete a meal**.

The dietetics students **direct, coach, and guide** the athletes throughout the cooking process for a **memorable hands-on** experience.

Bulldogs in the Kitchen, was named after the Fresno State mascot, the Bulldog.

The main **goal** of Bulldogs in the Kitchen is to **teach** the athletes basic survival cooking skills they can use at **home, on campus, and on the road**.

Blazing the Trail

Essentially, the students teach the athletes **basic kitchen survival skills** and how to place nutrition at the **forefront to improve or sustain** athletic performance.



And the Survey Says:

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	No Response
1. This session lived up to my expectations.	66%	34%	0	0	0	0
2. The content of this session was relevant to my life.	52%	37%	11%	0	0	0
3. The pace of the session was appropriate.	60%	37%	3%	0	0	0
4. The nutrition team leaders were knowledgeable and well prepared.	68%	32%	0	0	0	0
5. The environment was conducive to learning.	65%	32%	0	3%	0	0
6. I will be able to use what I learned in this session.	65%	29%	6%	0	0	0
7. The delivery used was a good way for me to learn this topic.	71%	26%	3%	0	0	0

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