

Mini Nutrition School *The Fun Class You Missed in Medical School*

Tips for Success

- For best results please use **Google Chrome, Internet Explorer** or **Microsoft Edge**. **Do not use Safari.**
- If you select **Launch Course** and nothing happens, turn off pop-up blockers.
- If you have difficulty with this please call the Technical Assistance Center at 858-627-5000. They are available 24/7.

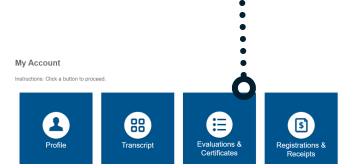
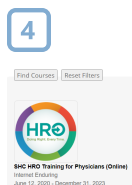
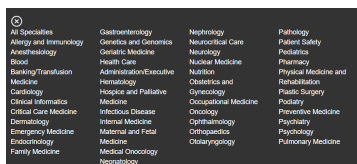
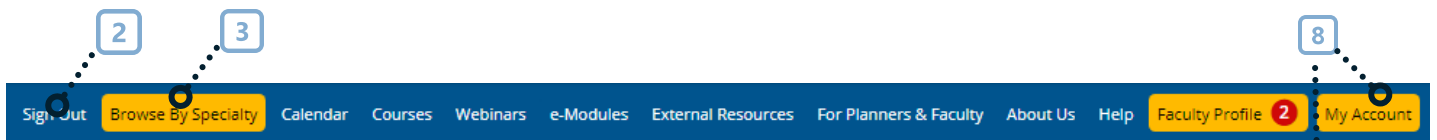
Learning Objectives

1. Discuss nutrition comfortably in patient care
2. Implement Mediterranean diet patterns, applying them to cultural dishes
3. Develop confidence in cooking/the kitchen
4. Create community while creatively implementing culinary medicine principles as part of your own wellness and in your patient care
5. List cost saving and time efficient tips for meal preparation that can guide behavior goals

Familiar with Portal?

<https://bit.ly/COOKSHC>

- 1 Visit CME Portal www.sharp.com/cmeportal
- 2 Sign In (if needed) Select **Sign In** via top navigation bar (far left)
- 3 Browse by Specialty Select **Browse by Specialty** via top navigation bar. Select **Nutrition** from dropdown.
- 4 Select Mini Nutrition School Select **Mini Nutrition School: The Fun Class You Missed in Medical School**
- 5 Select Content Select **Content** tab at top of screen
- 6 Complete Module Progress through content by selecting **Launch Website**
- 7 Complete Posttest Select **Test** after finishing course. Select green **Show Results** button in top right.
- 8 Complete Evaluation Select **Complete Evaluation**. Answer all required questions.*
*If you "X" out and skip this step, select **My Account**, then **Evaluations & Certificates**.
- 9 Submit Certificate Certificate should be emailed to you. Please forward to appropriate contact as needed.



Need to contact us? Phone: (858) 499- 4560 Email: cme@sharp.com

