

Cookshop popular



Monica Kubizniak, Sue Radd and Jeni Collins in the eat to live kitchen.

YOU'VE heard of workshops and cooking classes, but have you ever tried a cookshop?

Dietitian Sue Radd is the founding director of the Nutrition and Wellbeing Clinic at Castle Hill.

She and her team overhauled their practice to incorporate a demonstration kitchen which has run culinary medicine cookshops since February.

They have proved so popular they have earned Ms Radd the Dietitians Association of Australia President's Award for Innovation. Association president Julie Dundon said Ms Radd and her team had put food back into nutrition.

"They've taken something close to many of our hearts – food – and coupled this with good health and nutrition. Sue's cookshops

are innovative and professional and her work is an inspiration to many dietitians in private practice," Ms Dundon said.

Ms Radd said the popularity of reality television cooking shows told her people were interested in reconnecting with food through cooking.

"Our culinary medicine cookshops teach nutrition in a highly practical way which backs up advice given by dietitians in individual counselling sessions," Ms Radd said.

"We teach nutrition gems between discussing topics like pressure cookers, cuts of meat and bruschetta toppings. To keep our cooking sessions interesting, we mix up the cooking and tasting with the latest research findings."