GUIDANCE FOR ADULT EDUCATORS AND STAKEHOLDERS

Cook2DIAbeat culinary medicine-based training

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Table of Contents

1 Introduction to the Cook2DIAbeat project 4

2 Background 4

2.1 Diabetes, the Need for Action 4

2.1.1 Epidemiology of type 2 diabetes 4

2.1.2 The Disease Burden and Economic Impact 4

2.2 How can we tackle this burden 4

2.2.1 The Role of Culinary Medicine 5

3 Purpose of this Guidance 5

4 Basic principles in training of adults with type 2 diabetes 5

4.1 Lessons Learned 6

5 Who Can Be the Educator? 8

5.1 Essential Competencies of Educators 9

6 The Cook2DIAbeat training curriculum 9

6.1 Training overview 9

6.2 Module 1 11

6.2.1 Module overview 11

6.2.2 Learning Objectives 11

6.2.3 Key Content 11

6.3 Module 2 11

6.3.1 Module overview 11

6.3.2 Learning Objectives 12

6.3.3 Key Content 12

6.4 Module 3 12

6.4.1 Module overview 12

6.4.2 Learning Objectives 12

6.4.3 Key Content 12

6.5 Module 4 12

6.5.1 Module overview 13

6.5.2 Learning Objectives 13

6.5.3 Key Content 13
6.6 Module 5 13
6.6.1 Module overview 13
6.6.2 Learning Objectives 13
6.6.3 Key Content 13
6.7 Module 6 14
6.7.1 Module overview 14
6.7.2 Learning Objectives 14
6.7.3 Key Content 14
6.8 Module 7 14
6.8.1 Module overview 15
6.8.2 Learning Objectives 15
6.8.3 Key Content 15
7 The Cook2DIAbeat e-learning environment 15
7.1 Key Features of the Cook2DIAbeat e-learning platform 16
7.1.1 User-Centric Design 16
7.1.2 Interactive Recipe Videos and Recipe Book 16
7.1.3 Visual Learning Tools 16
7.1.4 Comprehensive Resource Library 16
7.1.5 Weekly Meal Plans 16
7.1.6 Lifestyle Integration 16
8 Teaching & Facilitation Strategies 17
9 Practical Activities & Tools 17
10 Assessment & Evaluation 17
10.1 Module-Level Self-Evaluation 17
10.2 Initial Registration Assessment 18
10.3 Follow-Up Assessments 18
References 19

1 Introduction to the Cook2DIAbeat project

The Cook2DIAbeat project is an Erasmus+ initiative (2022–2025) with the aim to develop a culinary medicine-based, online, asynchronous educational program for people with type 2 diabetes and their families. The Cook2DIAbeat project follows a co-design approach involving patients (including those from lower socio-economic backgrounds), family members, and health professionals in four EU countries (Belgium, Cyprus, Greece, Spain). The Cook2DIAbeat e-learning platform emphasizes practical, accessible nutrition and culinary content over theoretical instruction, aiming to enhance food preparation skills, dietary knowledge, and self-efficacy. The program prioritizes reliability, cultural adaptation, and addressing real-life barriers like time constraints, confusion about information, and social support.

2 Background

2.1 Diabetes, the Need for Action

2.1.1 Epidemiology of type 2 diabetes

Type 2 diabetes (*hereafter referred to as diabetes*) is one of the fastest-growing health challenges worldwide. In 2019, diabetes rose to the 5th leading cause of death globally, up from the 10th position in 1990 [1]. In particular, 59 million adults are currently living with diabetes in the European region, with a projected 15% increase by 2045 [2]. Alarmingly, 466,000 adults die annually due to diabetes and its complications, and 30% of these deaths occur in people under 60 years[2].

2.1.2 The Disease Burden and Economic Impact

Diabetes not only affects health outcomes but also poses an enormous economic burden. The Diabetes Atlas estimated global direct healthcare costs of diabetes at $795–1,404 billion in 2015, projected to rise to $997–1,788 billion by 2040 [1]. In Europe, significant regional disparities exist, with higher odds of new diagnoses in Southern and Eastern Europe [3]. People with diabetes face a higher risk of death and cardiovascular disease (CVD) compared to the general population. Encouragingly, research shows that this excess risk could be almost eliminated by controlling key CVD risk factors [4].

2.2 How can we tackle this burden

Evidence consistently demonstrates that lifestyle interventions can substantially reduce the risk of developing diabetes and its complications. Studies highlight that changes in diet, physical activity, and weight management can lower risk and improve outcomes [5]. The 2019 European

Society of Cardiology Guidelines on diabetes, pre-diabetes and CVDs (developed with the European Association for the Study of Diabetes) emphasize the central role of healthy lifestyle promotion in prevention and treatment [6].

2.2.1 The Role of Culinary Medicine

Nutrition education is widely recognized as a cornerstone of diabetes care. The scientific community emphasizes that medical nutrition therapy is a fundamental component of diabetes management, and adults with diabetes should be referred to comprehensive diabetes self-management education and support services according to national standards [7]. In this context, culinary medicine is emerging as an innovative, evidence-based approach that combines the art of cooking with the science of medicine to improve health outcomes [8,9]. Research shows that home food preparation reinforces key elements such as food knowledge, culinary skills, positive attitudes, and self-efficacy[10]. Home cooking is strongly associated with better nutrition quality and improved glycemic control in people with diabetes [11,12]. Importantly, addressing barriers such as lack of nutrition knowledge and cooking skills is essential for effective diabetes self-management [13].

3 Purpose of this Guidance

The current document is designed to support adult educators, policy makers, health professionals and other relevant stakeholders in delivering culinary medicine training for individuals with type 2 diabetes. It provides:

- Evidence-based background on diabetes and nutrition.
- Practical teaching frameworks grounded in adult education principles.
- Module-by-module curriculum outlines with suggested activities.
- Tools for facilitation, evaluation, and adaptation to diverse learners.

4 Basic principles in training of adults with type 2 diabetes

Type 2 diabetes is a chronic condition that requires long-term lifestyle management alongside medical care. While medications play an important role, daily choices about food, cooking, and

eating patterns have a major impact on blood glucose control, weight management, and the prevention of complications.

Traditional education models that rely on information delivery alone are often insufficient to achieve sustainable changes in dietary habits. For adults living with diabetes, knowledge must translate into practical skills, confidence, and motivation to adopt healthier eating patterns.

Culinary medicine bridges this gap by combining nutrition science with hands-on cooking education. It empowers individuals to make informed food choices, adapt recipes to their culture and preferences, and apply strategies in real-life settings such as shopping, meal planning, and cooking for families.

To ensure effectiveness, culinary medicine training for diabetes management must be based on adult learning principles. Adults learn best when the content is relevant, experiential, problem-solving oriented, and adaptable to their own context. By integrating reflection, goal-setting, and peer support, educators can help learners develop not only skills but also the confidence to maintain long-term changes in eating behavior.

4.1 Lessons Learned

Based on the **lessons learned** from the co-creation, application and evaluation of the Cook2DIAbeat training program, some core principles for adult educators and health professionals targeting individuals with type 2 diabetes using a hands-on and culinary medicine approach are summarized as follows:

- **Relevance and Practical Application**
  - Adults are motivated to learn when content relates directly to their daily lives.
  - Nutrition guidance should connect to real-life cooking, shopping, and family meals.
  - Problem-centered learning (e.g., “How can I make my traditional recipe diabetes-friendly?”) increases retention.

Facilitation Insight: Always start from learners’ existing practices and build improvements from there.

- **Experiential Learning**
  - Cooking, tasting, and hands-on activities reinforce knowledge better than lectures.
  - Engaging multiple senses (seeing, smelling, tasting, touching) deepens learning.

- Learners benefit from “learning by doing” (meal preparation, food label reading, portion demonstrations).

Facilitation Insight: Every session should include small, practical elements.

- **Peer-to-Peer Exchange & Social Learning**
  - Adults learn effectively through discussion, shared experiences, and group problem-solving.
  - Cooking together builds trust, motivation, and accountability.
  - Social interaction helps normalize lifestyle changes (“I’m not the only one facing these challenges”).

Facilitation Insight: In case of implementing a similar training, face-to-face, facilitate group sharing — ask participants to bring and adapt their own recipes.

- **Cultural & Personal Adaptation**
  - Adults value content that respects their traditions, culture, and food identity.
  - Recipes should be flexible: allow substitutions for cost, seasonality, religious needs, or preferences.
  - Acknowledge diversity in family structures, food availability, and cooking skills.

Facilitation Insight: Position culinary medicine as “enriching” rather than “restricting” traditional foods.

- **Reflection & Goal-Setting**
  - Adults benefit from pausing to consider what works for them, what barriers they face, and how to improve.
  - Self-directed goal-setting empowers lasting change.
  - Reflection fosters accountability and resilience when challenges arise.

Facilitation Insight: In case of implementing a similar training, face-to-face, end sessions with a reflection circle and invite learners to set a simple, realistic goal.

- **Autonomy & Respect for Prior Knowledge**
  - Adults bring life experience, skills, and food knowledge that should be acknowledged.
  - They want to be partners in the learning process, not passive recipients.
  - Empowering choice fosters engagement and ownership.

Facilitation Insight: In case of implementing a similar training, face-to-face, ask questions before giving answers — let learners share what they know.

- **Problem-Solving & Critical Thinking**
  - Diabetes management often involves daily problem-solving (e.g., choosing snacks, eating out, portion control).
  - Educators should model strategies for overcoming real-world barriers.
  - Encouraging learners to analyze and solve food challenges builds confidence.

Facilitation Insight: Use case studies and real-life scenarios (e.g., "A patient with limited time and budget — how would you plan their meals?").

- **Motivation Through Immediate Benefits**
  - Adults are more engaged when they experience quick, tangible results — such as improved blood sugar readings, more energy, or enjoying healthier meals.
  - Emphasize small, achievable wins that learners can recognize in their daily lives. These visible benefits help sustain motivation and long-term change.

Facilitation Insight: Reinforce progress regularly — celebrate practical improvements, consistency, and effort rather than striving for perfection.

5 Who Can Be the Educator?

Effective delivery of culinary medicine training requires educators who combine nutrition knowledge, culinary skills, and adult education competencies. While the exact profile may vary depending on the setting, the following roles are well-suited:

Health Professionals with Nutrition Knowledge

- Dietitians, nutritionists, diabetes nurses, or physicians who understand the medical aspects of type 2 diabetes.
- Provide evidence-based guidance and ensure alignment with clinical care.

Culinary Professionals

- Chefs, cooking instructors, or culinary trainers who can demonstrate practical techniques and adapt recipes to diverse needs.
- Translate nutritional science into enjoyable, accessible meals.

Adult Educators / Community Trainers

- Professionals experienced in adult learning principles and group facilitation.
- Skilled in creating an interactive, respectful, and supportive learning environment.

The Added Value of a Multidisciplinary Team

The most effective approach often combines expertise:

- Health professional (medical/nutritional knowledge)
- Culinary professional (cooking demonstration and skills)
- Adult educator (facilitation and group dynamics)

5.1 Essential Competencies of Educators

Knowledge: Basic understanding of nutrition for diabetes, portion control, healthy cooking methods.

Skills: Practical cooking demonstrations, recipe adaptation, shopping and meal planning guidance.

Facilitation: Ability to engage adults through interactive learning, peer exchange, and goal-setting.

Cultural Sensitivity: Respect for learners' food traditions, economic realities, and personal preferences.

Motivation: Encouraging and empowering learners to make sustainable, realistic changes.

6 The Cook2DIAbeat training curriculum

6.1 Training overview

The Cook2DIAbeat program is designed to support adults with type 2 diabetes in making sustainable lifestyle changes through nutrition education and practical cooking skills. The training is structured into 7 modules, each combining Facts (theoretical background) with Recipes and Tips (practical application). In particular:

Facts (Theoretical Background)

- Provides evidence-based information relevant to type 2 diabetes management.
- Covers nutrition principles, lifestyle factors, and scientific guidance.

Recipes and Tips (Practical Application)

- Demonstrates how to apply nutrition recommendations in everyday life.
- Includes simple, culturally adaptable recipes.
- Provides tips on meal planning, portion control, cooking methods, and ingredient choices.

Module	Facts	Supplementary material
Module 1: General nutritional and culinary aspects	**Unit 1:** Understanding Dietary Guidelines **Unit 2:** The Diabetes Plate Method **Unit 3:** What if I am vegetarian or vegan **Unit 4:** Glycemic index vs glycemic load **Unit 5:** Why and how to follow a healthy dietary pattern?	• **Recipes:** Basic culinary techniques | Other culinary techniques | Healthy pantry | Cuts of vegetables • **Tips:** Extra virgin olive oil | Herbs & spices | Nuts & seeds | Food & nutritional labelling | Advanced glycation end products | Glycemic index and load of fruits and vegetables
Module 2: Fruits and Vegetables	**Unit 1:** Why are fruits and vegetables important in a healthy diet	• **Recipes**

	Unit 2: Dietary fiber and type 2 diabetes **Unit 3:** Myths about fruits and vegetables **Unit 4:** Sustainability and tips for reducing food waste of fruits and vegetables	• **Tips:** Grocery tips: vegetables and fruits
Module 3: Grains and Tubers	**Unit 1:** Grains and Tubers: Why and how many **Unit 2:** Dietary fiber: how much and health benefits **Unit 3:** What if I have allergies or intolerances to certain grains? **Unit 4:** Low carbohydrate and very low carbohydrate dietary patterns	• **Recipes** • **Tips:** Cereals purchase | Culinary impact on carbohydrates digestibility
Module 4: Main dietary protein sources	**Unit 1:** Dietary protein sources and health benefits **Unit 2:** Meat, fish and eggs in our diet **Unit 3:** Pulses and other plant-based protein sources **Unit 4:** Dairy products as a source of protein and calcium **Unit 5:** Plant-based alternatives to milk	• **Recipes** • **Tips:** Grocery shopping list meat | Grocery shopping tips dairy products | Grocery shopping tips eggs | Grocery shopping tips fish | Grocery shopping tips legumes | Grocery shopping tips plant-based drinks
Module 5: Sweets, beverages and drinks	**Unit 1:** Types of sugar and health effects **Unit 2:** Tips to reduce the intake of sugar **Unit 3:** Non-sugar sweeteners **Unit 4:** Alcohol	• **Recipes**
Module 6: Other lifestyle aspects	**Unit 1:** Weekly meal plan **Unit 2:** Weight management **Unit 3:** Physical activity and exercise **Unit 4:** Sleep health **Unit 5:** Smoking cessation **Unit 6:** Additional info	-
Module 7: Emotional aspects	**Unit 1:** Emotional circumstances of living with diabetes **Unit 2:** Barriers and resources **Unit 3:** Emotional and mindful eating **Unit 4:** Additional info	-

More details on the content of each module can be found below:

6.2 Module 1

Title: General nutritional and culinary aspects

6.2.1 Module overview

This module introduces the foundations of healthy eating for type 2 diabetes management. Learners explore international dietary guideline principles, the Diabetes Plate Method, the concepts of glycemic index (GI) and glycemic load (GL), and practical strategies for building sustainable, health-promoting dietary patterns.

6.2.2 Learning Objectives

By the end of this module, learners will be able to:

- Understand the purpose of dietary guidelines in promoting health and managing diabetes.
- Apply the Diabetes Plate Method for creating balanced meals.
- Differentiate between GI and GL and explain their effects on blood glucose.
- Recognize the benefits of following a healthy dietary pattern.
- Explore practical strategies for cooking, shopping, and meal planning.

6.2.3 Key Content

- Dietary Guidelines – adequacy, disease prevention, long-term health promotion.
- Diabetes Plate Method – ½ vegetables, ¼ lean protein, ¼ whole grains/legumes; include healthy fats and hydration.
- Special Diets – vegetarian and vegan adaptations with fortified foods and supplements.
- Glycemic Index vs Load – GI measures speed, GL reflects total impact; practical food comparisons.
- Healthy Dietary Patterns – benefits for glucose, weight, blood pressure, and complication prevention.
- Practical Strategies – fiber-rich foods, food combinations, cooking methods, meal order, smart pantry choices, using herbs/spices.

6.3 Module 2

Title: Fruits and Vegetables

6.3.1 Module overview

This module highlights the role of fruits and vegetables in type 2 diabetes management. Learners explore their health benefits, appropriate portion sizes, fiber content, common myths, and strategies for sustainable consumption.

6.3.2 Learning Objectives

By the end of this module, learners will be able to:

- Understand the health benefits of fruits and vegetables.
- Differentiate between starchy and non-starchy vegetables.
- Recognize the role of dietary fiber in blood sugar control.
- Debunk common myths about fruit consumption and diabetes.
- Apply strategies to increase fruit and vegetable intake while reducing food waste.

6.3.3 Key Content

- 5 servings/day; benefits for glucose, weight, gut, and heart health.
- "Rainbow plate" principle.
- Starchy vs non-starchy vegetables.
- Fruit guidance (fresh/frozen, portion control, limit juice/dried fruit).
- Fiber targets (25–35 g/day).
- Sustainability and waste reduction strategies.

6.4 Module 3

Title: Grains and Tubers

6.4.1 Module overview

This module examines the role of grains and tubers in diabetes-friendly diets. Learners explore the differences between whole and refined grains, the importance of dietary fiber, healthier cooking methods, and considerations for special dietary needs.

6.4.2 Learning Objectives

By the end of this module, learners will be able to:

- Differentiate between whole and refined grains.
- Understand the role of grains and tubers within the Diabetes Plate Method.
- Recognize the importance of dietary fibres for blood sugar and overall health.
- Identify special considerations for gluten-free diets.
- Discuss carbohydrate intake and the benefits and limitations of low-carb options.

6.4.3 Key Content

- Whole vs refined grains.
- Plate Method: ¼ plate carbs (whole grains, legumes, tubers).
- Potatoes/tubers: healthier cooking methods.
- Fiber types and benefits (25–35 g/day).
- Gluten-free considerations.
- Low-carb diets (pros/cons).

6.5 Module 4

Title: Main Dietary Protein Sources

6.5.1 Module overview

This module explores the role of dietary protein in diabetes management. Learners compare animal and plant-based protein sources and receive practical recommendations for achieving balanced, health-promoting, and sustainable protein intake.

6.5.2 Learning Objectives

By the end of this module, learners will be able to:

- Understand protein and essential amino acids.
- Compare animal versus plant-based protein sources.
- Recognize the benefits of protein for blood glucose control, satiety, and preserving muscle mass.
- Apply recommendations for meat, fish, eggs, dairy, pulses, and plant-based alternatives.
- Identify strategies to achieve high-quality protein intake in everyday meals.

6.5.3 Key Content

- Protein basics (0.8 g/kg/day).
- Meat: red (limit), white (prefer), processed (avoid).
- Fish/seafood: 2 portions/week (fatty fish for omega-3).
- Eggs: safe in moderation.
- Dairy: 2–3 servings/day for protein + calcium.
- Pulses: ≥3 portions/week; digestibility tips.
- Soy products (tofu, tempeh, edamame).
- Plant-based “milks”: soy closest to dairy in protein.
- Sustainability of plant proteins.

6.6 Module 5

Title: Sweets, Beverages and Drinks

6.6.1 Module overview

This module focuses on sugars, sweeteners, alcohol, and hydration. Learners explore the risks of excess sugar, practical strategies to reduce sugar intake, the role and limitations of non-sugar sweeteners, and safe beverage choices, with an emphasis on water as the healthiest option.

6.6.2 Learning Objectives

By the end of this module, learners will be able to:

- Distinguish between intrinsic, added, and free sugars.
- Recognize the health risks of excess sugar consumption.
- Apply strategies to reduce sugar intake in daily life.
- Understand the role and limitations of non-sugar sweeteners.
- Identify the risks associated with alcohol consumption.
- Appreciate water as the primary, healthiest beverage.

6.6.3 Key Content

- Types of sugars; WHO recommendation (<10%, ideally <5% energy).
- Health effects: diabetes, obesity, CVD, liver disease, cavities.
- Strategies: reduce sugar in cooking, label reading, choose unprocessed foods.
- Non-sugar sweeteners: natural/artificial, mixed evidence, not a substitute for water.
- Alcohol: no safe level, moderate intake guidance.
- Water: best choice; daily intake 2L women / 2.5L men.

6.7 Module 6

Title: Other lifestyle aspects

6.7.1 Module overview

Beyond nutrition, effective type 2 diabetes management requires broader lifestyle modifications. This module provides practical guidance on meal planning, weight management, physical activity and exercise, smoking cessation, and sleep quality, helping learners integrate sustainable habits into daily life.

6.7.2 Learning Objectives

By the end of this module, learners will be able to:

- Plan balanced meals using practical portion control and timing strategies to support blood glucose management.
- Apply strategies to achieve or maintain a healthy weight through realistic lifestyle changes.
- Incorporate regular physical activity and exercises (aerobic and resistance) into their daily routines safely.
- Use techniques and resources to reduce or quit smoking, if applicable.
- Establish sleep routines and stress-management practices that support overall health and glucose control.
- Combine healthy eating, physical activity, sleep, and other lifestyle habits into a sustainable daily routine.
- Set achievable, personal goals for lifestyle changes and monitor progress over time.

6.7.3 Key Content

- Meal Planning: Balanced meals, portion control, timing, and practical tips for everyday life.
- Weight Management: Healthy weight targets, behavioral strategies, and tracking progress.
- Physical Activity & Exercise: Aerobic and resistance exercises, frequency, safety considerations.
- Smoking Cessation: Risks of tobacco, strategies for quitting, support resources.
- Sleep Quality: Importance of sleep quality, routines, stress reduction strategies.
- Lifestyle Integration: Combining nutrition, activity, sleep, and smoking cessation into a sustainable plan

6.8 Module 7

Title: Emotional aspects

6.8.1 Module overview

This module addresses the emotional dimensions of living with type 2 diabetes. Learners explore the impact of emotions on daily self-care, identify personal barriers and resources, and develop strategies to manage emotional and mindful eating. The module also provides additional information to support long-term psychological well-being and resilience.

6.8.2 Learning Objectives

By the end of this module, learners will be able to:

- Recognize how emotional circumstances can influence diabetes management and daily choices.
- Identify personal barriers and available resources to support lifestyle and self-care behaviours.
- Apply strategies for emotional regulation and mindful eating in everyday life.
- Access and use additional information and support tools to enhance coping and well-being.

6.8.3 Key Content

- Emotional Circumstances of Living with Diabetes – Stress, anxiety, and mood changes related to diagnosis and daily management.
- Barriers and Resources – Personal, social, and environmental challenges; support systems and coping strategies.
- Emotional and Mindful Eating – Recognizing emotional triggers, applying mindfulness during meals, and strategies to prevent overeating.
- Additional Information – Guidance on professional support, self-help resources, and tools to maintain motivation and resilience.

7 The Cook2DIAbeat e-learning environment

The Cook2DIAbeat platform offers an interactive, user-friendly virtual kitchen designed to support individuals with type 2 diabetes in managing their condition through practical culinary education.

7.1 Key Features of the Cook2DIAbeat e-learning platform

The Cook2DIAbeat e-learning environment combines visual learning tools, instructional videos, and hands-on cooking demonstrations to empower users to make healthier food choices in their daily lives. By combining these features, the Cook2DIAbeat virtual kitchen environment offers a comprehensive and supportive learning experience, enabling individuals with type 2 diabetes to take control of their health through informed food choices and cooking practices.

7.1.1 User-Centric Design

Accessible Navigation: The platform is organized into clearly labeled modules, each focusing on a specific aspect of diabetes management, such as "Fruits and Vegetables," "Other lifestyle aspects," and "Emotional Aspects." Users can easily navigate through these sections to find relevant content.

Multilingual Support: To accommodate a diverse audience, the platform offers content in multiple languages, including English, Greek, Spanish, Dutch, and French, ensuring broader accessibility.

7.1.2 Interactive Recipe Videos and Recipe Book

The platform provides a variety of recipe videos that guide users through the preparation of diabetes-friendly meals. These videos cover diverse cooking techniques and meal ideas, such as "Papillote Chicken," "Salt Crust Cooking," and "Cooking in a Pressure Cooker." Each video is designed to be engaging and informative, catering to different skill levels and dietary preferences. All recipes are compiled in a Recipe book available for download by the users.

7.1.3 Visual Learning Tools

Users can access visual aids like the "Healthy Pantry" and "Cuts of Vegetables" to enhance their understanding of ingredient selection and preparation methods. These tools help demystify the cooking process and encourage users to experiment with new foods and techniques.

7.1.4 Comprehensive Resource Library

The platform includes a wide range of resources, like information on herbs and spices, extra virgin olive oil, and nuts & seeds. This extensive library ensures that users have the knowledge and confidence to make informed choices in the kitchen.

7.1.5 Weekly Meal Plans

Structured meal plans are available to assist users in organizing their weekly meals, promoting balanced nutrition, and better blood sugar control. These plans are designed to be flexible and adaptable to individual needs and preferences.

7.1.6 Lifestyle Integration

Beyond nutrition, the platform addresses other lifestyle factors such as sleep health, smoking cessation, weight management, physical activity, and emotional well-being. This holistic approach supports users in making sustainable changes that positively impact their overall health.

8 Teaching & Facilitation Strategies

To maximize engagement and learning in Cook2DIAbeat training, educators should use a variety of interactive and practical methods:

- **Visual Aids** – Use plate models, colorful charts, and real food packaging to illustrate portion sizes, food groups, and nutrition principles.
- **Hands-On Practice** – Incorporate cooking sessions, food preparation exercises, and label-reading activities to reinforce applied skills.
- **Group Interaction** – Encourage peer-to-peer teaching, discussion, and recipe sharing to build motivation and social learning.
- **Storytelling & Case Studies** – Present real-life examples of patients improving their health through dietary and lifestyle changes to contextualize learning.
- **Take-Home Tools** – Provide recipe cards, shopping lists, and practical cooking tips for learners to apply at home.
- **Digital Tools** – Integrate apps for meal tracking, cooking videos, or online challenges to enhance engagement and support self-management.

9 Practical Activities & Tools

To reinforce learning and promote applied skills in diabetes management, the following activities and tools are recommended:

- **Cooking Workshops** – Learners prepare a diabetes-friendly meal together, practicing portion control, healthy cooking methods, and ingredient selection.

- **Smart Shopping Exercise** – Hands-on label reading and shopping guidance, focusing on budget-friendly, nutritious choices.
- **Recipe Modification Challenge** – Learners adapt traditional or familiar meals into healthier versions, applying principles of balanced nutrition.
- **Food Waste Reduction Brainstorm** – Group discussion on strategies to reduce waste, including proper storage, repurposing leftovers, and creative meal planning.
- **Myth-Busting Sessions** – Interactive sessions to clarify common misconceptions about diabetes, nutrition, and lifestyle management.
- **Pantry Planning** – Learners create personalized, diabetes-friendly shopping lists to support meal planning and consistent healthy eating habits.

10 Assessment & Evaluation

The Cook2DIAbeat program incorporates a multi-level evaluation system designed to assess learner engagement, knowledge acquisition, practical skills, and long-term behavior change. The process combines self-assessment, automated surveys, and follow-up questionnaires.

10.1 Module-Level Self-Evaluation

- Each module includes quizzes and self-assessment exercises.
- Learners reflect on their understanding of the content and application of nutrition and lifestyle recommendations.
- Immediate feedback helps learners identify areas for improvement and reinforces key concepts.

10.2 Initial Registration Assessment

- Upon registration, learners receive an automated email prompting them to complete a baseline questionnaire.
- This survey gathers information on:
    - Demographics (age, gender, health status)
    - Food management knowledge
    - Adherence to dietary recommendations
    - Home cooking skills
- Data collected at this stage establishes a baseline for each learner.

10.3 Follow-Up Assessment

- Learners are re-contacted at 1 month after registration.

- Follow-up questionnaires evaluate:
    - Changes in knowledge, attitudes, and self-efficacy related to food and lifestyle management
    - Adoption and maintenance of healthy eating and cooking habits
    - Continued satisfaction and usability of the e-learning platform
- This follow-up contributes to monitor users' progress, measure short-term impact, and identify areas for improvement in the training content or delivery.

This evaluation framework ensures a continuous loop of assessment, feedback, and improvement, supporting both learners' development and program effectiveness.

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Cook2DIAbeat

Guidance for Adult Educators and Stakeholders

Cook2DIAbeat culinary medicine-based training

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- Fundación para la Salud Novo Nordisk (FSNN)
- European Food Information Council (EUFIC)

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