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## **New form of nutrition education - cooking class for practice of low salt diet**

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The patients with chronic kidney disease are important in dietary management to delay the progression of the disease, to prevent worsening uremia due to accumulation of waste, and to maintain good nutritional status. Depending on the function of the kidneys, it is necessary to control nutrient intake such as protein, sodium, potassium, and phosphorus, and nutrition education should be preceded for nutrition therapy. Until now, most of the nutrition education delivers a lot of information in a short time, so it is difficult to expect a sufficient understanding and education effect of the contents. Most patients with nutritional education experience difficulties in food preparation on account of limited food use and low salt diet. In particular, Korea has more salt intake than recommended by the World Health Organization because of the high salt intake through the consumption of the seasoning used for cooking, soup, and kimchi. It is difficult to manage the diet because it is not familiar with the cooking methods that reduce salt use, and it makes the management of the chronic kidney disease discontinued.

Cooking class, which directly teaches how to make food, is operated in various fields such as improvement of meal pattern of children and formation of adequate food culture, and it is a method of education that trainee participates and experiences directly. In the nutrition education through the cooking class, participants learn selection of adequate ingredients of diet, precautions during cooking, precise seasoning method, and reduction of the salt usage by using various flavors such as vinegar, sugar, and herbs. They can be confident in the practice of chronic kidney disease nutrition therapy by experiencing more delicious diet with easier recipe and less salt. It is expected that nutrition education through cooking class and development and dissemination of delicious low salt recipe will be helpful for managing the diet of patients with chronic kidney disease.