

# **CURRICULUM VITAE**

**Rachael Clark, MS, RD**

Instructor (Lecturer)

College of Health, Department of Nutrition and Integrative Physiology

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## **I. EDUCATION**

2015    A.S.    Snow College Associate of Science  
2018    B.S.    University of Utah Health Promotion and Education  
2022    M.S.    University of Utah Nutrition and Integrative Physiology  
2023            Food is Medicine Conference, University of Utah, Salt Lake City, Utah  
2023            Plant-Based Nutrition Symposium, Plant-Based Utah, Park City, Utah

## **II. LICENSES & CERTIFICATES**

Commission on Dietetic Registration: Registered Dietitian Nutritionist #86293299  
Utah Division of Occupational and Professional Licensing: Certified Dietitian #8471403-4901  
National Commission for Health Education Credentialing: Certified Health Education Specialist (CHES) #29460  
Utah Division of Occupational and Professional Licensing: Pharmacy Technician #8471403-1717  
Certified Personal Trainer  
Certified Behavior Change Specialist  
Certified Food Protection Manager  
Advanced CPR and AED Certificate

## **III. EMPLOYMENT**

08/23 – present    Metabolic Kitchen Director and Culinary Medicine Instructor, Salt Lake City, Utah  
08/22 – present    Nutrition Counselor, Unaffiliated, Salt Lake City, Utah  
06/22 – 04/23    Nutrition Content Specialist and Intern Coordinator, Opsi Health, Golden, Colorado  
08/21 – 12/22    Nutrition Educator, EATS Park City, Park City, Utah  
08/19 – 12/21    Founder, 4 Pillar Health Meal Preparation, Salt Lake City, Utah  
08/15 – 07/18    Assistant Manager and Fitness Trainer, Anytime Fitness, Riverton, Utah  
01/16 - 05/16    Substitute Teacher, Athenian Academy, Ephraim, Utah  
06/14 - 12/15    Pharmacy Technician, Walgreens, West Jordan, Utah

## **IV. ACADEMIC EXPERIENCE**

06/21 – 07/21    Clinical Supervised Practice: Intermountain Healthcare LDS Hospital, Salt Lake City, Utah  
07/21 – 07/21    Food Management Supervised Practice: Huntsman Mental Health Institute, Salt Lake City, Utah  
08/21 – 08/21    Community Supervised Practice: Harmon's Grocery Store, Cottonwood Heights, Utah  
08/21 – 05/22    Capstone Project: Culinary Medicine, University of Utah, Salt Lake City, Utah

**V. PROFESSIONAL AFFILIATIONS**

Member, Academy of Nutrition and Dietetics (AND)

Board Member, Utah Academy of Nutrition and Dietetics (UAND)

**VI. AUTHORSHIP**

**Rachael Clark**, Kara Sephel, Felicia Soth. Pediatric Nutrition Education Guidebook for Discover Develop Impact Vantage (56-pages). May, 2022.

**VII. ABSTRACTS/POSTERS**

**Rachael Clark**, Kara Sephel, Felicia Soth. Development of a Pediatric Nutrition Education Guidebook for Discover Develop Impact Vantage. Utah Academy of Nutrition and Dietetics Annual Meeting, Salt Lake City, Utah. March 24-25, 2022.

**VIII. TEACHING EXPERIENCE**

**A. Curriculum Development**

2021-2022 EATS Park City, After School Nutrition and Cooking Class Program

2021-2022 Department of Nutrition and Integrative Physiology and UHealth Sugarhouse Health Clinic, Shared Medical Appointment Healthy Cooking Class 3-Part Series, Interactive Cooking Experiences.

**B. Classes Taught**

2021-2022 EATS Park City, After School Nutrition and Cooking Class Program: 10 classes, 30 students

**C. Professional Presentations**

2023 Mindful Eating, Company-Wide Journal Club, Opsis Health, Golden, Colorado

2022 Processed Foods and Their Impact on Health, Company-Wide Journal Club, Opsis Health, Golden, Colorado

2022 Diet Quality Analysis Tools, Company-Wide Journal Club, Opsis Health, Golden, Colorado

2022 Healthy Eating, Rowland Hall Middle School, Salt Lake City, Utah

2018 Nutrition for Basketball Performance, Cottonwood High School, Cottonwood Heights, Utah

**IX. AWARDS**

2018-2023 Dean's List, University of Utah

2017-2018 College of Health Advancement Scholarship, University of Utah

2015-2017 Transfer Achievement Scholarship, University of Utah

2014-2015 Academic Scholarship, Snow College

**X. SERVICE**

2021-2022

2021

2018-2019

Feed U Pantry, University of Utah, Salt Lake City, Utah

Palmer Court, Salt Lake City, Utah

Utahns Against Hunger, Salt Lake City, Utah