



# Become a CNM Natural Chef or Vegan Natural Chef

Discover more about the latest Diploma Courses at CNM (College of Naturopathic Medicine).

**C**NM Natural Chef and Vegan Natural Chef Training was developed to meet the growing demand for food that supports and promotes health.

Students are taught to prepare delicious gourmet meals to a professional level, using whole, organic, fresh, seasonal, and minimally processed foods that nourish and repair. Uniquely, the emphasis is on the food's therapeutic, energetic and nutritional value. As no single dietary regime is appropriate for everyone, students are shown how individualised food can enhance health. They learn therapeutic menu planning, and how to cater for special dietary needs and preferences.

For CNM's Natural Chef Diploma, these include vegetarian, vegan, paleo, gluten free, dairy free, sugar free, and raw foods. If students opt to focus solely on the preparation of plant-based foods, covered by CNM's Vegan Natural Chef Diploma, then animal produce is replaced by 100 per cent vegan options.

## LEARN NEW SKILLS

Students on either course learn how to shop, prepare, cook, combine, preserve and store foods for maximum nutrient content. Presentation and photography is also covered, along with essentials such as recipe writing, culinary maths, scaling and costing, food safety and sanitation.

There are many reasons for doing the course, including wanting to serve up healthy and delicious food for family, diversifying into a culinary career, expanding your business and increasing public exposure by blogging recipes.

The part-time course is structured as follows:

- **Anatomy and Physiology:** 60 hours online.
- **Basics of Nutrition:** 60 hours.
- **Kitchen:** 140 hours in the CNM kitchen, plus 160 hours of home assignments.

- **Internship:** 100 hours at your chosen venue.
- **Total length of study for all modules, plus internship:** 520 hours part-time, usually completed over 10-12 months.

CNM's Natural Chef Training is available in London, and will start this year in Dublin.

2018 marks the 20th anniversary since CNM began training successful natural health practitioners and today it is the UK and Ireland's leading training provider in a range of natural therapies, with colleges nationwide.

CNM Diploma Courses include Nutrition, Herbal Medicine, Acupuncture, Homeopathy, Naturopathy, Natural Chef and Vegan Natural Chef. A range of Short Courses is also available.



For details of courses available at CNM, please visit [www.naturopathy-uk.com](http://www.naturopathy-uk.com)