



LEARN ABOUT FOOD *THAT NOURISHES AND REPAIRS*

Interested in understanding more about food and how nutrition can help our health? The Natural Chef and Vegan Natural Chef Training at the College of Naturopathic Medicine could be just what you're looking for

Understanding more about the food we eat and the way it can help our physical and emotional wellbeing is becoming increasingly important to a growing number of people and the College of Naturopathic Medicine's (CNM's) Natural Chef and Vegan Natural Chef Training were developed to meet the growing demand for meals that support and promote health.

The emphasis of the two courses is on the therapeutic, energetic and nutritional value of food. Students are taught to prepare delicious gourmet meals to a professional level, using whole, organic, fresh, seasonal and minimally processed items that nourish and repair. As no single dietary regime is appropriate for everyone, they learn how individualised diets can enhance health. Therapeutic menu-planning is covered, as is 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 percent vegan options.

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 your family; diversifying into a culinary career; or to increase your public profile by blogging recipes.

Natural Chef and Vegan Natural Chef Training is available at CNM's central London college near King's Cross, easily accessible from across the UK. The Natural Chef course will also start this year in Ireland at CNM Dublin.

PART-TIME COURSE STRUCTURE:

Anatomy and Physiology: 60 hours online

Nutrition for Everyday Living: 60 hours

Chef Training: 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 to 12 months

This year marks the 20th anniversary of the first CNM opening and since then hundreds of students have been trained for successful careers in natural therapies. There are CNM colleges across the UK and Ireland. Depending on location, CNM Diploma Courses offered include Nutrition, Herbal Medicine, Acupuncture, Homeopathy, Naturopathy, Natural Chef and Vegan Natural Chef. A range of CNM Short Courses is also available. For more details visit naturopathy-uk.com.

