

Become a CNM Natural Chef or Vegan Natural Chef

The newest Diploma Courses available from CNM (College of Naturopathic Medicine) are the CNM Natural Chef and Vegan Natural Chef Training. Both were 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. 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 the Natural Chef Training, these include vegetarian, vegan, paleo, gluten-free, dairy-free, sugar-free, and raw foods. Animal produce is replaced by 100% vegan options if students opt to focus solely on the preparation of plant-based foods, covered by the CNM Vegan Natural Chef Training.

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 by improving client engagement and results; increasing public exposure by blogging recipes.

The part-time course is structured as follows:

- Anatomy & Physiology: 60 hours on line (some practitioners may be exempt).
- Basics of Nutrition: 60 hours (some



CNM 
The Natural Chef

- practitioners may be exempt).
- Kitchen: 140 hours in the CNM kitchen + 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, completed in one year.

CNM's Natural Chef Training is available at CNM's new college near Kings Cross, London, accessible from across the country. The course will also start this April in Dublin.

For details of these and all other CNM courses available please visit www.naturopathy-uk.com



The NNA supports a naturopathic approach to nutrition. We offer the personal touch, providing information, guidance and support to practitioners, students and the public.

Benefits of Membership

- Strong emphasis on member support
- Free CPD certified Webinars for all members
- Access to the Natural Medicines Database
- Highly regarded Mentoring scheme
- Discounts on Seminars, Professional Insurance and Testing Services
- Student, Associate and Full memberships
- Members are eligible to apply for voluntary CNHC registration
- Apply to register as Associate Naturopath with the General Naturopathic Council
- Upgrade scheme to become a Registered Naturopath

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www.nna-uk.com

Become a 
CNM Natural Chef

College of Naturopathic Medicine

Study part-time
London

Diploma Course includes:

- Food fundamentals
- Natural Chef techniques
- Food for Health
- Therapeutic menu and recipe writing
- Building a culinary career

CNM is the UK's leading college for natural therapies

Attend an Open Evening to find out more!

01342 410 505 www.naturopathy-uk.com

