



# BECOME A CNM VEGAN NATURAL CHEF

TRAINING WITH THE COLLEGE OF NATUROPATHIC MEDICINE



CNM's Vegan Natural Chef training is a part-time course covering everything you need to know to become a successful plant-based chef, from how the digestive process works, to working with plant-based proteins, to building a culinary career!

Whether you simply want to serve up truly healthy and delicious plant-based food for friends and family, or you want to turn your knowledge into a successful culinary career, or even increase your profile by blogging recipes, CNM's Vegan Natural Chef qualification is suitable for you.

Career options include becoming a plant-based chef in a restaurant or spa; working as a private chef, or developing your own healthy vegan food based business, from cooking instructor, product developer or consultant, food and recipe writer or cookbook author.

As you would expect from CNM, a college renowned for its food-based approach to health, the emphasis of this unique course is on the therapeutic, energetic and nutritional value of food. You'll be taught to prepare delicious gourmet meals to a professional level, using whole, organic, fresh, seasonal, and minimally processed foods that nourish and repair. You'll learn about therapeutic menu-planning, and how individualised foods enhance health.

You'll 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.

## THE PART-TIME COURSE IS AVAILABLE IN LONDON AND DUBLIN, AND IS STRUCTURED AS FOLLOWS:

**Anatomy & Physiology:** 60 hours on line; **Nutrition for Everyday Living:** 60 hours; **Chef Training:** 140 hours in the CNM kitchen + 160 hours of home assignments. **Internship:** 100 hours at your chosen venue. The total length of study for all modules plus internship is 520 hours part-time, usually completed over 10 – 12 months.

CNM has a twenty-year track record in training students for successful careers in natural therapies. There are CNM colleges across the UK and Ireland, offering a variety of courses.