

Wholefood Cook's Training Course Framework

Module	Key Themes & Activities
Pre Module 1	<ul style="list-style-type: none"> • Pre course material
Module 1	<ul style="list-style-type: none"> • Macrobiotics In A Nutshell • Food Energetics • Ingredients For Life • Menu Design: Balanced Meals • Cooking Class
Between Module 1 & 2	<ul style="list-style-type: none"> • Kitchen Ready • Yin Yang
Module 2	<ul style="list-style-type: none"> • Breakfast Feast • Macrobiotics & The Five Elements • Grain Truths • Cooking Class
Between Module 2 & 3	<ul style="list-style-type: none"> • Delicious Detox
Module 3	<ul style="list-style-type: none"> • Liver Friendly Menus • The Jewels to Detoxification • Body Clues • Detox Tricks • Cooking Class
Between Module 3 & 4	<ul style="list-style-type: none"> • Vegetable Heaven • Food & Mood
Module 4	<ul style="list-style-type: none"> • Plant Protein Power • Sea Vegetable Strength • Kidney Care • Food & Health Plan Progress • Cooking Class
Between Module 4 & 5	<ul style="list-style-type: none"> • Energy Drive
Module 5	<ul style="list-style-type: none"> • Heart Health • Healthy Treats • Remedial Recipes: Desserts That Heal • Curious Condiments • Cooking Class
Between Module 5 & 6	<ul style="list-style-type: none"> • Menu Planning
Module 6	<ul style="list-style-type: none"> • Spotlight on Digestion & Common Conditions • Gut Strengthening Toolkit • Delight Your Digestion • Remedial Recipes: Soups & Stews • Cooking Class
Between Module 6 & 7	<ul style="list-style-type: none"> • Cooking For Another

WHOLEFOOD HARMONY

*love food.
nourish life.*

Module 7

- Party Food
- Menu Design for Life
- Certification
- Closing Ceremony
- Cooking Class