



## **Wholefood Cooks Training Course**

The Wholefood Cooks Training Course offers a rigorous exposure to natural cooking and macrobiotic food for health.

You will be immersed in learning how to prepare an abundance of plant foods, from whole grains and beans, to seasonal fruit and vegetables, sea vegetables, tofu and tempeh. You will experiment with the energy of food, create dishes targeted to various health aspects and develop a feel for menu design. You will apply natural food and health wisdom practically and gain support in integrating your own plan for healthy eating and living.

We meet monthly over the academic year for packed training days and some coursework is a feature between the modules.

### **Who would benefit**

This course is for you if you have a keen interest in healthy food and cooking. We also welcome health practitioners, nutritionists and those working with food. The course is suitable for both students wishing to extend their application of macrobiotics and for those without any prior training in macrobiotics.

## **Course outcomes**

### **Cooking Skills**

- To develop students' cooking using an array of natural plant ingredients.
- To heighten students confidence in ingredient selection, menu planning and cooking
- To equip students with a wide repertoire of dishes which cater to a host of different healthy aspects.
- To provide students with tools to support their preparation of food for others

### **Macrobiotic Learning**

- To sharpen students' insight into macrobiotic philosophy
- To give students opportunities to apply the whole food wisdom practically
- To create experiences of nourishing and health expanding food

### **Personal Development**

- To facilitate students' integration of whole food cookery.
- To instil a sensitivity in the preparation of food and develop students' intuition in cooking appropriately for themselves and others.
- To give students a strong foundation from which they may like to pursue cooking opportunities as a career



## **The Training Course provides**

### **Practical Framework**

- A rigorous curriculum of learning, cooking and application
- All training materials and recipes
- Assignments in between modules to strengthen integration of the course
- Paired exchanges in between modules
- Small class sizes
- Course certificate upon completion

### **Hands On Cooking**

- Each training day features a cooking class and the creation of an abundance of delicious dishes
- Each day includes the enjoyment of a full three course luncheon
- All seasonal, organic ingredients and equipment are included during the training days

### **Personal Coaching**

- Food and health coaching and a bespoke plan and support for each student
- Each participant will schedule one private session with Anna Freedman and make a personal food and health plan

### **Upon Graduation**

This course forms the foundations for a career with natural food. After completion of this years Wholefood Cooks Training, we intend to offer a second level course to further your macrobiotic studies, deepen your insight into healing cooking and to teach the application of your natural food expertise to professional teaching and catering opportunities.

### **Format**

Training days follow the format below.

10am	Welcome drinks
10am	Teaching
11am	Hands on cooking
1pm	Lunch
2pm	Teaching
3pm	Tea break
3.15pm	Teaching
4pm	Closing comments

**When**

1. Saturday 14 June 2014
2. Saturday 12 July 2014
3. Saturday 6 September 2014
4. Saturday 11 October 2014
5. Saturday 8 November 2014
6. Saturday 7 December 2014
7. Saturday 17 January 2015

**Where**

Wholefood Harmony Kitchen, London NW11. Close to Golders Green and East Finchley stations. Full joining and venue details will be sent to you upon booking.

**Teaching**

The course is taught by [Anna Freedman](#), founder of Wholefood Harmony. Qualified Macrobiotic Cook & Health Coach, Macrobiotic Specialist Cook & Healing Guide. She also holds a BSc in Biology and is qualified by the Chartered Institute of Management Accountants.

**Fees**

The fee for the course is £1150. This is payable in full or as a deposit of £500 at the time of application. If you wish to pay a deposit upon application, the balance of £650 is payable by 18 April 2014.

**Application**

Via application form. You are most welcome to contact Anna for a conversation or with any questions.

**Cancellation Policy**

Spaces on the training course are limited and deposits are non refundable. We regret that refunds cannot be given should a student leave the course.