



**BAUMAN
COLLEGE**

HOLISTIC NUTRITION
AND CULINARY ARTS

Natural Chef Certification

Statement of Educational Objectives

The **Natural Chef Training Program** is committed to the training of nutritional and therapeutic cooks who learn to be artists in food preparation and presentation. This program emphasizes nutritional and therapeutic cooking, and mastery of the necessary kitchen skills. The Natural Chef Training Program prepares students for a career in the blossoming natural and whole food industry.

Occupation and Job Titles- Natural Chef, D.O.T. 305-281-010 Cook, Natural Chef, Personal Therapeutic Chef, Personal Chef, Private Chef, Private Therapeutic Chef, Whole Foods Cook, Whole Foods Cooking Instructor, Whole Foods Cooking Consultant, Whole Foods Caterer, Natural Foods Chef.

Natural Chefs are in great demand as the need for good nutrition and a healthy lifestyle becomes more apparent in our fast-paced world. Natural Chefs are adept at preparing delicious gourmet meals that emphasize the nutritional value of food and its power to stimulate the healing process for clients. These chefs fill the culinary needs of healthy or ill people with high-quality, nourishing food presented in an artistic manner. Natural Chef graduates work in private homes, catering services, health spas, health food stores, educational programs, and restaurants.

Length of Educational Service: (450 hours) 5 month classroom

Sequence and Frequency of Lessons: 10 topics plus Externship. Three to ten 5-hour classes per topic, 8 hours homework per week.

Citation of Texts and Required Written Materials: (Additional required materials listed at end of document)

Natural Chef Handbook

Recipes and Remedies for Rejuvenation (2002), Bauman, E.

Knife Skills Illustrated: A User's Manual (2007) Hertzmann, P.

Encyclopedia of Healing Foods (2005) Murray, M. & Pizzorno J.

Professional Personal Chef (2007) Wallace, C. and Forte, G.

Dress Code: Listed at end of document

Sequential and Detailed Outcomes of Subject Matter to be Addressed or List of Skills to be Learned:

To successfully pass the course, all students will demonstrate knowledge of expected proficiency by successful completion of assigned class projects, homework, comprehension checks, and practical testing with a minimum grade of 70%. The graduate will have mastered the following subjects and developed the following skills:

CF 101 Culinary Nutrition & Kitchen Basics

Introduction to the art and science of clinical, holistic, research-based nutrition. Features practical instruction in kitchen basics.

101.1 Eating For Health I

An introduction to an organic, seasonal, nutrient-rich, and individualized model.

101.2 Eating For Health II

An in-depth look at the components of the Eating for Health Model, covering nutrition basics such as macronutrients and micronutrients.

101.3 Culinary Math and Nutrition Analysis

Learn basic culinary measurements, calculations, and nutrition analysis. Recipe writing and homework requirements are also covered.

101.4 Foundations of Cooking

An introduction to the basics of cooking: Pantry set-up, cooking techniques, kitchen equipment, and elements of taste.

101.5 Safety and Sanitation

Learn and implement safety and sanitation guidelines.

101.6 Knife Skills

Basic skills are demonstrated & practiced.

CF 102 Food Foundations I

Practice the foundations of cooking with whole, seasonal, organic, locally-grown foods.

102.1 Stocks

Making stock is the foundation of good cooking. Learn proper techniques for preparing stocks and their therapeutic uses.

102.2 Soups and Stews

Prepare nourishing soups and stews.

102.2 Sauces

Learn proper techniques for preparing sauces, from traditional to contemporary.

102.4 Salads and Dressings

Prepare healthy and creative salads and dressings. Learn how to make nutritious sprouts to add to salads and other dishes.

102.5 Appetizers & Garnishes

Create healthy, delicious morsels. Learn to garnish with flair.

102.6 Greens and Vegetables

How to identify, prepare, and cook a variety of nutrient-packed greens and vegetables.

CF 103 Food Foundations II

Practice cooking healthy main dishes, breads, and desserts. Learn to use healthy alternative ingredients.

103.1 Grains, Legumes, Nuts and Seeds

Learn about the multitude of healthy grains, nuts, seeds, and legumes.

103.2 Sea Vegetables

Learn how to identify and use nutrient-dense sea vegetables in an array of recipes.

103.3 Alternative Ingredients

Healthy substitute ingredients and how to convert recipes.

103.4 Breakfast & Eggs

Prepare satisfying, nutrient-dense morning meals. Learn about juicing and the vast culinary uses and nutritional benefits of eggs.

103.5 Vegetable Proteins

Learn to substitute vegetable proteins for animal proteins.

103.6 Fish

Preparing fish in a healthful manner.

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| 103.7 Chicken | Learn sanitary and healthy ways to prepare fowl. |
| 103.8 Intro to Natural Dessert Baking Technique | Learn the basic techniques for making healthy baked desserts. desserts. |
| 103.9 Therapeutic Desserts | Learn to create alternative and nutrient-dense desserts with fruits, vegetables, nuts, and booster foods. |
| 103.10 Savory Natural Baking | Learn the secrets to the art of bread making and working with alternative flours. |
| <u>CF 104 Ethnic Cuisine and Dietary Approaches</u> | Ethnic food preparation using exotic vegetables and spices. Dietary approaches for utilizing the healing properties of foods. |
| 104.1 Mediterranean Cuisine I | Learn why this region enjoys such good health and is the most influential in the culinary world. Covers Southern Europe and the Balkan Peninsula. |
| 104.2 Mediterranean Cuisine II | The healthy and exotic cuisine of North Africa and the Levant. |
| 104.3 Thai Cuisine | Healthy recipes of this fragrant cuisine. |
| 104.4 Japanese Cuisine | Discover traditional dishes, philosophy, and cooking techniques. |
| 104.5 Indian Cuisine | Delicious, healing foods – spice heaven! |
| 104.6 Latin American Cuisine | Learn to prepare healthy traditional dishes. Focus on indigenous foods. |
| <u>CF MT Mid-Terms : Improvisational Cooking</u> | Prepare a healing dish or dishes using a surprise bag of ingredients. The culinary showcase will be introduced. |
| <u>CF 105 Farm To Table</u> | Learn the secret to preserving food from the garden, create healing fermented foods, and “uncooking” delicious raw food cuisine. |
| 105.1 Farm to Table Field Trip | Students get a chance to connect with local food sources. Possible field trips are to a local organic farm, urban garden, or farmer’s market. |
| 105.2 Food Preserving | Healthy ways to preserve fresh produce without canning or freezing. Dehydrating, preserving in oil, preserving in vinegar, and making no-sugar fruit preserves and jams are practiced. |
| 105.3 Fermenting | The ancient art and healing properties of fermented foods. |
| 105.4 Raw Foods | Basic principles of this healing cuisine. Learn to “uncook.” |
| <u>CF 106 Therapeutic Applications I</u> | Introduction to cooking for clients with health challenges. Therapeutic foods for some of the most common health problems. |
| 106.1 Therapeutic Menu Planning | How to design therapeutic menu plans for clients using healing foods. |
| 106.2 Therapeutic Culinary Herbs and Spices | Learn the healing properties of culinary herbs and spices and how to incorporate them in food. |

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| 106.3 Digestive Wellness I | Introduction to digestive organs and symptoms of poor digestion. |
| 106.4 Digestive Wellness II | Learn about digestive conditions and foods to support healthy digestion. |
| 106.5 Candida | Understand how to support and alleviate this health condition through dietary means. |
| 106.6 Allergies & Immune | Therapeutic diets to support the immune system and address allergy issues. |
| <u>CF 107 Therapeutic Applications II</u> | Therapeutic cooking for common health issues. |
| 107.1 Blood Sugar Regulation I | Learn about blood sugar conditions and how eating certain foods can regulate blood sugar levels. |
| 107.2 Blood Sugar Regulation II | Learn how to support clients with diabetes and cook for balanced blood sugar. |
| 107.3 Weight Management | Healthy ways to address the management of ideal weight. |
| 107.4 Healthy Heart | Cook to support healthy heart function. Learn about heart disease and conditions. |
| 107.5 Introduction to Cancer | Learn the basics about cancer and therapeutic diets to support the immune system. |
| 107.6 Cancer Support | Therapeutic diets discussed to support cancer patients before, during and after treatment. |
| <u>CF 108 Client Services</u> | This module covers business development, how to be a personal chef, and how to develop a successful catering business. |
| 108.1 Business Development I | How to develop your own culinary business. |
| 108.2 Business Development II | Dynamic instructions on how to market yourself and create a successful business. |
| 108.3 Personal Chef I | How to successfully apply natural food cooking skills to the needs of private clients. |
| 108.4 Personal Chef II | How to purchase, freeze, store and deliver food. |
| 108.5 Catering I/Showcase Planning | Learn the ins-and-outs of the catering business. Begin planning the Culinary Showcase event. |
| 108.6 Catering II/Showcase Planning | Learn to market your catering business effectively. Continue planning the Culinary Showcase event. |
| <u>CF 109 Final Presentations</u> | Students are required to give a 45-minute oral presentation/ cooking demonstration on a specific health topic, i.e., cooking for cancer, blood sugar support, or heart health, etc. Students must also turn in a written report/handout that includes a 5-day menu plan, recipes, and well-researched information about their topic. |

CF 110 Culinary Showcase

Participation in creation and service of a multi-course meal for guests in preparation for a restaurant or catering career.

**110.1 Culinary Showcase
Recipe Testing**

Test the Showcase recipes to attain balanced flavors, determine amount of food needed, and practice plating.

**110.2 Culinary Showcase
Final Testing, Scaling, Costing
and Shopping List**

Complete any final recipe testing. Scale and cost recipes and compile a shopping list and prep schedule for the event.

**110.3 Culinary Showcase
Preparation**

Organize and prep for the event.

**110.5 Culinary Showcase
Preparation**

Organize and prep for the event.

**110.6 Culinary Showcase
Event**

Final prep and production of the actual event.

**110.7 Culinary Showcase
Review**

Review the event and discuss success. Final program wrap-up.

Culinary Externship To instill competence and confidence in the Natural Chef, 50 externship hours are required. These may be completed as a Personal Chef, in natural food restaurants, catering, soup kitchens, community organizations, retreat centers, or other self-created options.

**Additional required materials to be purchased by student.
(More details will be given upon enrollment.)**

- Hair cover (cap or hat) simple and clean to cover all hair
- Chef coat (white recommended but can be of any color)
- Chef pants(black)
- Non-slip chef shoes (hard, closed-toe and heel)
- Knives (knives may be purchased after the knife skills class):
- 8- inch Chef knife
- 3- inch paring knife(optional)
- Chef gear bag
- Instant read thermometer
- Computer and printer for homework assignments

Dress Code

What To Wear:

- Hair cover (cap or hat) simple and clean to cover all hair
- Chef coat (white recommended but can be of any color)
- Chef pants(black)
- Non-slip chef shoes (hard, closed-toe and heel)
- Optional: waist apron, side towel
- Fingernails must be trimmed short and without polish

What Not to Wear:

- Any clothing or shoes that are not mentioned above
- Jewelry of any kind
- Facial piercings
- Long fingernails
- Fingernail polish, décor, or fake fingernails

Hair and Beard Code:

- Hair must be clean, neat and properly restrained at all times
- Ponytails should not be visible and must be restrained
- Beards are permitted but you may be asked to wear a beard snood.
- Mustaches must be kept neatly trimmed and not extend below the corners of the lips