

CNM



COLLEGE OF
NATUROPATHIC
MEDICINE LONDON

Training Successful Natural Chefs

The CNM Vegan Natural Chef



*'Let food be
thy medicine,
and medicine
be thy food'
– Hippocrates*

01342 410505 www.naturopathy-uk.com

The CNM Vegan Natural Chef



Our Mission

- To provide students with thorough, practice-orientated training in natural vegan food preparation
- To train students to become competent and successful CNM Vegan Natural Chefs
- To make sure the CNM Vegan Natural Chef qualification is widely known and respected in the UK, Europe and worldwide
- To continuously raise the profile of the CNM Vegan Natural Chef in society
- To support and promote CNM Vegan Natural Chefs after graduation

If you are looking to study in small groups and be taught by creative and talented figures from the world of natural health cookery, you have come to the right place.

We look forward to welcoming you!

Hermann Keppler
Naturopath
Founder & Principal of CNM



“The CNM Vegan Natural Chef diploma marries professional chef training alongside cooking the naturopathic way.”

– Adria Wu,
Natural Chef Entrepreneur,
Presenter, Teacher & Writer

Get a free knife set when you sign-up on CNM’s Vegan Natural Chef course



The CNM Vegan Natural Chef Training



CNM's Vegan Natural Chef Training has been developed to meet the growing demands of a society increasingly interested in health promoting food that is cruelty-free and plant-based and also supports health.

CNM Vegan Natural Chef students are taught to prepare delicious gourmet vegan meals that focus on nutritional value. Whole, organic, fresh and minimally processed foods are procured in season. As no single dietary regimen is appropriate for everyone, we teach how individualised food can enhance health. This course is suitable for all food lovers. Whether you simply want to know more so that you can serve up truly healthy and delicious food for your family, or you want to turn your knowledge into a successful career - this course is for you.



Career Opportunities

The CNM Vegan Natural Chef Diploma can open doors to a variety of careers. Options include becoming a Vegan Natural Chef in a restaurant, health café, or spa; working as a private chef, or developing your own healthy catering or vegan food business. From cooking instructor, product developer, food and recipe writer or cookbook author, to educating clients and businesses on how to prepare natural foods, the possibilities are endless. Professionals such as a Nutritionists, Naturopaths, Nurses, Herbalists or Fitness Instructors can use their Natural Chef title as an adjunct to develop their existing business.

"...this innovative course is a great opportunity for health conscious vegans to spread their passion through the power of food"

– Amanda Hamilton



The Syllabus



9 – 10 months – 520 hours in total

It is a three-part course covering everything you need to know to become a CNM Vegan Natural Chef, from how the digestive process works, to building a successful culinary career. CNM's Natural Chef Training consists of 420 part-time hours of life-changing education. You will then need to complete an internship of an additional 100 hours.

Part 1 - How the Body Works 60 hours

Understanding how the body functions, especially the digestive system, is vital for a Vegan Natural Chef. CNM's online Short Course in How the Body Works will teach you what you need to know about basic anatomy and physiology.



“The future is vegan, be at the forefront with CNM's Vegan Natural Chef Diploma course.”

– Juliet Gellatley,
Founder of Viva! Vegan

Part 2 - Nutrition for Every Day Living 60 hours

Food choices and how the nutritional values of individual foods impact our immunity, cognitive abilities and energy levels, is the focus of CNM's classroom-based Short Course in Nutrition for Every Day Living (NEDL).

If you are already qualified in A&P or Nutrition you can seek an exemption from these parts of the course.

Leading Natural Chefs will teach you essential cooking techniques



Part 3 - Chef Training

140 hours in the kitchen, and 160 hours home assignments

Leading Natural Chefs will teach you essential cooking techniques. You'll also learn methods for sourcing quality ingredients, culinary business principles, and the art of healthy cooking.

Fundamentals

- Food safety and sanitation
- Macro & micro nutrients
- How to create a healthy vegan diet
- Raw food preparation
- Flavour, taste, preparation and presentation
- Recipe writing and culinary maths
- Best sources of food and ingredients
- Energetics of food

Techniques

- Kitchen equipment, knife skills
- Cooking, dehydrating, grilling, steaming, baking
- Sprouting, juicing, fermenting



CNM Natural Chef is accredited by the ICSA (Independent Cookery Schools Association).



The Syllabus continued...



Food

- Master vegan stock, sauces and stews
- Vegetables, salads, fruits, grains, pasta, nuts and seeds
- Work with chickpea tofu and tempeh
- Raw and living foods, culinary herbs and spices
- Use seasonal ingredients in an imaginative way
- Beverages, superfoods, food combination
- Alternatives to sugar, table salt, dairy, gluten, soya

Food for Health

- Therapeutic menu writing and planning
- Foods that support organ systems
- Food therapeutics
- Deliciously healthy breakfasts, lunches, dinners and desserts

Business

- PR/marketing strategies
- How to build a vegan culinary career
- The law, accounts



“It’s great when you know that every meal you prepare is balanced, nutritious and tastes amazing!”

– Suné Markowitz-Shulman,
Nutritional Chef



You will be awarded a Diploma as a CNM Natural Chef



Internship

In the final part of the training you will hone your skills in a professional setting, and continue to develop your culinary knowledge by completing a minimum of 100 hours of experience in a work place setting.

Depending on your interest, this could be by working in a catering business, restaurant, a juice bar, a health café or a health retreat, etc..

The internship allows you to experience the role of a CNM Natural Chef in a professional setting. You will need to find the internship place which suits you best. CNM will provide a list of potential hosts. Internships are not limited to the UK but must be approved by the Course Director. Any fees connected with the internship are not covered by the fee for your CNM Vegan Natural Chef course.

Award

You will be awarded a Diploma as a CNM Vegan Natural Chef upon successful completion of all parts of the training.

**For our course fees, please enquire.
01342 410 505**



CNM Natural Chef is accredited by the ANP (Association of Naturopathic Practitioners). CNM Vegan Natural Chefs are eligible to join after graduation.

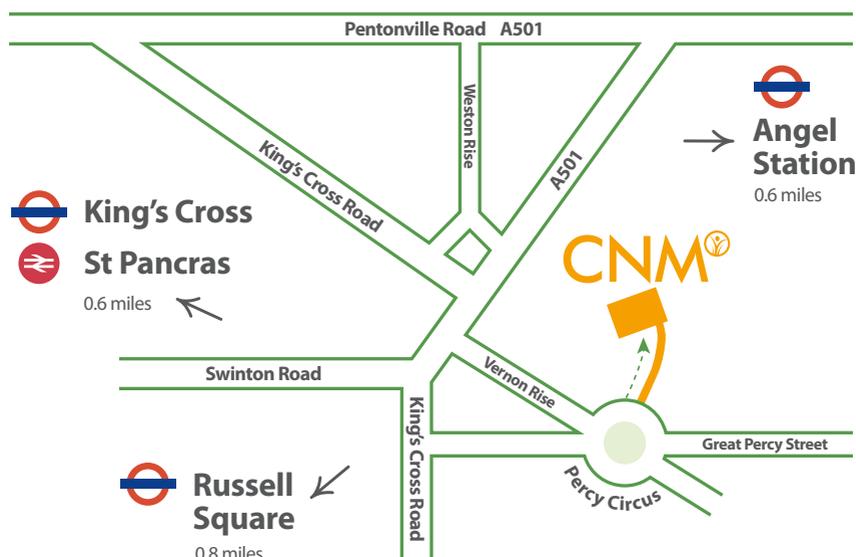


The CNM Vegan Natural Chef



If you are seeking...

- a rewarding and fulfilling career
 - to expand your knowledge by becoming a CNM Vegan Natural Chef
 - to be taught by leading chefs in small classes
 - to set up your own business or be employed
 - to earn a satisfying income in the fast growing vegan market
- ...then talk to us.



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