

DESCRIPTION OF JUNE 2010 COURSES

In the **Basics** course, besides enjoying a raw facial, we make quite a number of recipes including smoothies, almond mylk, soup, sauces, dressings, entrees and desserts. Learn tastes, menu planning, dehydrating. We have discussions about health and how to make it easier to eat more raw foods. See the Basics schedule for more info.

In the **Advanced** course people develop a comfort level preparing and planning different types of raw meals. We learn a bit about raw food nutrition and different superfoods. We work on knife skills, grow sprouts, make fermented cheeses, wraps, puddings, granola, pies, kale chips, soups, entrees, create energy balls and smoothies. We also learn about thickeners in raw recipes, how to create cooked flavours and textures, and create crackers from leftovers.

In the **Raw Chef Certification** course we make a number of ethnic meals - Italian (lasagna, Caesar salad), Mexican (enchiladas, tortillas, salsa, guacamole), Greek (falafels, hummus, tabouleh, tzatziki). We make chocolate, cheesecake, scones with jam and sweet creme fraiche. We learn garnishing, plating, how to create a menu, develop a recipe, determine prices of recipes, create soups, salads and dressings. There will also be a session on how to teach a raw food class.

WHAT IS RAW CHEF CERTIFICATION?

There are a few programs in North America that certify people as raw chefs, and/or instructors. None of them, including mine, is a program recognized by government agencies as a certification program. However, within the raw food industry, some programs are recognized as providing good training for raw chefs and/or instructors. Living Light Culinary Arts Institute in California is internationally known as THE raw food training place. In February/March 2009 I attended classes there and was certified as a raw chef and instructor. I offer my courses because I want to make some of that knowledge available to people without the high cost. In addition, I'm disturbed some courses out there certify people as raw chefs after participants watch an afternoon class, or that certified raw chef certificates can be ordered online with no training required.

My **Basics** course gives people the knowledge and hands-on training they need to get started and feel comfortable preparing raw foods. People take the **Advanced** and **Raw Chef Certification** courses for various reasons:

- to increase their raw food preparation skills for their own family,
- to offer raw food classes and/or coaching in their communities,
- to increase their knowledge, for their career in the natural health movement
- to sell raw food items at markets or in stores,
- to open raw food cafes or raw food B&Bs.
- some people aren't sure what they want to do with the knowledge, but know it will help them find a career in the natural health movement.

Certification isn't required to teach raw food classes. If someone is confident they have the knowledge, they can offer raw food classes. In the Raw Chef Certification course, an evening workshop is provided regarding teaching a raw food class, with handy forms/lists emailed to participants after the course.