

STUDENT ENROLMENT CONTRACT



CANADIAN SCHOOL of NATURAL NUTRITION
#100 – 2245 West Broadway, Vancouver, B.C. V6K 2E4
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www.csnn.ca

This institution holds a designation certificate from the Private Training Institutions Branch. The Holistic Culinary Certificate program does not require approval.

HOLISTIC CULINARY CERTIFICATE

April 7, 2021 – June 9, 2021
Wednesday Night Class – 6:30 p.m. to 9:30 p.m.

STUDENT INFORMATION

Last Name	First Name
Mailing Address (including postal code)	
Phone Number	Email Address

PROGRAM INFORMATION

Program Title: **Holistic Culinary Certificate**
Contract Start Date~End Date: April 7, 2021 – June 9, 2021
Hours of Instruction: 30 hours Program Duration: 10 weeks
Program Delivery Method: In-class Language of Instruction: English

PROGRAM OUTLINE

Program Description: Cooking classes in whole and natural foods nutrition taught by a certified chef and Registered Holistic Nutritionist™ in a state-of-the-art demonstration kitchen. Each class focuses on an element of a whole foods diet with recipes, tasting, hands-on learning, nutrition information, lecture, and demonstration.

Career Occupation: This series of cooking classes is comprised of the same cooking classes in the Natural Nutrition Diploma Program and provides a general understanding of whole foods preparation and cooking. Participation in the Holistic Culinary Certificate may be used to transfer to the Natural Nutrition Diploma Program (provided the student meets the program's Admission Policy).

CSNN offers a comprehensive program in natural nutrition (Natural Nutrition Diploma Program) qualifying graduates for the R.H.N. designation with the corresponding professional title Registered Holistic Nutritionist™ professional. CSNN's holistic approach to natural nutrition provides progressive, hands-on education geared towards achieving optimal health and a lasting career to work in private practice or with other health care professionals to institute proactive health care programs.

Learning Objectives: Upon completion of the Holistic Culinary Certificate, the successful student will have the practical skills to prepare healthy and nutritious food, including: essentials of food safety; proper temperatures for cooking, cooling, storing and reheating food; basic knife skills; optimal preparation of grains and legumes; soaking, sprouting, and fermenting beans, nuts, grains, and seeds; incorporating probiotic and enzyme-rich foods and beverages into the diet; identify, prepare, and cook a wide variety of plants; benefits of eating locally and seasonally; techniques for raw food preparation; healthy alternatives and substitutions for common allergenic and trigger foods; alternative baking to accommodate grain-free, gluten-free, and vegan diets; preparation of healthy broths; cooking techniques using herbs and spices.

Method of Evaluation: Participation

Completion Requirements: To receive a completion certificate, a student must attend all classes. Students are expected to be on time and stay for the full duration of the class. If a student misses a class, they may retake the class, subject to availability, and pay any applicable fees.

Program Organization: Ten, 3-hour cooking classes

