

## CSNN Holistic Culinary Certificate Workshops

Designed to enrich kitchen skills and confidence, students are introduced to an array of whole foods, diverse methods of food preparation, and how certain techniques can enhance the restorative qualities of food. During 30 hours of experiential learning, students sharpen their practical abilities while deepening their knowledge of whole foods and holistic health.



Students who complete all 30 hours of training will earn their Holistic Culinary Certificate. Classes are taught by Barb Sheldon, who is a professional speaker, holistic nutrition and culinary educator, and author. For the past fifteen years, Barb's brand of nutrition and culinary education has reached audiences all over the world as she insights and inspires crowds to pick up a knife and get back in their kitchen cooking and eating real, whole, locally grown food. Whether she is in the kitchen demonstrating culinary techniques or in front of thousands teaching about the benefits of whole foods, Barb's focus is always on one main topic- food literacy. Barb believes that learning how to grow, prepare and nourish the body with whole foods are life skills that, like reading, every person needs to know to survive and thrive. From children to CEOs, everyone benefits from Barb's ability to connect people to their food and show that cooking truly is the key to health. Barb achieved her Master of Arts in Interdisciplinary Studies where her Graduate work researched the connection between effective food literacy programming and minority youth populations. Barb has instructed formally at the Canadian School of Natural Nutrition, the Southern Alberta Institute of Technology, and has had a private nutrition and culinary education and coaching practice for 15 years. CSNN's cooking classes are designed to integrate the benefits of food into the kitchen, provide recipes, and give students increased confidence and skill in the areas of meal planning, food shopping, and food preparation.

### WORKSHOP DESCRIPTION

#### **Kitchen Culture & Knife Skills**

The essentials of food safety, how to maintain a clean and organized kitchen, and the proper temperatures for cooking, cooling, storing and reheating food. Basic knife skills will be demonstrated and practiced as students prepare a basic vegetable stock and garnishes. Learn tips for working efficiently and effectively along with the use and function of many standard tools and equipment found in a working kitchen.

#### **Ancient Grains and Legumes**

Introduction to a variety of grains and legumes and their nutritional benefits with a focus on optimal preparation. Learn techniques such as soaking, sprouting, and fermenting of beans, nuts, grains, and seeds. Be able to visually identify and name nutritional properties of a variety of ancient grains and legumes, the knowledge of how to prepare them for optimal nutrition and digestibility, and confidence to expand variety in the diet. A variety of dishes will be demonstrated and prepared which illustrate how to create delicious recipes with grains and legumes which have been prepared for optimal digestion.

### **Raw Food Fundamentals**

A boot camp approach to the fundamental techniques used in raw food preparation as well as a discussion of the theory and nutritional pros and cons of this dietary paradigm. Hands-on practice will cover sprouting, dehydrating, juicing, raw “pasta”, nut milks, seed cheeses, etc. to get you familiar with the products, tools, and recipes of raw cuisine.

### **Probiotic Foods and Beverages**

Welcome to the world of pickled, fermented vegetables and fizzy, live culture kombucha beverages. Learn how to make and incorporate probiotic and enzyme-rich foods and beverages into the diet. Learn the importance of probiotic foods in the diet for digestive and immune health as well as food traditions and the importance of including fermented, cultured foods in traditional diets compared to modern diets. This class also introduces quality salt and the functions of salt in the diet. Make sauerkraut (a probiotic, fermented cabbage preserve) through hands-on preparation. This class also includes demonstrations and tasting of probiotic kimchi and kombucha.

### **Meal Planning and Practical Food Preparation for Busy Lives**

Gain tools and insight on how to plan for and execute a successful week of healthy eating to incorporate personal tastes and healthy foods while considering time and budget. This class provides a template for creating meal plans for yourself and for case study (volunteer) clients. Make dishes which keep well in the fridge, are versatile, and which can be batch-cooked and frozen. We will also have an interactive discussion of the benefits and limitations of eating locally and seasonally.

### **Cooking for Kids**

Picky eaters, allergies, food sensitivities – no problem! Learn how to create kid friendly meals void of the most common allergens and sensitivities. Create meals that are appealing for kids, easy to make, lunch box friendly and great for the whole family. Learn foods that help with hyperactivity, concentration, sleep and behavioural issues.

### **Eating for Sports & Performance**

Athletes often require additional nutrients, calories and protein to maintain muscle and performance. Learn how to create nutrient balanced pre- and post-workout smoothies, homemade electrolyte drinks and energy bars. Addressing the specific needs of people who need to adapt their diets for strength and performance will be applied to main meal preparation as well. A discussion on the specific dietary approaches to support both strength athletes and endurance athletes will be discussed

### **Alternative Baking and Raw Sweets**

Satisfy a sweet tooth with healthier alternatives and substitutions for commonly allergenic and trigger foods. The variety of sweets made can accommodate grain-free, gluten-free, raw and vegan diets and even incorporates ‘superfoods’ such as goji berries, maca and raw cacao. See how to create a creamy texture without dairy and eggs. Nutrition information will be provided on a variety of natural sweeteners and how to use them in baking and raw desserts.

### **Restorative Broths and Teas**

Learn how to make traditional bone broths to create a foundation for soups, stews, and sauces. Bone broths and vegetable broths are compared in preparation and nutritional qualities as students learn how to create delicious soups and stews using a versatile 'recipe skeleton'. Beyond just how-to, learn the restorative benefits of bone broth and how to apply them to GAPS, paleo-type diets, and other health-giving protocols. Ethical sourcing of bones and animal products is discussed and a local resource listing for finding quality meat and bones is provided.

### **International Cuisine**

Discover how geography and climate have influenced the world's major cuisines by providing not only different key ingredients, but also the herbs and spices which define their flavour profiles. Different cultures have developed cooking techniques and all have their inherent nutritional logic. Recipes selected to provide templates to prepare Indian, Mediterranean, or Southeast Asian dishes.

***Handouts & recipes included.***

***Cooking tools needed:***

- ***Chef's knife***
- ***honing steel***
- ***Cutting board***
- ***Sauté pan***
- ***cookie sheets***
- ***bowls***
- ***measuring cups and spoons***