

1. Where did you hear about the Cooking for Well-Being Teacher Training program?

2. Please provide a brief history of your educational background

3. Please tell us why you would like to take the training

NOTE: If you are applying for the Level I/II Intensive OR Level II, please answer the following questions.

4. How long have you been cooking traditional food?

5. Which techniques do you use regularly? (Circle all that apply)

1. Culturing Dairy and Making Whey
2. The Technique of Lacto-fermentation: Vegetables, Fruits and Beverages
3. Making Nutrient-Dense Stock: Beef and Chicken
4. Soaking and Preparing Beans for Ease of Digestion and Nutrient Availability
5. Soaking and Preparing Whole Grains for Ease of Digestion and Nutrient Availability
6. Making Enzyme-Rich Sauces
7. Making Salad Dressings and Marinades
8. Preparing Deep Green Leafy Vegetables
9. Liver and Liver Pate

6. With which techniques are you unfamiliar? (Circle all that apply)

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7. Have you ever taught a class before? (yes/no)

If yes, which ones? or at what level (school, consulting, private practice, etc.)

When?

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Simply Being Well LLC, PO Box 2203, Loveland, CO 80539**