

FROM THE HEART

# cooking for well-being

PRESENTED BY SIMPLY BEING WELL

## Learn to Cook! Level I Teacher Training

Dear Prospective Student and Lover of Traditional Food:

Thank you for your interest in Level I Cooking for Well-Being Teacher Training! I created this program to answer the need for more traditional food teachers. The **objective of the program** is to create a cadre of teachers throughout the country and the world who are trained in teaching the principles and techniques of cooking nourishing, traditional food. These teachers will be:

- well-versed and knowledgeable in the principles of Drs. Weston A. Price, Francis Pottenger and Royal Lee, Mary Enig and others
- trained to deliver a well-organized and informative class with fun, ease and good humor
- trained to accomplish the stated learning objectives within the class time allowed
- ready to deliver the class with all cooking equipment, ingredients, and prepped foods in order.

**Please note, this level of training is open to anyone who would like a strong foundation in traditional cooking techniques. No one is obligated to take Level II and to go on to teach.**

At the end of Level I training, you will understand the nutritional and health benefits of traditional cooking techniques in the required Cooking for Well-Being Basics classes and have a good understanding of those techniques. You will also possess the knowledge base necessary to take Level II training to become a Cooking for Well-Being Traditional Foods Teacher.

### **Who would benefit from Level I:**

- anyone who is serious about taking back their health through real food
- anyone who wants to learn how to cook nourishing, traditional food
- health coaches and practitioners, including Nutritional Therapists, midwives, acupuncturists, herbalists, personal trainers and more
- moms, parents, and caregivers
- college students
- teachers
- those who would like to take Level II training to become a Certified Traditional Foods Teacher

### **Who would benefit from Level II:**

- those who want to teach Cooking for Well-Being Classes as a career or an add-on to their current holistic health practice

### **The required Cooking for Well-Being techniques are:**

1. Culturing Dairy - Raw and Pasteurized
2. The Technique of Lacto-fermentation: Vegetables, Fruits, and Beverages
3. Making Nutrient-Dense Bone Broth and Meat Stock

4. Preparing Beans for Ease of Digestion and Nutrient Availability
5. Preparing Whole Grains for Ease of Digestion and Nutrient Availability
6. Preparing Nuts and Seeds or Ease of Digestion and Nutrient Availability
7. Making Salad Dressings and Marinades
8. Liver and Liver Pate

**Level I Cooking for Well-Being Requirements:**

- Attend all required Cooking for Well-Being classes.
- Pass a written test with a score of 90% or above for each class.
- Read all books on the required reading list prior to attending the classes.
- Participate in scheduled conference calls.
- Keep a cooking journal to record practicing techniques, complete with recipe tried, ingredients, timing, and photos. These journals will be due two months after training. They will be graded on content, presentation, and analysis.

Those who successfully complete Level I will receive a certificate of completion, stating they have earned the title Traditional Foods Cook. They will be eligible to take Level II training to become a Traditional Foods Teacher.

**Tuition:** \$1900.00 Regular, \$1550.00 Early Bird (no price increase since 2016)

A 50% down payment of regular tuition is required to reserve your space in the training program. Balance is due one week prior to the first conference call for the program. Note: Tuition DOES NOT include the cost of books, travel, lodging or meals. Each student will receive a copy of With Love from Grandmother's Kitchen and Meat Stock and Bone Broth as part of their enrollment. See the enclosed Refund/Withdrawal Policy for more details. There is a \$50 convenience fee for the use of a credit card which will be added to the above tuition, so pay by check and save! Students will arrange for lodging on their own. Suggestions for lodging will be provided.

**Installment Plan:** You may arrange to pay for your training in 3 installments. Offer good for regular tuition only. The balance must be paid PRIOR to the first conference call. Students will not attend if there is a balance due. Contact me to request an installment agreement.

**Class size is limited to twelve students.**

**Training Structure**

Program begins with a Conference Call--required.

Two four-day training weekends ON SITE-- required.

Tests on techniques administered online the week after training.

Cooking Journals due 2 weeks after the second training weekend. Journals will be graded on content, analysis, and presentation.

Certificates distributed one month later.

Should you have any questions, please call 970.685.7797 or email [monica@simplybeingwell.com](mailto:monica@simplybeingwell.com). I look forward to receiving your registration and sharing your journey to continued well-being!

Let's get cooking!

Monica Corrado, Founder and President, Simply Being Well LLC