

Teacher Training - Level I Syllabus Learn to Cook

Faculty

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Purpose

Objective of the Cooking for Well-Being (C4WB) Teacher Certification program, Level I: To train students in traditional cooking techniques including their nutritional and health benefits. After successfully completing Level I training, students will earn the title Traditional Foods Cook. ***Level I is a prerequisite for Level II training.*** Level II training will 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 according to the principles of Dr. Weston A. Price, Dr. Francis Pottenger, Jr., and Dr. Mary Enig, as taught by Monica Corrado, MA, CNC and other instructors of Simply Being Well LLC. Upon successful completion of Level II training, students will earn the title Traditional Foods Teacher.

Level I, Learn to Cook! is a stand-alone training. No one is required to take Level II.

Objectives

To successfully pass this course, the student shall:

1. Attend all required Cooking for Well-Being Basics Classes.
2. Pass a written test with a score of 90% or above for each class.
3. Read all books on the required reading list prior to attending the classes.
4. Participate in conference calls as required.
5. Practice the cooking techniques.
6. Keep a cooking journal to record practicing techniques, complete with recipe tried, ingredients, timing, and photos. These journals will be reviewed and graded.

Those who successfully complete Level I will receive a certificate of completion, stating they have earned the title: Traditional Foods Cook.

Outcomes

At the end of this course the student will:

1. Understand the nutritional and health benefits of traditional cooking techniques in the required Cooking for Well-Being Basics classes:
 - Culturing Dairy - Raw and Pasteurized

- The Technique of Lacto-fermentation: Vegetables, Fruits and Beverages
- Making Nutrient-Dense Bone Broth and Meat Stock
- Preparing Beans and Legumes for Ease of Digestion and Nutrient Availability
- Preparing Whole Grains for Ease of Digestion and Nutrient Availability
- Preparing Nuts and Seeds for Ease of Digestion and Nutrient Availability
- Making Salad Dressings and Marinades for Grass-fed Meats and Poultry
- Liver and Liver Pate

2. Have a good understanding of the traditional cooking techniques presented in the Well-Being Basics classes.

3. Be well-versed and knowledgeable of the work of Dr. Weston A. Price, Dr. Royal Lee, Dr. Francis J. Pottenger, and Dr. Mary Enig.

4. Have the knowledge base necessary to take Level II training, to become a Traditional Foods Teacher.

Training Dates: Check calendar

Prerequisites:

none

Reading list:

Required Reading (Note: additional readings may be added, as determined by the instructor.)

Stephanie Selene Anderson, Put Your Money Where Your Mouth Is, Selene River Press, 2016

Monica Corrado, Cooking Techniques for the GAPS Diet, Part I: Meat Stock and Bone Broth, Selene River Press, 2015 (provided with training)

Monica Corrado, with Love from Grandmother's Kitchen: Traditional Cooking Techniques for Well-Being, November 2011 (provided with training)

Sally Fallon, Nourishing Traditions, New Trends Publishing, 2001, Introduction and sidebars in related chapters

Bernard Jensen and Mark Anderson, Empty Harvest: Understanding the Link Between Our Food, Our Immunity, and Our Planet, Avery, 1995

Dr. Royal Lee, From Soil to Supplement: A Course in Food, Diet, and Nutrition

Weston A. Price, DDS, Nutrition and Physical Degeneration, Price Pottenger Nutrition; 8th edition (2009)

Recommended Reading:

Natasha Campbell-McBride, Gut and Psychology Syndrome, Medinform Publishing, Cambridge, England, 2010

Sally Fallon Morell, Nourishing Diets, How Paleo, Ancestral, and Traditional Peoples Really Ate, 2018

Sally Fallon Morell, Nourishing Fats, Why We Need Animal Fats for Health and Happiness, New Trends Publishing, 2017

Materials:

Students are required to bring a notebook or laptop to class.

Assignments:

Participation in all Conference Calls

Cooking Journal: Students are required to keep a cooking journal where they will record practicing the traditional cooking techniques they learned during training weekends. For each cooking technique, journals must contain at least one recipe, execution of technique, the time it took, any observations, and the final outcome. Photos are required to document the progress through the technique. Cooking journals will be due three weeks after the final training weekend. Journals shall be mailed to the instructor, Monica Corrado, c/o Simply Being Well, PO Box 2203, Loveland, CO 80539, or emailed as a complete file to simplybeingwell@gmail.com.

Evaluation:

Class participation: 50%

Cooking Journal: 30%

Class Tests: 20%

Attendance & Tardiness Policy:

Attendance and participation in class are essential for meeting the outcomes and objectives of this course and the program. It is the student's responsibility to stay up to date on any missed coursework. If you miss a conference call, you are required to do the reading and coursework assigned. Students may be required to do extra work to make up for any missed material. Missing any part of the cooking weekend will result in an inability to pass the training.

Hazardous Food Waiver:

By enrolling in the Cooking for Well-Being Teacher Training, you (the student) hereby choose to eat traditional foods prepared during Cooking for Well-Being Teacher Training weekends wherever they are held. You (the student) understand that ingesting any food carries an inherent risk. You (the student) understand that the foods you choose to consume contain live enzymes and lactic-acid producing bacteria, that they may act as powerful digestives, and may initiate a detoxification reaction by your body which may include digestive disturbances. By attending this training, you (the student) hold harmless Monica Corrado, Simply Being Well LLC, and the place of training and its employees for any digestive or other disturbances that may occur as a result of eating these foods.

Clean-up:

Students are responsible for setting and cleaning up after class and maintaining the cleanliness of the facility we are using. The facility must be left in the same order as it was received.

Training Conduct Code:

1. All cell phones in airplane mode during class or vibrate mode (if necessary).
2. Personal snacks and drinks (water only) are permitted during training.
3. Video recording is not permitted. Audio recording which will be used for personal studying is permitted. If a student chooses to audio record, he or she will provide the instructor with a copy of the recording within 2 weeks of training. By audio recording, the student agrees to keep all recordings for personal use and will not copy, reproduce, or distribute any part of the recording in any medium at any time without written consent by the instructor.