



Natural Chef Educational Standards:

Persons with training as a Natural Chef who would like to become professional members of the National Association of Nutrition Professionals (NANP) must earn a formal education in the following subjects:

- ✓ Professional safety and sanitation, including knife care and cutting skills
- ✓ Kitchen set-up, including pantry basics, cookware and utensils
- ✓ Culinary math
- ✓ Food Foundations: Macronutrients and Micronutrients
- ✓ Quality food selection: whole foods, prep and storage
- ✓ Seasonal cooking and menu planning
- ✓ Raw and living foods
- ✓ Ethnic Cuisines and Dietary Approaches
- ✓ Healthy family cooking, cooking for children
- ✓ Farm to Table
- ✓ The politics of food: the influence of corporate interests on dietary recommendations
- ✓ Hands-on cooking classes covering the following categories:
 - Whole grains and grain products
 - Poultry, fish, meat, eggs
 - Vegetables, sea vegetables
 - Beans, soy foods, seitan
 - Soups and stews
 - Herbs, condiments and garnishes
 - Seasonings, oils
 - Salads, dressings and sauces
 - Appetizers, party food
 - Healthy breads and flatbreads
 - Fruits, nuts, seeds, beverages
 - Desserts: baked and non-baked, natural sweeteners
- ✓ Client Services
 - Personal Chef
 - Catering
 - Business Development
- ✓ Therapeutic Applications
 - Therapeutic Menu Planning
 - Healing Foods
 - Special considerations: detoxification, wheat, soy and gluten-free cooking
- ✓ Culinary Externship

Schools offering natural chef training programs who would like to assure their students qualify for professional membership upon graduation may download a Natural Chef Training Program Review Application from the NANP website by visiting <http://www.nanp.org/partner>.