



health cooking school®

2019 TRAINING PROGRAM

in partnership with FERRANDI in **PARiS** 

In 2019, we organize 2 training sessions in Health Cuisine & Pastry® in Paris, in partnership with **FERRANDI Paris, the French School of Culinary Arts.**

Our Chef teaches the basics of Michel Guérard's Health Cuisine & Pastry® in one of FERRANDI's new culinary laboratories, in the heart of **Paris 6th arrondissement.**

Health Cuisine & Pastry®

5 days / €2 450 net

- The basics of Health Cuisine & Pastry®
- 40 seasonal recipes, basic and intermediary levels (4 days of cooking, 1 day of pastry)
- Dietetic workshops

Public : all-level cooking professionals

all-level cooks & pastry chefs in **Eugénie les Bains** 

Health Cuisine®

5 days / €2 320 net

- The basics of Health Cuisine®
- 40 seasonal recipes, basic and intermediary levels
- Dietetic workshops

Public : all-level cooking professionals

1 session

Health Cuisine & Pastry®

10 days / €4 360 net

- The basics of Health Cuisine & Pastry®
- 80 seasonal recipes, basic and intermediary levels (8 days of cooking, 2 day of pastry)
- Dietetic workshops

Public : all-level cooking professionals

1 session

Detox Cuisine

3 days / €1 420 net

- The basics of Health Cuisine®, special food intolerances
- 20 seasonal recipes, basic and intermediary levels

Public : all-level cooking professionals

1 session

all-level pastry chefs in **Eugénie les Bains** 

Health Pastry®

2 days / €950 net

- The basics of Health Pastry®
- 20 seasonal recipes, basic and intermediary levels

Public : all-level cooking professionals

1 session

gastronomic restaurant professionals in Eugénie les Bains



Health Cuisine® advanced level

5 days / €2 450 net

- The basics of Health Cuisine®
- 45 seasonal recipes, intermediary and advanced levels
- Dietetic workshops
- Medical lecture

Public : experienced chefs in gastronomic restaurants

1 session

Health Cuisine® advanced level

3 days / €1 500 net

- Advanced basics of Health Cuisine®
- 20 seasonal recipes, intermediary and advanced levels

Public : experienced chefs in gastronomic restaurants

1 session

mass catering professionals in Eugénie les Bains



Health Cuisine & Pastry® for mass catering

5 days / €2 400 net

- The basics of Health Cuisine & Pastry®
- 40 seasonal mass-catering recipes (mass production, modified textures)
- Dietetic workshops
- Medical lecture

Public : mass catering professionals (hospitals, retirement homes, schools)

1 session

health professionals in Eugénie les Bains



Health Cuisine & Pastry® for health professionals

5 days / €2 400 net

- The basics of Health Cuisine & Pastry®
- 40 seasonal recipes, basic and intermediary levels (4 days of cooking and 1 day of pastry)
- Produce knowledge workshop
- Medical lecture

Public : health professionals (doctors, nurses, dieticians)

1 session

Institut Michel Guérard® 2019 Calendar

January	February	March	April	May	June
1 T	1 F	1 F	1 M	1 W	1 S
2 W	2 S	2 S	2 T	2 T	2 S
3 T	3 S	3 S	3 W	3 F	3 M Mass
4 F	4 M	4 M	4 T	4 S	4 T Catering
5 S	5 T	5 T	5 F	5 S	5 W Health
6 S	6 W	6 W	6 S	6 M	6 T Cuisine &
7 M	7 T	7 T	7 S	7 T	7 F Pastry
8 T	8 F	8 F	8 M	8 W	8 S
9 W	9 S	9 S	9 T	9 T	9 S
10 T	10 S	10 S	10 W	10 F	10 M
11 F	11 M FERRANDI	11 M	11 T Detox	11 S	11 T
12 S	12 T Health	12 T Advanced	12 F Cuisine	12 S	12 W
13 S	13 W Cuisine &	13 W Health	13 S	13 M	13 T
14 M	14 T Pastry	14 T Cuisine	14 S	14 T	14 F
15 T	15 F	15 F	15 M Health	15 W	15 S
16 W	16 S	16 S	16 T Cuisine &	16 T	16 S
17 T	17 S	17 S	17 W Pastry	17 F	17 M
18 F	18 M	18 M	18 T for Health	18 S	18 T
19 S	19 T	19 T	19 F Professionals	19 S	19 W
20 S	20 W	20 W	20 S	20 M	20 T
21 M	21 T	21 T	21 S	21 T	21 F
22 T	22 F	22 F	22 M	22 W	22 S
23 W	23 S	23 S	23 T	23 T	23 S
24 T	24 S	24 S	24 W	24 F	24 M
25 F	25 M	25 M	25 T	25 S	25 T
26 S	26 T	26 T	26 F	26 S	26 W
27 S	27 W	27 W	27 S	27 M	27 T
28 M	28 T	28 T	28 S	28 T	28 F
29 T		29 F	29 M	29 W	29 S
30 W		30 S	30 T	30 T	30 S
31 T		31 S		31 F	

July	August	September	October	November	December
1 M	1 T	1 S	1 T	1 F	1 S
2 T	2 F	2 M	2 W	2 S	2 M
3 W	3 S	3 T	3 T	3 S	3 T
4 T	4 S	4 W	4 F	4 M	4 W
5 F	5 M	5 T	5 S	5 T	5 T
6 S	6 T	6 F	6 S	6 W	6 F
7 S	7 W	7 S	7 M	7 T	7 S
8 M	8 T	8 S	8 T Health	8 F	8 S
9 T	9 F	9 M	9 W Cuisine	9 S	9 M
10 W	10 S	10 T	10 T	10 S	10 T
11 T	11 S	11 W	11 F	11 M	11 W
12 F	12 M	12 T	12 S	12 T	12 T
13 S	13 T	13 F	13 S	13 W	13 F
14 S	14 W	14 S	14 M Advanced	14 T	14 S
15 M	15 T	15 S	15 T Health	15 F	15 S
16 T	16 F	16 M	16 W Cuisine	16 S	16 M
17 W	17 S	17 T	17 T Health Pastry	17 S	17 T
18 T	18 S	18 W	18 F	18 M	18 W
19 F	19 M	19 T	19 S	19 T	19 T
20 S	20 T	20 F	20 S	20 W	20 F
21 S	21 W	21 S	21 M FERRANDI	21 T	21 S
22 M	22 T	22 S	22 T Health	22 F	22 S
23 T	23 F	23 M	23 W Cuisine &	23 S	23 M
24 W	24 S	24 T	24 T Pastry	24 S	24 T
25 T	25 S	25 W	25 F	25 M	25 W
26 F	26 M	26 T	26 S	26 T	26 T
27 S	27 T	27 F	27 S	27 W	27 F
28 S	28 W	28 S	28 M	28 T	28 S
29 M	29 T	29 S	29 T	29 F	29 S
30 T	30 F	30 M	30 W	30 S	30 M
31 W	31 S		31 T		31 T