



health cooking school® 2022 TRAINING PROGRAM

in partnership with FERRANDI in **PARIS** 

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

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 & Pastry® advanced level

5 days / €2 450 net

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

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

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)
- Dietetic workshops

Public : health professionals (doctors, nurses, dieticians)

1 session

A theoretical and a practical assessments are part of each session.

Rates include all training fees, tasting lunches, and exclude lodging, dinners and transportation.

20% of VAT must be added to these rates.

Institut Michel Guérard® Calendar 2022

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

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