



Plant-Based Diets: Nutrition & Wellness

SAMANTHA GOWING

Learning Themes & Aims

This course aims to provide learners with a thorough understanding of the wellness and healing benefits of plant-based diets by:

- Exploring the phytonutrients of selected, seasonal ingredients and how they may be used to amplify their nutritional status to benefit our health.
- Identifying immune boosting compounds in plants.
- Highlighting cultures whose diet is founded on plant-based foods.
- Understanding the nutritional components of food combinations.
- Increasing knowledge of how to identify real wellness claims vs fads and hype.
- Improving practical experience in developing plant-based food and beverage recipes.

Who Is This Course For?

This course is for people wanting to explore the merits of a plant-based diets and innovations in the plant-based food industry. Culinary arts students, restaurateurs, chefs, hospitality professionals, menu and product developers, food and health bloggers, retailers of edible plant-based products, fitness, and wellness professionals will all benefit from this course.

Weekly Topics

1. The plant kingdom
2. Planting the seed
3. The protein paradox
4. The comfort zone
5. Viva la plants!
6. Sustainability and food miles
7. Culinary plant families: bioflavonoids and indoles
8. Culinary plant families: brassicas and solanaceae
9. Foraging and feasting from the field
10. The future of food

Key Facts

Duration	:	10 weeks
Language	:	Courses in English only
Teaching method	:	Web-based tutorials and activities, recorded interviews, one-on-one feedback from teaching staff, optional reading, resources, activities
Award	:	Upon successful achievement of this course, participants will receive a Certificate of Completion and Statement of Results



Instructor: Samantha Gowing

Before nutrition became trendy, before kale became the superfood superstar, and before the green juice Instagram selfie was ever a 'thing', there was Sam Gowing, spreading the word on healthy cuisine and all that it encompasses. The Chef hat-winning restaurateur retrained as a clinical nutritionist, and kick-started the 'food as medicine' movement.

There is a rising trend that people are proportionately choosing more foods from plant sources, the way we look at meat is changing and the consumer demand for plant-based, products and recipes books is unprecedented. This course revolves around the science and culture of plant-based eating, what has caused its popularity and the evidence that supports it.

Learners will discover the secret life of edible plants and the ethics that support plant-based popularity while developing a thorough understanding of the wellness and healing benefits of ingredients. Learners will be able to apply the practical outcome of plant-based eating for themselves and/or for their clients, or specific purpose in industry.