

Learn to Teach Cooking Classes.

A vegan will show up at your table & and a fruit plate will not do in 2022!

- Everyone eats.
- Everyone talks about eating or what they think must be avoid, what they would like to eat and so on.
- It is
 - A natural way to promote the joy and ease of a wholesome plant-based diet,
 - A path to empowering people to care for themselves, to stay or become healthy.
 - you, as instructor, will experience benefits: learning from the students and personal growth.
- There is nothing that is more satisfying than the knowledge we have helped demonstrate the joy and possibility of health-supported cooking.

Online or in Person, Cooking Classes Are Meant To Be:

- Informative
- Inspiring
- Empowering
- Fun
- Delicious

The instructor's job is to impart new information, review basics, and inspire.

- Study / review your subject.
- Decide on your talking points.
- No food police behavior. Meet people where they are.
- Empower guests to get back into the kitchen, or maybe go in for the first time.
- Encourage but do not promise - I.e.: this dietary system guarantees that you will never get sick.
- Model good kitchen practices.
 - Food sanitation is included in Essential Vegan Desserts.
 - Consider becoming ServSafe Certified. Rouxbe has a free course on food safety for restaurant owners: <https://rouxbe.com/blog/aspen-institutes-food-society-program-releases-free-covid>
- Neat, clean clothes and appearance.
 - No dangling earrings.
 - Clean, short nails, no polish.
 - Hair pulled back if long or covered by a scarf.
 - Wear closed toe shoes.
- Food demonstrated should be appealing and delicious for everyone.
- Do a very detailed Prep List
- Lesson plan with timeline.
- Recipes: Clear and Spell checked.
 - On using published recipes, ask permission. If you are inspired, say so.
 - Do Variations on a theme.
 - Ganache = Cake Glaze, Truffles, Crostini Spread, Hot Chocolate, Ice Cream Topping.
 - Salad – Soup – Beans -Grains

Fran Costigan's 4 P's

- **PLAN**
 - Gather Information before you can plan your class
 - Where, allotted time, the space, power, water, equipment, storage, prep, ingredients, assistants
- **PREPARE**
 - Setup, Mise, Equipment, Swaps, Staging, Devices
 - Purchase ingredients, do your mise en place, swap outs, beauty plate
- Detailed prep list becomes a very detailed plan for my classes
- Lesson Plan
- Charge your devices, use them plugged in
- Have a Plan B
- **PRACTICE**- hello family and friends
 - Sightlines, Sound and Lighting, Timeline, Learn or review the topics
 - Record yourself on a platform like zoom and review. Time yourself
 - Even when a class is a repeat, I review it ahead of time.
 - Time yourself
- **PRESENT**
 - Even when a class is a repeat, I review it ahead of time.
 - Allow enough time to set up - check devices- enjoy yourself
 - Turn off Alexa, DND on, note on door
 - Be yourself
 - Friendly and in control
 - Answer questions in a way that is comfortable for you.

After Class

Review the flow, prep, class lesson plan and adapt, adjust.