THE
NATURAL
EPICUREAN
ACADEMY OF
CULINARY ARTS

2015 – 2016 CATALOG

1700 South Lamar Boulevard, Suite 316
Austin, Texas 78704

Catalog Volume 7
Effective Jan 5, 2015
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I. HISTORY OF THE NATURAL EPICUREAN ACADEMY OF CULINARY ARTS

The Natural Epicurean Academy of Culinary Arts was founded in 1994 in Austin, Texas by Elizabeth Ann Foster, a certified macrobiotic counselor. Elizabeth started the school to manifest her vision of advancing the appreciation and practice of natural, whole food cooking in the Southwest. This vision was continued under the stewardship of Dawn Pallavi, macrobiotic teacher, counselor and chef. With culinary training in France and the US, Dawn brought a culturally eclectic flair to the art of natural, whole foods cooking. In 2009, Rich Goldstein assumed ownership of The Natural Epicurean Academy of Culinary Arts and expanded the professional curriculum to a comprehensive, plant-based conscious cooking program that includes a focus on healing cuisines in 5 Modalities: Vegetarian, Vegan, Raw and Living Foods, Ayurveda and Macrobiotics. The program also offers strong components in the fundamentals of professional chef knowledge and techniques, the science of plant-based nutrition, business skills, culinary aesthetics, managing workplace stress and the practice of mindfulness in the kitchen.

II. AVAILABLE SPACE, FACILITIES AND EQUIPMENT

The Natural Epicurean Academy of Culinary Arts is housed in a 2400-square facility with two kitchen-classrooms. The facility includes two demonstration areas, one equipped with a forty-eight-inch range top, double oven, and hood and the other equipped with a thirty-six-inch range/oven, hood and
refrigerator/freezer. The facility includes two student work areas. These areas together are equipped with three thirty-six-inch range/ovens, three hoods, two under-counter refrigerators, one refrigerator/freezer, storage cupboards, three prep insert counter sinks, three hand-washing sinks, two dishwashing sinks and a dishwasher, as well as a pantry area with storage cupboards, a refrigerator/freezer, a prep insert counter sink, a hand-washing sink and a dishwashing sink. There is also a mop sink and four lavatories.

III. OWNER

Rich Goldstein is the Owner of The Natural Epicurean Academy of Culinary Arts.

IV. KEY STAFF AND FACULTY

STAFF

Rich Goldstein, Owner and CEO
Rich is the Owner and Chief Executive Officer of The Natural Epicurean and a nationally recognized entrepreneur, speaker and expert in the fields of business, yoga, and sustainable lifestyles. Rich holds a Bachelor of Arts degree from the University of Albany in New York (SUNY-Albany) and a Masters degree in Public Health from the University of Texas School of Public Health. Rich’s work integrates the wisdom of Eastern and Western philosophies on health and well-being and is at the forefront of changes in healthcare and the food industry through lifestyle practices and innovative food initiatives. Rich’s mission for The Natural Epicurean’s Professional Chef School is to offer excellence in culinary training in plant-based foods that creates chefs prepared for successful careers.
that support the ever-growing need for health-related culinary experts and their services.

Betty Edmond, M.D., Director of the Professional Chef School
Dr. Betty Edmond is the Director of The Natural Epicurean, responsible for the operations and strategic development of the Professional Chef School. Dr. Edmond has had a varied career in healthcare in Austin. She has worked as a Pediatric Infectious Disease Consultant, a medical educator and a Senior Executive at Seton Healthcare Network, where she served as Medical Director of the Children’s Hospital. Pursuing goals for her own health and those of her family, she and her daughter are both graduate Chefs of The Natural Epicurean Academy of Culinary Arts. They founded La Grande Vita (lagrandevita.com), a web-based organization with recipes and support for individuals trying to enhance their health through the foods they eat. Dr. Edmond remains dedicated to helping people improve their health by eating well-prepared nutritious foods and is excited to apply her administrative skills as Director of the Professional Chef School.

Jessica Pearson, Lead Admissions Counselor
Jessica is the Lead Admissions Counselor, managing recruitment for the School’s Professional Program and helping prospective students through the admissions process. Jessica holds a Bachelor of Arts degree in Business Administration with a focus on Marketing from Colorado State University. She has always had a keen interest in food and went on to work as a Cooking Coach at Central Market and a Catering Manager for the Driskill Hotel. Jessica then decided to attend The Natural Epicurean to pursue her dream of becoming a
health conscious chef. She is a graduate Chef of The Natural Epicurean and founder of FedWell Austin, a plant-based Personal Chef Service. Jessica has successfully merged a degree in business with her training as a plant-based Chef to promote and teach the benefits of a health-supportive diet, and support aspiring students in becoming the chefs of the future.

Charles Barrow, Lead Sales Representative; Admissions Counselor
Charles is The Natural Epicurean's Lead Sales Representative and also serves as an Admissions Counselor for the Professional Chef School. At The Natural Epicurean, sales and admissions counseling involve developing relationships with people interested in an array of diverse culinary teaching opportunities, to include the Professional Chef and Distance Learning Programs. Charles holds a Bachelor of Arts degree in English from Baylor University and has over ten years of experience in sales and marketing, to include work in the software industry. Following his passion for food and education, Charles made the decision to step away from the corporate world in 2013 and explore health-supportive industries. His experience in fast-paced sales environments, his genuine desire to support the professional growth of others, and his love for locally sourced and healthy foods drew him to The Natural Epicurean, where he extends its culinary offerings to others with great enthusiasm and commitment.

Rosa Vera, Student Services Coordinator
Rosa is Coordinator of Student Services at the Professional Chef School, mentoring students, coordinating services and managing student externships and completion of training. Her traditional culinary training began in 1996 as a
chef’s apprentice at a Texas lakeside business resort. Her chef experience ranges from work with four-star hotels, such as the Brown Palace in Denver, and large catering operations, to small solar-powered sustainable businesses. In 2001, Rosa became interested in macrobiotics, vegan cuisine and organics. She graduated as a Chef from The Natural Epicurean and has since worked in Austin as a chef, restaurant menu consultant, and full-time staff at The Natural Epicurean. She is a true advocate of conscious cooking and serves as an excellent resource and support to aspiring natural food chefs in the Natural Epicurean’s Professional Chef School.

Inge Bothma, Lead Chef Instructor and Curriculum Coordinator
Chef Inge is a full-time Lead Chef Instructor and Curriculum Coordinator, working with the faculty and curriculum to provide an excellent classroom experience for culinary students. She is also the Lead Chef Instructor for Fundamentals of Cooking, Foundations of Plant-Based Cooking, Vegetarian and Vegan cooking and Health-Supportive Baking and Pastry. Chef Inge attended Le Cordon Bleu Culinary Arts Academy, graduating Summa Cum Laude. Post-graduation she worked in restaurants, including Hudson’s on the Bend, the Lakewood Spa & Resort and the University Of Texas, and managed a hospital kitchen at Seton Family of Hospitals, creating healthier menus for patients and their families. In 2007, Chef Inge founded the Happy Vegan Baker in Austin that continues to thrive through 1:1 service at local farmer’s markets. Sharing her love of plant-based foods with others has been the focus of Chef Inge’s culinary career, which she now brings to The Natural Epicurean.
Maya DiTraglia, Foraging and Procurement Manager
Maya is the Natural Epicurean’s Foraging and Procurement Manager, with responsibilities that include providing the School with fresh local produce and specialty ingredients. She also assures that chefs and students have the tools and equipment needed for a full culinary teaching experience. Maya has a Bachelor of Arts in International Studies and is pursuing advanced study in Nutrition. She has always been fascinated with health and cooking and found that much of her undergraduate research revolved around food-related issues. After living in Europe and seeing the thriving support for local and seasonal foods, she became especially interested in the farm-to-table movement and interned with Slow Food upon her return to the States. Now, as Forager at The Natural Epicurean, she loves discovering new specialty ingredients, engaging with area farms and inspiring students’ creativity and curiosity.

Andrew Hecht, Public Class and Distance Learning Chef Instructor and Coordinator
Andrew coordinates The Natural Epicurean’s Public Classes and Distance Learning Courses, serving as a Chef Instructor and managing their development. Andrew holds a Bachelor of Arts degree in Anthropology at New York University and has been a steadfast advocate for plant-based diets since his early teens. While pursuing his studies, Andrew learned the vital role food plays in human social development and its relationship to healthy people and communities. After college, he worked and lived at a small farm in Maine and a homestead in North Carolina, realizing his passion for food and sharing it with others. He then pursued formal culinary training and became a Chef graduate of The Natural Epicurean. Andrew now...
combines his love of food and cooking with his academic experience to teach healthier eating habits and inspirational cooking methods.

**Gretchen Upshaw, Director of National Development**

Gretchen is the Director of National Development at The Natural Epicurean, serving to extend the organization's mission both nationally and internationally. She came to the Natural Epicurean with over fifteen years of combined experience in restaurant management and educational programming. After witnessing the effects of disease in her immediate family, Gretchen was determined to explore a new career focused on educating people about the importance of food as medicine. At The Natural Epicurean, Gretchen served as Director of the Professional School until 2014 and then moved to New Orleans to serve as The Natural Epicurean's Director of National Development. She is excited about the many initiatives the Natural Epicurean is pursuing as she develops communities across the country focused on teaching and enabling others to support their health through knowledge of plant based foods and skills in the culinary arts.

**FACULTY**

**Inge Bothma, Lead Chef Instructor and Curriculum Coordinator – see STAFF**

**Rachel Zierzow, Lead Macrobiotic Chef Instructor**

Chef Rachel is Lead Macrobiotic Chef Instructor at The Natural Epicurean and a Macrobiotic Chef specializing in healing whole foods and remedies. She is a graduate Chef of The Natural Epicurean
and has studied at Macrobiotics America for Health Consulting. She holds a Bachelor of Arts degree in Biology and Masters in Ecology and Evolution. Chef Rachel has been a Lead Macrobiotics Instructor at The Natural Epicurean since 2007. She also serves as a Personal Chef, Private Cooking Instructor and Personal Health Consultant to individuals trying to improve their health through food and lifestyle changes. Chef Rachel’s goal as a teacher is to inspire and empower students of all ages to restore balance in their lives through cooking beautiful and nourishing meals.

**Charlotte Jernigan, Lead Ayurveda Chef Instructor**
Chef Charlotte is Lead Ayurveda Chef Instructor at The Natural Epicurean and a Certified Ayurveda Practitioner with the National Ayurvedic Medical Association (NAMA). She studied Ayurveda, Sanskrit and Jyotish at Mount Madonna Center, CA and the Ayurvedic Institute in Albuquerque, NM and holds a Bachelor of Arts degree in Botany from the University of Texas at Austin. Chef Charlotte has a well established private practice in Ayurveda and has taught Ayurvedic theory, cooking and lifestyle, as well as proper digestion, nutrition and self-cleansing in public classes and yoga teacher training programs. Chef Charlotte is also a longtime organic gardener at Austin’s Texas’ Sunshine Community Garden.

**Dianne Slick, Lead Raw and Living Foods Chef Instructor**
Chef Dianne is Lead Chef Instructor for Raw and Living Foods and a graduate Chef of The Natural Epicurean Academy of Culinary Arts. She was raised in a small Michigan farming community, surrounded by a family of cooks. Her passion for
food and cooking began at a very young age and she has always loved sharing food with family and friends. After facing serious illness in her family and her own personal health problems, she began questioning the connection between diet and disease and decided to adopt a vegan diet, learning first-hand how food can be used to heal. Since graduating from The Natural Epicurean, Chef Dianne was the Raw Vegan Chef at Austin Skinny Limits and continues her strong commitment to sharing her culinary knowledge and experience and finding great joy through working with aspiring plant-based chef students.

Alain Braux. Lead Vegetarian Recipes and Menus Chef and Nutrition Instructor
Chef Alain is Lead Vegetarian Recipe & Menu Chef Instructor at The Natural Epicurean. He is a classically trained French Chef at Confiserie Pâtisserie Auer in Nice, a Certified Executive Pastry Chef with the American Culinary Federation and a Certified Master Baker with the Retail Bakers of America. He also holds a Bachelor of Science degree in Holistic Nutrition. Chef Alain has a broad culinary work experience, first in highly rated hotels, restaurants and pastry shops in Europe, then New York, Houston and finally Austin. In 1988 he opened his own business, Amandine French Bakery and Cafe, and has worked as Pastry and Baking Instructor for the Culinary Academy of Austin and Executive Chef and Nutrition Therapist at People’s Pharmacy. Chef Alain is an award-winning food and health author and currently runs a health food consulting private practice, A Votre Santé. At The Natural Epicurean’s Professional Chef School, Chef Alain enjoys sharing his knowledge and experience with aspiring chefs, particularly focusing on the beautiful creation of
nourishing recipes and menus that delight the senses.

**Dorothy Byrne, PhD, Lead Science of Plant-Based Nutrition Instructor**

Dr. Byrne is Lead Instructor for the Science of Plant-based Nutrition. She is President of Byrne Consultants, Inc., providing Medical Nutrition Therapy and Counseling & Behavior Support, and maintains a consultation contract with Mental Health Facilities and Government Provider Agencies. Dr. Byrne holds a Bachelor’s degree in Nutritional Science from the University of Rhode Island, a Masters of Business Administration from Connecticut State University and a Ph.D. in Counseling Education and Supervision from St. Mary’s University. She continues her studies through Clayton College of Natural Health, working with a Doctorate Curriculum in Natural Health. She is a Registered Dietitian Nutritionist, holding dual Texas State Licensures, in Dietetics and in Licensed Professional Counseling and is a Texas State Recognized Supervisor for Licensed Professional Counselors Interns. Dr. Byrne comes to The Natural Epicurean with a deep passion for Nutrition and Counseling as Healing Arts and preventive medicine for the body, mind and spirit. She is not only well known for her expertise in working with all types of eating disorders, but enjoys work as a Pet Therapist, local 5K Runner and Chakra Release/Reiki Master.

**Marko Ellinger, Chef Instructor**

Chef Marko is an Austin-based Chef Instructor at The Natural Epicurean teaching vegetarian and vegan cuisine and specializing in healthy alternative diets. Chef Marko has the extensive training and experience to excel with any conventional menu. He has worked in the culinary
arts as an executive chef, cookbook author, food writer and culinary instructor for over thirty years. He has cooked around the world and is currently the Culinary Education Specialist for Travis Resorts. Throughout his career, Chef Marko has enjoyed working as a performance artist, cookbook author, television personality and contemporary chef. As an advanced student with John Ash at the Culinary Institute of America, Greystone, he was asked to be the private chef for Kevin Spacey while filming in Austin and completed a cooking assignment for Dr. Oz. and his extended family in Portland, Maine. Chef Marko’s focus is to promote strategies with nutrient dense foods that are cost effective, environmentally sustainable, highly nutritious, visually engaging and absolutely delicious. As an original faculty member at The Natural Epicurean, he says "I really get a kick out of seeing students evolve into successful culinary artists” and is gratified that students frequently comment that they learn loads of useful information in his classes.

**Felicia Tomasko, Chef Instructor**

Chef Felicia is a Natural Epicurean Chef Instructor who serves on the Board of Directors of the National Ayurvedic Medical Association (NAMA) and teaches Ayurveda theory and culinary cuisine. She lives in California and is a member of the California Association of Ayurvedic Medicine and editor-in-chief of LA Yoga and Ayurveda and Health magazine. Chef Felicia holds a Nursing Degree from Santa Barbara City College, as well as a Degree in Environmental Biology. She is an Ayurvedic practitioner and structural yoga therapist, with studies through the Rocky Mountain Institute of Yoga and Ayurveda and the Alandi Ayurvedic Gurukula in Boulder, Colorado. She is also a Registered Yoga Teacher (R.Y.T.) at the 500-hour
Chef Felicia’s career includes roles as a consultant, writer and Ayurvedic Chef. She teaches throughout California on Ayurvedic principles, philosophy and cooking technique and comes to The Natural Epicurean as an Ayurveda Chef to share her knowledge and inspire students in their culinary practice and learning.

David Briscoe, Chef Instructor
Chef David is a Natural Epicurean Chef Instructor who is one of the leading macrobiotic educators in the country and teaches Macrobiotic theory and cooking. He lives in California and is founder of Macrobiotics America, a center for the development of macrobiotic counselors and cooking teachers. Chef David is highly regarded for his vast experience in the areas of macrobiotic healing diets, home remedies and lifestyle re-balancing. Since 1972 he has gained expertise in every facet of macrobiotics, including personal practice, teaching, counseling, professional cooking and restaurant ownership. Chef David also holds the honorary position of macrobiotic counselor for The George Ohsawa Macrobiotic Foundation of Chico, CA, the oldest macrobiotic education and publishing organization in North America.

Leah Eshelman, Chef Instructor
Chef Leah is a Natural Epicurean Chef Instructor teaching vegetarian and vegan cuisine and a Chef graduate of The Natural Epicurean. She holds a Bachelors degree in Health Information Management from the University of Pittsburgh and left a career in Information Technology to pursue her true passion: cooking delicious, nourishing food. Chef Leah has enjoyed honing her culinary techniques in the Austin restaurant and hospitality scene, where she has gained valuable experience
that she shares with Natural Epicurean students. Currently she works as a professional chef at Whole Foods Market’s flagship store in Austin, TX, where she prepares fresh seafood and vegetables in an open-kitchen restaurant within the store. She also works as a personal chef, preparing healthy, often gluten-free, meals. Chef Leah believes that practice of basic culinary techniques paired with conscious cooking leads to a healthy and rewarding life and enjoys sharing her passion and helping students in their pursuit of a culinary career and healthy lifestyle.

Brenda Reed, Chef and Business Instructor
Chef Brenda is a Chef and Business Instructor in The Natural Epicurean’s Culinary Business Planning module and teaches and helps coordinate speakers for the module. Brenda has a Bachelors’ degree in Journalism from Stephen F. Austin State University and a Masters in Exercise Sport Science from Texas Tech University. She is also a graduate Chef of The Natural Epicurean and continues to pursue her love of food and health. Brenda has combined her leadership & facilitation skills with health supportive cooking to create a collaborative and thoughtful experience while cooking for guests at training, yoga, and meditation retreats. She also works as the Chef Consultant for Engine 2 Immersions, an Austin-based nutrition education program where she helps to plan, prepare, and expedite the weeklong immersion program for the company and its clients.

V. TUITION, FEES AND SPECIAL CHARGES

Tuition, Fees and Other Expenses
Tuition $22,950
Supplies Fee $355
<table>
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<tr>
<th>Other Expenses</th>
<th>$0-$425</th>
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<tr>
<td>TOTAL</td>
<td>$23,305-$23,730*</td>
</tr>
</tbody>
</table>

* Paying in monthly installments (Option C, below) increases the total program cost beyond the amount shown here due to finance fees.

**Application Fee**
There is no application fee for the Program.

**Registration Deposit and Fee**
A $500 deposit is required at the time of registration to secure a place in the program. This deposit includes a $100 registration fee. The $500 deposit goes toward the Tuition Fee.

**Tuition Fee**
The Tuition Fee of $22,950 includes a $500 Registration Fee. If a student chooses the extended payment plan (Option C), a Finance Fee applies to each monthly payment.

**Supplies Fee**
A Supplies Fee of $355 is paid to the school and includes two Natural Epicurean chef coats, two aprons, two chef hats, ServSafe Certification fees and a professional knife kit. The $355 fee is due the first day of class.

**Other Expenses**
The Other Expenses listed above are not paid to the school and may vary. Students are supplied with a required reading list. Books they already own need not be purchased. Students may purchase books they do not yet own through the vendor of their choice or may borrow these books from lending libraries as available. Students may pay $0-$250 for books. Students need chef pants.
and appropriate shoes, both of which are required for class attendance. Students already owning items need not purchase them. Students not already owning items may purchase them through the vendor of their choice. Students may pay $0-175 for chef pants and appropriate shoes.

**Payment Options**
The following payment options are available:

Option A: $500 deposit plus one payment:
   $20,200 due by the first day of class  
   (save $2250)

Option B: $500 deposit, plus 3 payments:
1. $7500 due the first day of class  
2. $7500 due the end of the 7th week of coursework  
3. $7450 due the end of the 13th week of coursework

Option C: $500 deposit, plus 13 payments:
1. $4,450 due by the first day of class,  
2. $18,000 paid in 12 monthly installments through TFC Credit Corporation to each of which will be added a 5% APR interest charge

**Total Charges for the Program**
The total cost to complete the program, not including any Special Fees that may be assessed (see next section) is $23,305-$23,730* ($22,950 tuition + $355 Supplies Fee + $0-$425 for books, chef pants and footwear). Note that a discount of $2,250, or additional charges in the form of interest, may apply depending on which tuition payment option is chosen. Special Fees may add to the total
cost of the program (see below).

Special Fees

- **Charges to Retake a Class (when available)** The fee to retake a class is a portion of the current tuition fee prorated according to the length of the class.
- **Late Registration Fee** A fee of $100 may be charged for registration which occurs after the registration deadline and before the late registration deadline. Please see VI. School Calendar for exact dates.
- **Returned Check Fee** A fee of $25 is charged for returned checks or declined credit cards.
- **Finance Fee** This applies to students paying tuition on a monthly payment plan only (see Section a above, on Option C).
- **Extension Fee** Upon request and at the School Director’s discretion, a student who has completed all coursework in the regular amount of time may be granted an extension of graduation to complete remaining non-coursework program requirements, i.e. Assistantship and Externship hours. If granted, an extension of up to three months will be free of charge. Students granted an extension of longer than three months must pay a fee of $100 per month. This fee is applicable not longer than eighteen months from the first scheduled day of classes for the program track in which the student enrolled. In no case may the extension time exceed eighteen months from the first scheduled day of classes for the program track in which the student enrolled. After eighteen months, the program must be re-taken in full for the student to graduate.
Scholarships
The Natural Epicurean Academy of Culinary Arts welcomes applicants for its merit-based and need-based scholarships and other opportunities. All applications must be submitted prior to the Program start date for the applicants respective Track. For further details, see the Academy’s website www.naturalepicurean.com or contact Natural Epicurean to speak to an Admissions Counselor (512-476-2276).

VI. SCHOOL CALENDAR

Winter 2015 Day Program Track
- Enrollment Period: Open to January 5, 2016
- 1st Quarter: January 5-March 20, 2015
- Late Registration Deadline: January 9, 2015
- 2nd Quarter: March 30-June 13, 2015
- Celebration Event: June 13, 2015
- Holidays: January 19, April 3 & May 25, 2015
- Completion Deadline: September 12, 2015

Spring 2015 Day Program Track
- Enrollment Period: Open to March 30, 2015
- 1st Quarter: March 30-June 12, 2015
- Late Registration Deadline: April 3, 2015
- Midterm Break: June 15-June 26, 2015
- 2nd Quarter: June 29-September 12, 2015
- Celebration Event: September 12, 2015
- Completion Deadline: December 12, 2015

Summer 2015 Day Program Track
- Enrollment Period: Open to June 29, 2015
- 1st Quarter: June 29-September 11, 2015
<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
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<tbody>
<tr>
<td>Deadline</td>
<td>July 3, 2015</td>
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<tr>
<td>Midterm Break</td>
<td>September 14-18, 2015</td>
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<tr>
<td>2nd Quarter</td>
<td>September 21-December 12, 2015</td>
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<tr>
<td>Celebration Event</td>
<td>December 12, 2015</td>
</tr>
<tr>
<td>Thanksgiving Break</td>
<td>November 24-25, 2015</td>
</tr>
<tr>
<td>Holidays</td>
<td>September 7, 2015</td>
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<tr>
<td>Completion Deadline</td>
<td>March 12, 2016</td>
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**Fall 2015 Day Program**

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>Enrollment Period</td>
<td>Open to September 21, 2015</td>
</tr>
<tr>
<td>1st Quarter</td>
<td>September 21-December 11, 2015</td>
</tr>
<tr>
<td>Late Registration Deadline</td>
<td>September 25, 2015</td>
</tr>
<tr>
<td>Thanksgiving Break</td>
<td>November 23-27, 2015</td>
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<tr>
<td>2nd Quarter</td>
<td>January 14-April 2, 2016</td>
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<tr>
<td>Celebration Event</td>
<td>April 2, 2016</td>
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<tr>
<td>Holidays</td>
<td>January 18 &amp; March 25, 2016</td>
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<tr>
<td>Completion Deadline</td>
<td>July 1, 2016</td>
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**Fall 2015 Evening Program Track**

<table>
<thead>
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<th>Event</th>
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<tbody>
<tr>
<td>Enrollment Period</td>
<td>Open to August 28, 2015</td>
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<tr>
<td>1st Quarter</td>
<td>August 28-December 23, 2015</td>
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<tr>
<td>Late Registration Deadline</td>
<td>August 31, 2015</td>
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<tr>
<td>Thanksgiving Break</td>
<td>November 26-27, 2015</td>
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<tr>
<td>Midterm Break</td>
<td>December 24, 2015-January 5, 2016</td>
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<tr>
<td>2nd Quarter</td>
<td>Jan 6, 2016-May 14, 2016</td>
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<tr>
<td>Celebration Event</td>
<td>May 14, 2016</td>
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<tr>
<td>Holidays</td>
<td>September 7, 2015 and January 18, March 25, 2016</td>
</tr>
<tr>
<td>Completion Deadline</td>
<td>August 27, 2016</td>
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**VII. NORMAL HOURS OF OPERATION**

**School**

Normal operating hours are Monday through Thursday 8 a.m. to 9 or 10 p.m. and Friday 9 a.m.
to 4, 9 or 10 p.m. Any Saturday and Sunday hours are 8 or 9 a.m. to 4 or 5 p.m.

School Office
Normal operating hours are Monday through Friday, 9 a.m. to 5 p.m.

Dates School and School Office Will Be Closed
New Years Day
Martin Luther King Day (school only)
Good Friday (school only)
Memorial Day
Independence Day
Labor Day
Thanksgiving Day
Day After Thanksgiving
Christmas Eve
Christmas Day
Day After Christmas

Class Schedules
Winter and Summer Track Classes are held Monday through Thursday, 8 a.m. to 4 p.m., with a break from 12 -1 p.m. and Fridays 9 a.m. to 12 p.m.

Spring and Fall Track Classes are held Monday through Thursday, 9 a.m. to 5 p.m., with a break from 12 -1 p.m., and Fridays 9: a.m.to 12 p.m.

Evening Track Classes are held Monday through Thursday, 6p.m. to 9 or 10 p.m., with occasional Friday classes 6p.m to 9 or 10 p.m., At least once per month, there are weekend classes on Saturday and Sunday from 8 or 9 a.m. to 4 or 5 p.m., with a break from 12 -1 p.m.

On the last class day of the second quarter, class meeting times may vary from the normal schedule
and are to be announced, pending scheduling of the Catering (Celebration) Event.

VIII. ADMISSION POLICY

Students must be at least eighteen years of age and be able to show proof of either a secondary education or successful completion of one full-time academic semester, or equivalent, at a post-secondary school, college, university. The Natural Epicurean’s students come from a variety of backgrounds and professions. They show a high level of personal integrity, clear intention, and an enthusiastic, inquisitive desire to improve their quality of life and the quality of life of others. A member of our staff speaks with all potential students to ensure that it is appropriate for them to enter the program. Students must have a high level of competency in the English language. This knowledge will be clearly addressed in the admissions interview if competency is in question. Applicants must submit, by the application deadline for the program for which they are applying:

- Admissions application, which includes:
  - A number of brief personal statements (short essays)
  - Work and academic history
- GED (photocopy), high school transcript, or college transcript, whichever reflects the highest academic degree completed
- Two letters of recommendation, one professional or academic and one personal
- Signed copy of the Enrollment Agreement

There is no prerequisite training for The Natural Epicurean’s Professional Chef Training Program. Any extenuating situations may need approval from the School Director and will be handled on a case-by-case basis.
The Natural Epicurean does not discriminate against anyone because of race, gender, sexual orientation, age, religion, disability, or nationality. Students should apply as early as possible for their desired program. Early application helps students to consciously plan their time so they will succeed and derive the maximum benefit from their studies here.

In order to be formally enrolled a student must:
- Complete all necessary paperwork, including:
  - Registration form
  - Tour form
  - Liability release
  - Student information form
  - Texas Workforce Commission required forms
  - Refund and cancellation policy
- Have read the School Catalog and handbook thoroughly
- Have graduated from high school or have a GED (submit photocopy)
- Have paid, at minimum, the $500 registration deposit

IX. POLICY FOR GRANTING CREDIT

The Natural Epicurean will adjust program requirements and cost where warranted by a student’s previous experience at the discretion of the School Director.

X. CANCELLATION AND REFUND POLICIES

The Natural Epicurean adheres to the Cancellation and Refund Policies prescribed by State of Texas
Law and Rules and described in TWC Form PS-023R, which are as follows:

**Cancellation Policy**
A full refund will be made to any student who cancels the enrollment contract within 72 hours (until midnight of the third day excluding Saturdays, Sundays and legal holidays) after the enrollment contract is signed or within the student’s first three scheduled class days (does not apply to Seminars).

**Refund Policy**
1. Refund computations will be based on scheduled course time of class attendance through the last date of attendance. Leaves of absence, suspensions and school holidays will not be counted as part of the scheduled class attendance.

2. The effective date of termination for refund purposes will be the earliest of the following:
   (a) The last day of attendance, if the student is terminated by the school;
   (b) The date of receipt of written notice from the student; or
   (c) Ten school days following the last date of attendance.

3. If tuition and fees are collected in advance of entrance, and if after expiration of the 72 hour cancellation privilege the student does not enter school, not more than $100 in nonrefundable administrative fees shall be retained by the school for the entire residence program or synchronous distance education course.

4. If a student enters a residence or synchronous distance education program and withdraws or is otherwise terminated,
the school or college may retain not more than $100 in nonrefundable administrative fees for the entire program. The minimum refund of the remaining tuition and fees will be the pro rata portion of tuition, fees, and other charges that the number of hours remaining in the portion of the course or program for which the student has been charged after the effective date of termination bears to the total number of hours in the portion of the course or program for which the student has been charged, except that a student may not collect a refund if the student has completed 75 percent or more of the total number of hours in the portion of the program for which the student has been charged on the effective date of termination.

5. Refunds for items of extra expense to the student, such as books, tools, or other supplies should be handled separately from refund of tuition and other academic fees. The student will not be required to purchase instructional supplies, books and tools until such time as these materials are required. Once these materials are purchased, no refund will be made. For full refunds, the school can withhold costs for these types of items from the refund as long as they were necessary for the portion of the program attended and separately stated in the enrollment agreement. Any such items not required for the portion of the program attended must be included in the refund.

6. A student who withdraws for a reason unrelated to the student’s academic status after the 75 percent completion mark and
requests a grade at the time of withdrawal shall be given a grade of “incomplete” and permitted to re-enroll in the course or program during the 12-month period following the date the student withdrew without payment of additional tuition for that portion of the course or program.

7. A full refund of all tuition and fees is due and refundable in each of the following cases:
   (a) An enrollee is not accepted by the school;
   (b) If the course of instruction is discontinued by the school and this prevents the student from completing the course; or
   (c) If the student's enrollment was procured as a result of any misrepresentation in advertising, promotional materials of the school, or representations by the owner or representatives of the school.

A full or partial refund may also be due in other circumstances of program deficiencies or violations of requirements for career schools and colleges.

8. Refund Policy for Students Called to Active Military Service

A student of the school or college who withdraws from the school or college as a result of the student being called to active duty in a military service of the United States or the Texas National Guard may elect one of the following options for each program in which the student is enrolled:
(a) if tuition and fees are collected in advance of the withdrawal, a prorata refund of any tuition, fees, or other charges paid by the student for the program and a cancellation of any unpaid tuition, fees, or other charges owed by the student for the portion of the program the student does not complete following withdrawal;

(b) a grade of incomplete with the designation "withdrawn-military" for the courses in the program, other than courses for which the student has previously received a grade on the student's transcript, and the right to re-enroll in the program, or a substantially equivalent program if that program is no longer available, not later than the first anniversary of the date the student is discharged from active military duty without payment of additional tuition, fees, or other charges for the program other than any previously unpaid balance of the original tuition, fees, and charges for books for the program; or

(c) the assignment of an appropriate final grade or credit for the courses in the program, but only if the instructor or instructors of the program determine that the student has:

(1) satisfactorily completed at least 90 percent of the required coursework for the program; and
demonstrated sufficient mastery of the program material to receive credit for completing the program.

9. The payment of refunds will be totally completed such that the refund instrument has been negotiated or credited into the proper account(s), within 60 days after the effective date of termination.

XI. PROGRAM TITLE AND DESCRIPTION

Program Title
Professional Chef Training Program

Program Description
The Natural Epicurean Professional Chef Training Program is a professional culinary arts training program devoted to health-supportive, plant-based diet. We embrace a holistic view of health which includes the physical, energetic, mental, emotional, societal and environmental levels and believe that diet, when consciously and masterfully designed, can support health on all these levels. We are committed to non-dogmatism and believe there is no one diet that suits every person’s health needs. The Program trains professional chefs in the theory and practice of meal planning and preparation in a variety of styles, including vegetarian, vegan, macrobiotic, Ayurvedic and raw foods. We emphasize local and seasonal foods in their natural and unprocessed state with an equal emphasis on pleasing the senses and supporting health. Students also learn career development skills and ethics necessary for a successful culinary profession, such as working as entry-level chefs,
personal chefs, proprietors of their own culinary businesses and working in restaurants, catering companies and specialty delis.

**Complete List of Subjects**

<table>
<thead>
<tr>
<th>Subject #</th>
<th>Subject Title</th>
<th>Clock Hours*</th>
<th>Credit Hours**</th>
</tr>
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<tbody>
<tr>
<td>FUN</td>
<td>Fundamentals of Cooking</td>
<td>52.25/5.75/0/58</td>
<td>5.5</td>
</tr>
<tr>
<td>FOU</td>
<td>Foundations of Plant-Based Cooking</td>
<td>48.75/9.25/0/58</td>
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<tr>
<td>VEG</td>
<td>Vegetarian &amp; Vegan cooking</td>
<td>53.25/8.75/0/62</td>
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<tr>
<td>SCI</td>
<td>Science of Plant-Based Nutrition</td>
<td>45/0/0/45</td>
<td>4.5</td>
</tr>
<tr>
<td>BAK</td>
<td>Health – Supportive Baking &amp; Pastry</td>
<td>36/12/0/48</td>
<td>4</td>
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<tr>
<td>VRM</td>
<td>Vegetarian Recipes &amp; Menus</td>
<td>27/4/0/31</td>
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</tr>
<tr>
<td>CIF</td>
<td>Current Issues in Food</td>
<td>28/0/0/28</td>
<td>2.5</td>
</tr>
<tr>
<td>RPD</td>
<td>Recipes &amp; Product Development</td>
<td>10.5/1.5/0/12</td>
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<tr>
<td>RAW</td>
<td>Raw &amp; Living Foods</td>
<td>73.75/16.25/0/90</td>
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<tr>
<td>BUS</td>
<td>Culinary Career Planning</td>
<td>28/0/0/28</td>
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<tr>
<td>MAC</td>
<td>Macrobiotic Cooking</td>
<td>80/10/0/90</td>
<td>8.5</td>
</tr>
<tr>
<td>AYU</td>
<td>Ayurvedic Cooking</td>
<td>76/14/0/90</td>
<td>8</td>
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<tr>
<td>EVT</td>
<td>Catering &amp; Event Planning</td>
<td>33.5/6.5/0/40</td>
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<tr>
<td>AST</td>
<td>Assistantship</td>
<td>0/60/0/60</td>
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<tr>
<td>EXT</td>
<td>Externship</td>
<td>0/0/160/160</td>
<td>5</td>
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<tr>
<td>TOTALS</td>
<td></td>
<td>592/148/160/900</td>
<td>69</td>
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*Please note that the calculation of “lab” hours shown here does not reflect the time students spend in hands-on cooking classes. This is due to how TWC defines lab hours and the kind of instruction our students receive in hands-on cooking classes. A four-hour hands-on cooking class does not count as four hours of lab time. Rather, the hours spent in hands-on cooking classes are divided so that 75% of total class time counts as lecture and 25% of total class time is counted as lab time. The reason is that TWC defines lecture time as time students are receiving instruction and lab time as time where students are supervised in their activity but are not receiving instruction. Our students receive instruction from a teacher in several forms during hands-on cooking classes: short lectures, short demonstrations, instruction and commentary while they are doing hands-on activities, and group discussion critique at the end of the session. Thus, while hands-on cooking classes are considered to be 75% lecture, it should be kept in mind that students are active with their hands at most times during this “lecture” content. The amount of time in hands-on cooking classes is actually greater than that spent in lecture- and lecture/demo-style classes. Students are in hands-on cooking classes and cooking practicum exams for a total of 148 hours; they are in lectures, lecture/demo-style classes, and written exams for a total of 592 hours.

**One academic quarter credit hour equals a minimum course time of: 10 hours of lecture, 20 hours of lab, or 30 hours of externship. Credit hours are rounded down to the nearest half.

**Total Clock and Credit Hours Required for Program Completion**
900 clock hours, 69 quarter credit hours

**Length of Time for Program Completion**
Day Program Tracks require approximately 6 months and Evening Program Tracks require approximately 9 months (including holidays and breaks) of coursework, plus three months for completion of AST Assistantship and EXT Externship. See Section VI. School Calendar for specific dates. Under certain circumstances, a student may be granted an extension of at least 3 months for completion of his/her Assistantship and Externship, provided space in the Assistantship and Externship Programs exists. For more details, see Section V. Tuition, Fees and Special Charges - Special Fees - Extension Fees.

**Type of Certificate, Diploma, or Degree Awarded**
Graduates receive a Certificate of Completion

**XII. SYNOPSIS OF EACH SUBJECT OFFERED**

(Definition of Prerequisites – courses completed with a passing grade that are required to advance to another course.)

**FUN  Fundamentals of Cooking**
This course presents fundamental topics that are prerequisite for all subsequent coursework: food in the environmental safety and sanitation food production area, knife safety, knife skills, kitchen roles and etiquette, basic culinary math, cost control in the culinary workplace, and basic cooking techniques such as sautéing, roasting, poaching, braising and frying as well as the preparation of stocks, sauces and emulsions. Prerequisites: None.

**Content Outline (List of Class Sessions):**

<table>
<thead>
<tr>
<th>Class Session</th>
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<tbody>
<tr>
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<tr>
<td>Course</td>
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<tr>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>1. Orientation</td>
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<tr>
<td>2. ServSafe I</td>
</tr>
<tr>
<td>3. ServSafe II – Exam</td>
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<tr>
<td>4. Culinary Brigade, Mise en Place and Kitchen Equipment</td>
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<tr>
<td>5. Knives and Basic Knife Skills I Lab</td>
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<tr>
<td>6. Knives and Basic Knife Skills II Lab</td>
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<tr>
<td>7. Herbs and Spices</td>
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<tr>
<td>8. Flavors and Flavorings</td>
</tr>
<tr>
<td>9. Stocks</td>
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<tr>
<td>10. Stocks Lab</td>
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<tr>
<td>11. Sauces and Thickening Agents</td>
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<tr>
<td>12. Sauces and Thickening Agents Lab</td>
</tr>
<tr>
<td>13. Dry Cooking Methods</td>
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<tr>
<td>14. Dry Cooking Methods Lab</td>
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<tr>
<td>15. Wet Cooking Methods</td>
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<tr>
<td>16. Wet Cooking Methods Lab</td>
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<tr>
<td>17. Assessment-Written</td>
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</tbody>
</table>

**FOU  Foundations of Plant-Based Cooking**

This course provides instruction foundational to plant-based cooking. Students learn to identify, select, handle and store a wide range of grains, beans, bean products, nuts, seeds, vegetables and fruit and prepare these ingredients using a number of techniques and equipment. Information about the importance of these ingredients to health is presented. There is also instruction and practice in basic culinary math. Prerequisites: FUN.
Content Outline (List of Class Sessions):

1. Grains I 4 Hours
2. Grains II Lab 3 Hours
3. Grains III 4 Hours
4. Grains IV Lab 3 Hours
5. Beans I 4 Hours
6. Beans II Lab 3 Hours
7. Beyond Beans 3 Hours
8. Tofu and Tempeh Lab 4 Hours
9. Vegetables I Lab 3 Hours
10. Vegetables II Lab 4 Hours
11. Vegetables III Lab 3 Hours
12. Vegetables IV Lab 4 Hours
13. Fruit Lab 3 Hours
14. Preserving Lab 3 Hours
15. Conscious Cooking Essentials 3 Hours
16. Decisions of Conscious Chef 3 Hours
17. Assessment-Practicum Lab 4 Hours

**VEG Vegetarian and Vegan Cooking**
This course instructs students in preparing delicious, health-supportive, seasonal vegan and vegetarian items including soups, chowders, salads, dressings, entrees, appetizers, pastas and dumplings. Plating and presentation are introduced. Prerequisites: FUN, FOU.

Content Outline (List of Class Sessions):

1. Salads & Dressings 3 Hours
2. Salads & Dressings Lab  4  Hours
3. Soups & Chowders  3  Hours
4. Soups & Chowders Lab  4  Hours
5. Appetizers  3  Hours
6. Potatoes Lab  4  hours
7. Entrees  3  Hours
8. Tomatoes & Peppers Lab  4  Hours
9. Introduction to Dairy & Eggs  3  Hours
10. Omelets Lab  4  Hours
11. Quiche & Soufflé  3  Hours
12. Vegetarian Plating A La Minute Lab  3  Hours
13. Pastas and Dumplings  3  Hours
14. Pastas and Dumplings Lab  4  Hours
15. Seasonal Vegetarian Lab  4  Hours
16. Decisions of a Business  3  Hours
17. Assessment-Practicum Lab  4  Hours
18. Assessment-Written  3  Hours

SCI  Science of Plant-Based Nutrition
This course prepares students for careers in the field of health-supportive cooking by presenting fundamentals of the science of plant-based nutrition. Students identify major organ systems of the body and their functions, kinds of nutrients and the nutrient content of key food groups and common foods. Focus is given to the relationship between diet and health, especially the role diet plays in lifestyle diseases (heart disease, cancer,
diabetes and others) and the benefits of a health-supportive, plant-based, whole-foods diet. The course develops a concept of optimal health which is to be distinguished from simply being disease-free. Prerequisites: FUN, FOU.

Content Outline (List of Class Sessions):

1. How the Body Works I 3 Hours
2. How the Body Works II 3 Hours
3. Fundamentals of the Science of Nutrition: Carbohydrates, Protein and Fats I 3 Hours
4. Fundamentals of the Science of Nutrition: Carbohydrates, Protein and Fats II 3 Hours
5. Fundamentals of the Science of Nutrition: Vitamins and Minerals I 3 hours
7. Nutrition Across the Lifespan 3 hours
8. Diet and Disease I 3 hours
9. Diet and Disease II 3 hours
10. Food Addictions, Cravings and Replacement Foods 3 hours
11. Optimizing Health I 3 hours
12. Optimizing Health II 3 hours
13. Optimizing Health III 3 hours
14. Guest Speaker 3 hours
15. Assessment-Written 3 hours

BAK  Health-Supportive Baking and Pastry
This course teaches health-supportive, whole-foods vegetarian, vegan and gluten-free baking and pastry. Students learn to bake a range of everyday and specialty items using health-supportive, plant-based, whole-foods ingredients. Topics include ingredients and their functions, mixing methods, ratios, and storage and handling of baked goods. Students receive instruction in preparing health-supportive quick breads, cakes, crepes, savory and sweet pastries, whole grain breads, sprouted breads, flatbreads, custards and frozen desserts. Prerequisites: FUN, FOU.

Content Outline (List of Class Sessions):

1. Introduction to Baking Lab 4 Hours
2. Crepes and Pancakes Lab 4 Hours
3. Cakes, Quick Breads and Muffins Lab 4 Hours
4. Custards, Creams & Frozen Desserts Lab 4 Hours
5. Sweet and Savory Pastries Lab 4 Hours
6. Whole Grain Breads Lab 4 Hours
7. Gluten-free Breads Lab 4 Hours
8. Flatbreads Lab 4 Hours
9. Trends in Baking Lab 4 Hours
10. Cookies and Bars Lab 4 Hours
11. Recipe Conversion Lab 4 Hours
12. Assessment- Practicum Lab 4 Hours

Vegetarian Recipes and Menus
This course introduces students to the principles and practice of cooking health-supportive, plant-based, whole-foods menus for disease populations.
It begins with basic principles of vegetarian menu planning then moves to explore menu planning for optimal health. Students prepare menus designed to promote heart health, healthy blood sugar and healthy cholesterol count. Prerequisites: FUN, FOU, VEG, BAK, SCI.

**Content Outline (List of Class Sessions):**

1. Converting Recipes Lab 4 Hours
2. Principles of Menu Planning 3 hours
3. Menu Planning for Optimal Health I 3 hours
4. Menus for Heart Health Lab 4 hours
5. Menu Planning for Optimal Health II 3 Hours
6. Menus for Healthy Blood Sugar Lab 4 Hours
7. Decisions of a Hospital Chef 3 Hours
8. Menus for Healthy Cholesterol Count Lab 4 Hours
9. Assessment-Written 3 Hours

**CIF Current Issues in Food**

This course engages students in in-depth, multifaceted exploration of current issues in the arena of natural whole foods and/or eating for optimal health. Topics change quarter-by-quarter in response to current trends, movements, scientific findings, news, crises and other events. The course includes visiting presenters along with school staff teachers in engaging, informative, inspiring sessions that may include lecture, demonstration and discussions. Prerequisites: FUN, FOU, VEG, BAK, SCI, VRM.

**Content Outline (List of Class Sessions):**
1. Current Issues in Food I  3 hours
2. Current Issues in Food II  4 hours
3. Current Issues in Food III  3 hours
1. Current Issues in Food IV  4 hours
2. Current Issues in Food V  3 Hours
3. Current Issues in Food VI  4 Hours
4. Current Issues in Food VII  3 Hours
5. Current Issues in Food VIII  4 Hours

**RPD  Recipe and Product Development**
In this short but important course, students are trained in the discipline of recipe development and documentation. Students work at home to develop a new recipe, document the process. The course culminates with student presentations.
Prerequisites: FUN, FOU, VEG, BAK, SCI, VRM.

**Content Outline (List of Class Sessions):**
1. Research & Product Development I  3 Hours
2. Research & Product Development II Lab  3 Hours
3. Research & Product Development III Lab  3 Hours
4. Research & Product Development IV  3 Hours

**RAW  Raw and Living Foods**
This course trains students to prepare healthy, balanced, appealing meals, including soups, salads, crackers and crisps, spreads, appetizers, entrees, desserts and more, without the application of heat. Students use fruits, vegetables, nuts, seed
and sprouting grains to create raw vegan items. This course provides special focus on raw superfoods, sprouting, fermentation, dehydration and nut cheeses. Flavor balancing, plating and presentation are also given emphasis. Students study the benefits of a raw or mostly-raw diet according to current scientific research.

Prerequisites: FUN, FOU, VEG, BAK, SCI, VRM.

**Content Outline (List of Class Sessions):**

<table>
<thead>
<tr>
<th>Session</th>
<th>Description</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Raw and Living Foods Theory I</td>
<td>3 hours</td>
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<tr>
<td>2</td>
<td>Milks, Juices and Smoothies Lab</td>
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<tr>
<td>3</td>
<td>Raw and Living Foods Theory II</td>
<td>3 hours</td>
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<tr>
<td>4</td>
<td>Dehydration I Lab</td>
<td>4 hours</td>
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<tr>
<td>5</td>
<td>Raw and Living Foods Theory III</td>
<td>3 hours</td>
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<td>6</td>
<td>Day-to-Day Basics</td>
<td>3 hours</td>
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<td>7</td>
<td>Sprouting Lab</td>
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<td>9</td>
<td>Flavor Balancing Lab</td>
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<tr>
<td>10</td>
<td>Dehydration III Lab</td>
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<td>11</td>
<td>Knife Skills Lab</td>
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<td>12</td>
<td>Fermentation I</td>
<td>3 hours</td>
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<tr>
<td>13</td>
<td>Fermentation II Lab</td>
<td>4 hours</td>
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<tr>
<td>14</td>
<td>Soups, Salads and Dressings Lab</td>
<td>4 hours</td>
</tr>
<tr>
<td>15</td>
<td>Pates, Spreads, Dips and Condiments Lab</td>
<td>4 hours</td>
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<tr>
<td>16</td>
<td>Desserts I</td>
<td>3 hours</td>
</tr>
</tbody>
</table>
BUS  Culinary Business Planning

This course introduces students to sustainable culinary entrepreneurship in an in-depth, hands-on way. Students learn basics of business planning and the ethics of sustainable business. They develop a business concept, write a mission statement and statement of values, and sketch a business plan including marketing and advertising. Prerequisites: FUN, FOU, VEG, BAK, SCI, VRM.

Content Outline (List of Class Sessions):

1. Missions Statements and Resume  3 Hours
2. Business Planning I – Cost Control  4 Hours
3. Business Planning II  4 Hours
4. Career Paths and Opportunities I  3 Hours
5. Career Paths and Opportunities II  4 Hours
6. Ethics and Sustainability  3 Hours
MAC Macrobiotic Cooking
This course begins with an in-depth introduction to macrobiotic theory including yin and yang, acid and alkaline, and the five transformations. Students then learn macrobiotic culinary techniques for preparing grains, beans, soy and vegetables. Students learn to add variety to macrobiotic menus with soups, beverages, condiments, pickles, greens, sauces, desserts and items such as nabe, sushi, kinpira, natto, miso and mochi. Students learn to hand-process tofu, tempeh, mochi and vegan milks. Finally, the course provides an in-depth review of the five transformations theory which is integral to the macrobiotic philosophy of food. Students learn how to cook for each season, cook for health conditions, and make a smooth transition from season to season. Prerequisites: FUN, FOU, VEG, BAK, SCI, VRM.

Content Outline (List of Class Sessions):

1. Macrobiotic Theory I 3 hours
2. Macrobiotic Theory II 3 hours
3. Macrobiotic Theory III 3 hours
4. Macrobiotic Group Consultation 4 hours
5. Macrobiotic Knife Skills Lab 4 hours
6. Whole Grains I Lab 4 hours
7. Whole Grains II Lab 4 hours
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<th>Duration</th>
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<tr>
<td>8</td>
<td>Land Vegetables Lab</td>
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<td>9</td>
<td>Sea Vegetables</td>
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<tr>
<td>10</td>
<td>Bean Dishes</td>
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<tr>
<td>11</td>
<td>Snacks and Healing Desserts Lab</td>
<td>4 Hours</td>
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<tr>
<td>12</td>
<td>Soups</td>
<td>3 Hours</td>
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<tr>
<td>13</td>
<td>Desserts Lab</td>
<td>4 Hours</td>
</tr>
<tr>
<td>14</td>
<td>Macrobiotic Mexican Cuisine Lab</td>
<td>4 Hours</td>
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<tr>
<td>15</td>
<td>Macro-Vegan Italian Buffet</td>
<td>3 Hours</td>
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<tr>
<td>16</td>
<td>Beverages Condiments and Pickles</td>
<td>3 hours</td>
</tr>
<tr>
<td>17</td>
<td>Tofu and Vegan Milks Lab</td>
<td>4 Hours</td>
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<tr>
<td>18</td>
<td>5 Elements Applied to Cooking—Winter</td>
<td>3 Hours</td>
</tr>
<tr>
<td>19</td>
<td>Natto, Miso and Tempeh Lab</td>
<td>4 Hours</td>
</tr>
<tr>
<td>20</td>
<td>5 Elements Applied to Cooking—Spring</td>
<td>3 Hours</td>
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<tr>
<td>21</td>
<td>Sushi Lab</td>
<td>4 Hours</td>
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<td>22</td>
<td>5 Elements Applied to Cooking—Summer</td>
<td>3 Hours</td>
</tr>
<tr>
<td>23</td>
<td>5 Elements Applied to Cooking—Late Summer</td>
<td>3 Hours</td>
</tr>
</tbody>
</table>
AYU Ayurvedic Cooking

In this course, students receive an in-depth introduction to elements of Ayurvedic theory relevant to Ayurvedic cooking including the seasons, doshas, and gunas. Students learn Ayurvedic techniques for combining spices; preparing ground dal and grains; using herbs, ghees and oils; combining foods; meal planning. They prepare Ayurvedic recipes ranging from breakfast foods to desserts. Throughout, reference is made to Ayurvedic theory to support students in understanding how the theory is applied in practice. Students prepare recipes suited to specific seasons; students also learn basics of cooking for dosha types. Focus is placed on the use of food for supporting wellness. Prerequisites: FUN, FOU, VEG, BAK, SCI, VRM.

Content Outline (List of Class Sessions):

1. Ayurvedic Theory I 3 hours
2. Flatbreads Lab 4 hours
3. Ayurvedic Theory II 3 hours
4. Hand-Processing: Yogurt Lab 4 hours
5. Ayurvedic Theory III 3 hours
6. Hand-Processing: Paneer Lab 4 hours
7. Ayurvedic Theory IV 3 Hours
8. Milk, Yogurt and Paneer Dishes Lab 4 Hours
9. Seasonal Ayurvedic Cuisine Lab 3 Hours
10. Herbs and Spices 3 Hours
11. All-Season/Tridoshic Cooking Lab 4 Hours
12. Cooking for Autumn and Vata Dosha Lab 3 Hours
13. Milks, Ghees and Oils Lab 4 Hours
14. Cooking for Summer and Pitta Dosha Lab 3 Hours
15. Grains 3 Hours
16. Cooking for Winter and Kapha Dosha Lab 3 Hours
17. Curries Lab 4 Hours
18. Chutneys 3 Hours
19. Dals and Beans Lab 3 Hours
20. Soups, Salads and Dressings 3 Hours
21. Finger Foods Lab 3 Hours
22. Breakfast 4 Hours
23. Desserts 3 Hours
24. Ayurvedic Iron Chef International Lab 3 Hours
25. Review – Written 3 Hours
26. Assessment-Practicum Lab 4 Hours
27. Assessment-Practicum Lab 3 Hours

EVT Catering and Events Planning
This course presents principles and procedures important to successful catering. Students plan and execute a catering event. Emphasis is placed
on time management, communication, organizational skills, stress management, and nurturing students’ creativity and initiative. 

Prerequisites: FUN, FOU, VEG, BAK, SCI, VRM, CIF, RAW, MAC, AYU.

Content Outline (List of Class Sessions):

1. Event Planning I 3 Hours
2. Event Planning II 3 Hours
3. Event Planning III 4 Hours
4. Event Preparation I 4 Hours
5. Event Preparation II Lab 3 Hours
6. Event Preparation III Lab 4 Hours
7. Event Preparation IV Lab 3 Hours
8. Event Preparation V Lab 8 Hours
9. Event Day I Lab 4 Hours
10. Event Day II Lab 4 Hours

AST Assistantship

Assistantship hours are completed as a Culinary Assistant at The Natural Epicurean Academy of Culinary Arts. Culinary Assistants provide support to the lead teacher of Professional Chef Training Program courses, public culinary classes, and other events. Assistantship hours are scheduled by the Coordinator of Student Services or his/her designee. Students must be approved by the Coordinator of Student Services before taking the role of Culinary Assistant. Assistantship hours required for graduation are unpaid. Total assistantship is 60 hours. Prerequisites: For assisting in an NEACA course: completion of that course; for assisting assignments at events other than NEACA courses: no prerequisites.
EXT Externship
Externships are completed at restaurants and other culinary businesses other than The Natural Epicurean Academy of Culinary Arts. Externships are assigned, scheduled and monitored by the Externship Coordinator. Externship hours include five hours of developing and composing an Externship Proposal and advising time related to the Externship Proposal. Students must be approved by the Coordinator of Student Services before beginning an Externship. Externship hours may be unpaid and total externship is 160 hours.
Prerequisites: FUN, FOU, VEG, BAK, SCI, VRM, CIF, RPD, BUS, RAW, MAC, AYU.

XIII. GRADING SYSTEM

The following system is used to grade students’ performance in the program.

A letter grade is assigned for each course a student completes (in full or in part). The letter grade assigned indicates that the students earned the final score, as described below. A “final score” is the weighted total score of all course activities subject to assessment, such as quizzes, homework, class participation, and so on.

‘A’ indicates a final score of 90% or higher and is a passing grade.
‘B’ indicates a final score which is 80% or higher, but below 90%, and is a passing grade.
‘C’ indicates a final score which is 70% or higher, but below 80%, and is a passing grade.
‘D’ indicates a final score of 60% or higher, but below 70%, and is not a passing grade.
‘F’ indicates a final score of below 60% in the course and is not a passing grade.

A student’s cumulative GPA (grade point average) is calculated per quarter by assigning “grade points” to each letter grade earned, as follows:
- ‘A’ is worth 4.0 grade points
- ‘B’ is worth 3.0 grade points
- ‘C’ is worth 2.0 grade points
- ‘D’ is worth 1.0 grade point
- ‘F’ does not earn grade points

**XIV. POLICY CONCERNING SATISFACTORY PROGRESS**

**Definition of Satisfactory Progress**
Satisfactory progress is defined as maintenance of a GPA of 2.0 or higher.

**Definitions**
i. Quarter— dates of coursework defined as 1st and 2nd Quarter in the School Calendar (See Section VI)

ii. Grading Period—one quarter

**Probation Policy, Conditions for Termination for Unsatisfactory Progress, and Conditions for Re-admittance after Terminated for Unsatisfactory Progress**

If a student fails to make satisfactory progress in a given grading period, the student will be placed on probation for the next grading period. At the end of the next grading period:
- Enrollment will be terminated, for a minimum of one grading period, if the student continues to make unsatisfactory progress. If the student re-enrolls after termination they will be on probation for the
first grading period after re-enrollment.

- The student will be removed from probation if the cumulative progress is satisfactory (that is, if the student has no more than one F in his/her history at the school).
- A second probationary period will be initiated if the student has satisfactory progress for the progress evaluation period but cumulative remains unsatisfactory (that is, if the student has more than one F in his/her history at the school).

After the second probationary period:
- Enrollment will be terminated, for a minimum of one grading period, if the cumulative GPA is unsatisfactory. If the student re-enrolls after termination they will be on probation for the first grading period after re-enrollment. If the cumulative GPA is unsatisfactory after this probationary period, the student must be terminated again.
- The student will be removed from probation if the cumulative GPA is satisfactory.

System for Providing Progress Reports
Students will receive a grade report within ten days of the end of each grading period.

Incompletes
A student who is obligated for the full tuition may request a grade of I (Incomplete) if the student withdraws for an appropriate reason unrelated to the student’s academic status. A student receiving a grade of I (Incomplete) may re-enroll in the program during the twelve-month period following the date the student withdraws and complete incomplete subjects without payment of additional tuition. If the class the student fails to complete is
not offered again in the future, arrangements will be made to provide instruction which is comparable in both content and duration to the portion of the course the student missed, or, at the School Director’s discretion, to provide a refund in an amount pro-rated to cover the missed course.

**Withdrawals**
Students may withdraw from a course with a grade of W (withdrawal), with the permission of the School Director, at any time up until the end of the grading period. The student may or may not be eligible for a full or partial refund. See Catalog Section X “Cancellation and Refund Policies.”

**Repeat Subjects**
Students earning a grade of F (fail) in any course may repeat that course. The Repeat Subject Fee applies. See Catalog Section V, “Tuition, Fees and/or Special Charges.”

**Remedial Work**
Students who earn less than 60% on the Written Assessment for any course will be given the opportunity to re-take the Written Assessment at the instructor’s or School Director’s discretion.

**Re-admission**
Re-admission is at the discretion of the School Director except for students who are re-entering to complete a grade of I (See Sub-sub-section i, “Other Progress Policies,” of this Catalog Section, above). If re-admission is requested prior to 12 months after termination or withdrawal, tuition paid will be honored toward the full payment required. Re-admission will be granted for the beginning of the next new semester provided space is available in the session. If enrollment was terminated due to conduct, an entrance interview will be conducted.
with the student by the School Director and Program Director prior to re-admittance and is at their discretion. If the student left the program due to special circumstances not related to conduct which affected their attendance and progress, they will be re-admitted in a timely manner as space is available. In no case will a student be re-admitted 12 months or more after the date of termination or withdrawal. After 12 months, the program must be re-taken in full for the student to graduate.

**XV. ATTENDANCE POLICY**

**Absences**
A full absence is assessed when a student is absent from all activities in a class session. A partial-absence is assessed when a student is absent from part of a class's activities, but present for some part of the class session. Holidays and vacation days are not considered absences.

**Tardies**
A student who arrives more than 15 minutes late for a class session will be assessed a partial absence equivalent in hours to the class session.

**Make-up Work**
No more than 5% of total course time may be made up. Make up work will:
- be supervised by an instructor approved for the class,
- require the student to demonstrate knowledge and/or competence equal to that of a student who was present for the missed class time,
- be complete by the end of two weeks after the end of the grading period in which the student missed class time, and
- be documented by the school as complete,
including the date, time and duration of the make-up session, and the supervising instructor’s name, and be signed and dated by the student to acknowledge make-up session.

**Leaves of Absence**
The School Director may grant a student a leave of absence after determining that good cause has been shown. In a twelve-month period, a student may take no more than two leaves of absence totaling no more than 60 calendar days. Coursework missed during a leave of absence must be completed within 12 months.

**Conditions for Probation (attendance probation policy, if any)**
The School does not enforce an attendance probation policy.

**Conditions for Termination (for unsatisfactory attendance)**
A student will be terminated due to absence (unless the period in which a refund is possible has passed) for the least of the following:

- more than 10 consecutive school days absence,
- more than 20% of total course time missed, or
- any number of days if the student fails to return from an approved leave of absence.

Students terminated for violation of the attendance policy may not re-enroll before the beginning of the next grading period. This provision does not circumvent the refund policy.

**Conditions for Re-admittance (when terminated for unsatisfactory attendance)**
A student terminated for unsatisfactory attendance may not be re-admitted until the next grading
period. Re-admission is at the discretion of the School Director except for students who are re-entering to complete a grade of I (See Sub-sub-section i, “Other Progress Policies,” of this Catalog Section, above). If re-admission is requested prior to 12 months after termination or withdrawal, tuition paid will be honored toward the full payment required. Re-admission will be granted for the beginning of the next new semester provided space is available in the session. If enrollment was terminated due to conduct, an entrance interview will be conducted with the student by the School Director prior to re-admittance and is at their discretion. If the student left the program due to special circumstances not related to conduct which affected their attendance and progress, they will be re-admitted in a timely manner as space is available. In no case will a student be re-admitted 12 months or more after the date of termination or withdrawal. After 12 months, the program must be re-taken in full for the student to graduate.

XVI. POLICY ON STUDENT CONDUCT

Causes for Termination
Students are expected to refrain from conduct which produces an intimidating, hostile or offensive work/study environment. Causes for termination from the program include: disruptive behavior; drugs or alcohol on the premises; possession of a firearm, ammunition or other weapon on the premises; intentionally providing false information to Natural Epicurean; racial or sexual harassment; or theft, destruction, damage or misuse of school property. Any issues or grievances can be brought to the attention of the administration and will be addressed accordingly. If a grievance cannot be settled, Natural Epicurean and/or the student may decide to terminate enrollment.
Causes for Readmission
A student terminated for violation of the conduct policy may not be re-admitted until the next grading period. Re-admission is at the discretion of the School Director except for students who are re-entering to complete a grade of I (See Sub-sub-section i, “Other Progress Policies,” of this Catalog Section, above). If re-admission is requested prior to 12 months after termination or withdrawal, tuition paid will be honored toward the full payment required. Re-admission will be granted for the beginning of the next new semester provided space is available in the session. If enrollment was terminated due to conduct, an entrance interview will be conducted with the student by the School Director prior to re-admittance and is at their discretion. If the student left the program due to special circumstances not related to conduct which affected their attendance and progress, they will be re-admitted in a timely manner as space is available. In no case will a student be re-admitted 12 months or more after the date of termination or withdrawal. After 12 months, the program must be re-taken in full for the student to graduate.

XVII. GRADUATION REQUIREMENTS

Coursework
A GPA of 2.0 is required for graduation.

Total Clock and Credit Hours Required for Completion of the Program
900 clock hours, 69 quarter credit hours

Length of Time for Program Completion
Students are required to complete the Day Track Program in nine months and the Evening Track Program in twelve months, which includes the three
months after coursework ends for completion of AST Assistantship and EXT Externship. Under certain circumstances, a student may be granted an extension for completion of Assistantship and Externship, provided space in the Assistantship and Externship Programs exists. The Extension Fee may apply (V. Tuition, Fees and Special Charges).

**Maximum Time Allowable**
The expected time to complete the program is nine months for Day Program Track students and twelve months for Evening Program Track students; students who do not complete the Program during this period of time may request an extension and may be required to pay an Extension Fee (V. Tuition, Fees and Special Charges). In no case may the extension time exceed eighteen months from the first scheduled day of classes for the program track in which the student enrolled. After eighteen months, the program must be re-taken in full for the student to graduate.

**Tuition Requirements**
Tuition must be paid in full to receive certificate of completion.

**XVIII. PLACEMENT ASSISTANCE POLICY**

The Natural Epicurean Academy of Culinary Arts does not provide graduate placement assistance.

**XIX. GRIEVANCE POLICY**

Grievances where a current or former student seeks resolution must be submitted in writing to the School Director who will attempt to resolve it in a mutually satisfactory and timely manner.
Unresolved grievances should be directed to:
Texas Workforce Commission
Career Schools and Colleges, Room 104T
101 East 15th Street
Austin, Texas 78778-0001
Phone: (512) 936-3100

XX. APPROVED AND REGULATED STATEMENT

Approved and Regulated by the Texas Workforce Commission, Career Schools and Colleges, Austin, Texas.

XXI. TRUE AND CORRECT STATEMENT

The information contained in this catalog is true and correct to the best of my knowledge.

Signed,
__________________

Rich Goldstein, Owner