



BAUMAN  
COLLEGE

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# FALL 2017 CATALOG

BAUMANCOLLEGE.ORG | 800.987.7530

# MISSION + OBJECTIVES

Bauman College educates future leaders, thinkers, and creators in the holistic nutrition and culinary arts professions to support people in achieving optimal health and create a paradigm shift in the way our world thinks about food.

Our goal is to change the way people consume food from convenience to conscious eating. We provide students with a comprehensive understanding of nutrition, culinary arts, and business practices to prepare them for career success. Bauman College is committed to spreading personal, community, and global wellness through increased awareness of the healing power of fresh, whole food.



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COLLEGE**

# FALL 2017 CATALOG

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# Message from our Founder + President, Dr. Ed Bauman

Welcome to Bauman College! In 1970, I recognized the relationship between nutrient-poor, processed food consumption and degenerative illness. This led me to a lifelong and worldwide study of how fresh, whole food protects us from disease and enables us to recover when health has been lost. Bauman College was founded in 1989 to train future leaders, educators, and innovators in the fields of holistic nutrition and culinary arts to bring the revolutionary message that you are only as healthy as the food you eat.

Over the years, Bauman College has created a dynamic, living curriculum that reflects the latest research, business practices, and career guidance as well as a visionary approach to teach people to eat for personal, family, and community well-being. We teach our students how to think critically rather than jump on the latest diet bandwagon. Our culinary and nutrition students learn how to advise individuals and teach groups to create menus that are equally nutrient dense and delicious. Bauman graduates tailor food plans to meet the needs of their clients rather than convert people to the latest “foodology.” The educational process at Bauman College transcends books. Students share food and recipes in class; sample healing foods, herbs, spices, and nutrients at home; and work with clients as part of their life-learning experiences.

Bauman College is doing more than just teaching nutrition. We are changing the lives of our students and their families, coworkers, and communities. By blending the science of nutrition with the art of allergen-free, restorative cooking, Bauman graduates are teaching others the skills they will use to improve the quality of their lives. Our graduates are bringing the message that real food heals to the mainstream. Whole-food nutrition, from healthy soil to our cells, is a powerful and durable antidote to the damage caused by the chemical saturation of our air, water, and food supply. Join us to learn how to cleanse, heal, and grow stronger and teach others to create a culture of well-being—personally, locally, and globally.

# PROFESSIONAL TRAINING PROGRAMS

## Natural Chef

The Natural Chef Training Program offers a fresh take on the culinary arts by combining traditional preparation techniques with restorative cooking. Students will learn to cater to the needs of individuals, not the parameters of a specific diet. Students will become experts in food preparation, flavor development, food presentation, and restorative cooking techniques and recipes. The professional culinary education we offer emphasizes the use of fresh, seasonal, organic, unprocessed, and local foods and goes beyond traditional culinary schools by teaching students how to cook for optimal health.

Whether students are embarking on a career change or adding new skills and knowledge to existing work, the business curriculum in the Natural Chef Training Program is where a student's creativity in the kitchen and passion for health intersect with the necessary business acumen to make their career dreams a reality. We take a unique approach to business through the lens of holistic values and tailor it very specifically to our industry to poise students for long careers that fit into their lives in a sustainable way.

The business curriculum is delivered online through the Bauman Business Institute, which also includes an online resource library of additional business support as well as materials such as assessment forms and articles to bolster students in their work with clients. Additionally, the Bauman Business Institute offers business mentoring sessions. This comprehensive experience will prepare natural chef students for a wide variety of food-related careers upon graduation.

### COMPONENTS OF THE NATURAL CHEF TRAINING PROGRAM

- 700 hours — Includes in-house culinary hours and externship
- Classroom
  - AM: 5 months plus a 50-hour independent culinary externship
  - PM: 8 months plus a 50-hour independent culinary externship
- Online business curriculum, mentoring, and career resources
- Classes begin every spring and fall; for Class Start + End Dates, see page 27
- Classes are offered in Berkeley, CA
- For Tuition, Fees + Payment Plans, see page 25

Classes explore a broad range of culinary topics such as alternative food preparation techniques; how flavor profiles from world cuisines can benefit health; restorative cooking with herbs and spices; and therapeutic applications of food for illness prevention, recovery, and optimal health. Students learn a unique approach to the culinary arts and leave prepared to promote health and wellness through food.

The Natural Chef Training Program uses the finest local, organic, and seasonal ingredients and benefits from an abundance of fresh, premium products available in the Bay area. The kitchens are stocked with the highest quality produce, grass-fed and pasture-raised meats, and sustainably sourced seafood. Bauman College has cultivated relationships with local businesses that supply our culinary program with high quality olive oil, spices, sea vegetables, meats, cheeses, fermented foods and other pantry staples for healthy holistic cuisine. Many of these purveyors come to campus to make presentations to our students or host field trips to their facilities to share information about their practices and production processes.

## CAREER OPPORTUNITIES

Natural chefs trained at Bauman College are prepared to be leaders in the holistic nutrition and culinary arts industries. They are in high demand for their unique knowledge and training. Students may choose to work directly for companies or organizations, or start their own businesses.

Natural chefs are prepared to be:

- Personal or private chefs
- Caterers
- Corporate chefs
- Food truck operators
- Executive or sous chefs
- Prep or line cooks
- Kitchen managers
- Teachers of cooking classes
- Leaders of workshops or cooking demonstrations
- Culinary bloggers, authors, food photographers/stylists, and more

This certificate program prepares students to enter the following occupations:

- 35-1011 Chefs and Head Cooks
- 35-2013 Cooks, Private Household
- 35-2014 Cooks, Restaurant
- 35-2012 Cooks, Institution and Cafeteria
- 35-2019 Cooks, All Other
- 51-3011 Bakers
- 35-2021 Food Preparation Workers
- 35-3021 Combined Food Preparation and Serving Workers
- 35-9099 Food Preparation and Serving Related Workers, All Other
- 35-3022 Counter Attendants, Cafeteria, Food Concession, and Coffee Shop
- 25-3021 Self-Enrichment Education Teachers

Graduates have also been employed in the following fields after completion of the program. Additional education or experience may be necessary to enter the following occupations:

- 21-1091 Health Educators
- 27-3043 Writers and Authors
- 27-4021 Photographers (Food)

## CAREER SERVICES PLATFORM

This platform allows Bauman College students and alumni to:

- Build, update, and forward online career portfolios to employers
- Create resumes with the free resume builder
- Search exclusive job, internship, and externship listings
- Connect with other students, alumni, and employers
- Register for career events
- Download free career advice documents, videos, and podcasts

## PROGRAM DETAILS

AM classes meet on site 3 days per week, totaling 15 class hours each week. PM classes meet on site 2 days per week, totaling 10 class hours each week. Students should plan to spend as much time on assignments and individual study as they spend in class. Students who are able to spend more time on assignments will be able to create a richer learning experience.

Assignments require cooking; access to a kitchen is necessary.

## CULINARY SKILLS LABS

Skills labs are an optional supplement offered at Bauman College. Occurring approximately twice a month, these labs offer students a chance to further hone any desired techniques or recipes. Students have full use of the kitchen and the freedom to focus and work on any project they choose. Skills labs are facilitated by at least one Bauman College culinary faculty member who is there to answer questions, provide guidance, and offer support to students who wish to attend.

## COMPUTER SKILLS REQUIRED

Use of a computer is required throughout this program. This includes the ability to print all assignments. Please see page 30 for a discussion of the skills, hardware, and software requirements needed for success in this program.

## NATIONAL ASSOCIATION OF NUTRITION PROFESSIONALS

The Natural Chef Training Program is recommended through the National Association of Nutrition Professionals (NANP). Students and graduates are encouraged to join NANP to stay connected, support the rights of nutrition professionals, and stay abreast of the latest developments in the field of nutrition. For more information on NANP, visit [nanp.org](http://nanp.org).

## BOARD OF REGISTERED NURSING

Bauman College is an approved provider by the California Board of Registered Nursing, Provider #11401, for 405 contact hours for the Natural Chef Training Program.

## DRESS CODE REQUIREMENTS

- Chef coats are provided by Bauman College.
- Skull caps to restrain hair are provided by Bauman College.
- Waist aprons are provided by Bauman College.
- Chef pants (black, houndstooth, or black and white checked) are independently purchased by students.
- Chef shoes (black, slip resistant, hard, closed toe and heel) are independently purchased by students.

- Socks must be worn at all times.
- Beards are permitted, but students may be asked to wear a beard snood.
- Mustaches must be kept neatly trimmed and may not extend below the corners of the mouth.
- No long fingernails, polish, decorations, or fake fingernails.
- No jewelry except plain and smooth bands. Students must be prepared to remove their facial piercings should they not comply with the safety and sanitation standards determined by Bauman College. All piercings must be approved by the Culinary Program Director prior to student work in the kitchen.

## Curriculum

The Natural Chef Training Program is an experiential, hands-on learning process that teaches students the skills required of professionally trained, restorative chefs and the business acumen to put their culinary education to work. Uniquely, the Natural Chef Training Program also provides a grounded foundation in the art and science of holistic, research-based nutrition. Our curriculum is organized as follows:

### CULINARY FOUNDATIONS

This section introduces the Eating for Health® approach to culinary arts, a system based on the principles of seasonal, organic, unprocessed, and local (S.O.U.L.) foods, which is the foundation of the Natural Chef Training Program. Students will be introduced to the basic tools and skills of the culinary profession through classes in culinary math, knife skills, kitchen safety, and culinary fundamentals including dry heat, moist heat, combination techniques, and raw and no heat preparations. Students will also take an online ServSafe® safety and sanitation course and will take the exam to qualify as certified ServSafe® food managers. Classes in this module include:

- Orientation, Eating for Health® + Pantry Essentials
- Knife Skills
- Macronutrients + Diet Direction
- Dry Heat Techniques
- Micronutrients
- Moist Heat Techniques
- Culinary Math, Costing + Recipe Writing
- Raw + No Heat Techniques

### BUSINESS MODULE: PUTTING YOUR EDUCATION TO WORK

Students will be introduced to the Bauman Business Institute and how it is designed to prepare them for career success.

### BUSINESS MODULE: PERSONAL BRANDING

Students will learn about personal branding—why it is important and how to know, communicate, control, and build their brands.

### FARM TO TABLE: CULINARY TECHNIQUES

In this section, students will learn traditional, contemporary, and restorative cooking techniques for the natural chef. Students will also learn to cook with nutritious ingredients to replace the overly-consumed, commonly allergenic commercial dairy, wheat, and refined sugars that are staples of mainstream cuisine. Sections in this module include:

- Herbs + Spices
- Sauces
- Stocks + Broths
- Salads + Dressings
- Soups + Stews
- Appetizers

- Leafy Greens + Mushrooms
- Crunchy + Starchy Vegetables
- Grain Technique
- Legumes + Soy Foods
- Nuts + Seeds
- Sea Vegetables
- Seafood Technique
- Egg Technique
- Pasture-raised Poultry Technique
- Grass-fed Meat Technique
- Cultured Dairy + Cheese Making
- Fermentation
- Canning
- Quick Breads + Pizzas
- Breads + Rolls
- Pies + Tarts, Cakes + Cupcakes

#### BUSINESS MODULE: SELF-ASSESSMENT + EXPLORATION

This is the perfect place to begin a career journey. Students will ask themselves and respond to questions such as:

- What are your strengths and preferences?
- What are your personal values, and how do you find your purpose in this field?
- What does entrepreneurship mean, and is it something that suits you?

As they examine these questions, students will begin to set intentions for their ideal careers.

#### BUSINESS MODULE: DEFINING A TARGET MARKET + DEVELOPING A SPECIALTY

Students will learn why developing a specialty is more likely to lead to success. They will learn to identify and define target markets aligned with their personal mission, vision, and strengths.

#### BUSINESS MODULE: BUILDING YOUR PROFESSIONAL IDENTITY

Students will cover the latest information on how to write successful resumes and cover letters and which documents they need to present to prospective employers, partners, and/or include in their marketing materials. Each student will develop a successful elevator pitch that describes who they are, what target market they serve, and what services they provide.

### MIDTERMS

Students will spend two days on midterms, which are designed to evaluate their comprehension of basic culinary skills and techniques. Students will be tested on ingredient identification, knife skills, and basic culinary techniques, as well as complete a written exam.

### EXTERNSHIP ORIENTATION + CULINARY CAREERS PANEL

After midterms, students will spend two days preparing for their future plans as natural chefs. The first day will be an orientation for their 50-hour externship as well as large-scale food preparation, where students will learn the costing, scaling, and preparation steps involved in large-scale food production.

The second day will be spent with a comprehensive panel of representatives from different careers open to natural chefs. Students will be able to engage directly with the panelists over a networking lunch.

## RESTORATIVE COOKING FOR OPTIMAL HEALTH

Arguably our most valuable and unique section in the curriculum, Restorative Cooking for Optimal Health teaches students the role healthy food plays in the prevention, recovery, and management of specific health conditions. This education emphasizes health promotion, natural longevity, and disease prevention and recovery. Students will learn to cook for optimal health and cater to a variety of conditions. Classes include:

- Restorative Menu Planning
- Digestive Wellness
- Blood Sugar Wellness
- Immune Health
- Food Sensitivities + Autoimmunity
- Heart Health
- Liver Support
- Endocrine Health + Stress Management
- Mental Health
- Cancer Prevention
- Cancer Support
- Life Cycle Nutrition I: Pregnancy, Infancy + Early Childhood
- Life Cycle Nutrition II: Adolescence, Adulthood + Fertility
- Life Cycle Nutrition III: Menopause, Andropause + Aging
- Sports Nutrition + Musculoskeletal Health
- Weight Management
- Specialty Diets

### BUSINESS MODULE: SOCIAL MEDIA I - BUILDING AN ONLINE PRESENCE

In this module, students will learn how to get started building their online professional identities through social media and how to master the “know, like, trust” factor.

### BUSINESS MODULE: SOCIAL MEDIA II - SOCIAL MEDIA PLATFORMS

In this module, students will cover the use of different social media platforms and how to vary content by platform. They will learn the best technical practices to improve their effectiveness with each of these tools used individually and together.

### BUSINESS MODULE: SOCIAL MEDIA III - THE MARKETING FUNNEL

Students will continue their exploration of using social media as a marketing funnel to turn followers into customers with effective communication using blogs, professional websites, and newsletters. They will learn how these different tools interrelate and how to most effectively communicate a personal brand.

### BUSINESS MODULE: FOOD PHOTOGRAPHY + STYLING

An important part of any culinary brand is the quality of the visual imagery. In this module, students will learn the visual process of creating a brand identity with an emphasis on using smartphones.

### BUSINESS MODULE: ORGANIZING + MANAGING AN EFFECTIVE JOB SEARCH

Students will learn how to find the hidden job market, how to develop great job search plans, and how to use networking to build relationships that will result in interviews.

### BUSINESS MODULE: JOB SEARCH FOLLOW UP + NEGOTIATIONS

Students will learn the secrets of successful interviewing, including the best ways to prepare for and follow up on interviews and negotiate offers. Students will also learn the best ways to cultivate references, referrals, testimonials, and the importance of building long-term supporters.

## BUSINESS MODULE: WRITING A BUSINESS PLAN

In this module, students will learn how to translate their vision into a viable business model. We will cover how to develop a sound business plan with well-articulated goals, implementation steps, marketing strategies, and financial projections.

## BUSINESS MODULE: STARTING A CULINARY BUSINESS

For students whose intentions are to start culinary businesses, this module is designed to teach them about the process including:

- Securing a business name
- Choosing a legal structure
- Finding insurance
- Various options for funding
- Pricing services
- Developing contracts
- Enabling secure online payments
- Avoiding costly mistakes

## BUSINESS MODULE: RUNNING A CULINARY BUSINESS

After starting a culinary business, there are many ongoing management systems to achieve financial sustainability and success. In this module, students will learn how to set up financial systems for both bookkeeping and billing and the basics of hiring employees.

## WORLD CUISINES: FLAVOR PROFILES + RESTORATIVE BENEFITS

Bauman College values global cooking traditions that embrace S.O.U.L. food choices. Students will study the fundamental flavor profiles and properties of various cuisines throughout the world. Particular attention will be paid to the unique use of spices, aesthetics, plating styles, and restorative cooking applications. In this section, students learn flavor profiles to prepare the following world cuisines:

- Western Mediterranean
- Eastern Mediterranean + North African
- Indian
- Southeast Asian
- Chinese
- Japanese
- Mexican + Central American
- South American

## FINAL CULINARY PRESENTATIONS

The final presentation is one of the most unique and beneficial parts of the Natural Chef Training Program.

Students are asked to draw on their personal interests, passions, and experiences to deliver a final 45-minute presentation that is both technically proficient and expressive of their future work as natural chefs. These presentations demonstrate competency of all topics covered in the program and provide students an opportunity to practice hands-on demonstration skills and gain confidence in public speaking. Students will choose a specific health condition for their project; conduct research on the condition; provide information on how food aids in the prevention, recovery, or support of the condition; and create original recipes that demonstrate their understanding of restorative culinary arts.

## BUSINESS MODULE: READY FOR BUSINESS PORTFOLIO

By the end of the course, students are ready to put their education to work. This will be demonstrated by the creation of a complete business plan or a job search strategy. Business mentors will provide support and feedback throughout this process.

## CULINARY SHOWCASE

The culinary showcase demonstrates students' mastery of food selection, preparation, and presentation as well as their knowledge of how to organize and execute a large-scale food event. Under the supervision of chef instructors, students gain hands-on experience in catering for a special occasion. The students' families and friends will have an opportunity to sample the students' work in a festive atmosphere. This very special, theme-based meal illustrates the benefits of skillful planning, budgeting, and shopping as well as careful preparation and aesthetics. In the classes leading up to the showcase, students work in committees and learn to handle necessary tasks with ease and confidence. These artfully presented, imaginative, and delicious meals are special celebrations for students, staff, and guests. Classes include:

- Showcase Planning, Scaling + Costing
- Showcase Recipe Testing
- Showcase Preparation
- Culinary Showcase
- Course Conclusion

## IN-HOUSE CULINARY HOURS

In preparation for their culinary externships in the field, students are required to complete 15 in-house culinary hours to hone their skills. In-house culinary hours will offer a variety of work relevant to the direction students wish to take their externships (e.g., preparing for Bauman College catering events, assisting in community classes, etc.). In-house culinary hours are supervised by Bauman College faculty and staff and must be completed by the last day of classroom instruction.

## CULINARY EXTERNSHIP

Students are required to complete 50 hours of culinary fieldwork in order to become certified natural chefs, which will build their competency and confidence. Students are required to meet with staff after midterms to receive guidance and discuss goals and options. Externship hours must be supervised and may include working in a restaurant, private home, catering company, corporation, nonprofit organization, retreat, or food production company. Students must have an on-site supervisor and must have their externship opportunities approved by Bauman College staff.



# Nutrition Consultant

The Nutrition Consultant Training Program provides students with in-depth knowledge of the foundations of whole-foods nutrition as it contributes to the prevention of illness and the promotion of optimal health. In the program, students study the fundamentals of nutrition: physiology, anatomy, macro- and micronutrient selection, and the effects of food on the body. By completion of the program, graduates are prepared to provide expert evaluation of diet and lifestyle and make recommendations for food selection, targeted nutrients, and lifestyle choices that will enable their clients to improve their health and slow or reverse the progression of chronic illness.

Whether students are embarking on career changes or adding new skills and knowledge to existing work, the business curriculum in the Nutrition Consultant Training Program is where students' creativity and passion for health intersect with the necessary business acumen to make their career dreams a reality. We take a unique approach to business through the lens of holistic values and tailor it very specifically to our industry to poise students for long careers that fit into their lives in a sustainable way.

The business curriculum is delivered online through the Bauman Business Institute, which also includes an online resource library of additional business support as well as materials such as assessment forms and articles to bolster students in their work with clients. Additionally, the Bauman Business Institute offers business mentoring sessions. This comprehensive experience will prepare nutrition consultant students for a wide variety of nutrition-related careers upon graduation.

## COMPONENTS OF THE NUTRITION CONSULTANT TRAINING PROGRAM

- 850 hours
- Classroom — 15 months, Distance Learning — 18 months
- Online business curriculum, mentoring, and career resources
- Classroom programs begin every spring and fall (March and September)
- Distance learning cohorts begin quarterly (February, May, August, and November)
- For Class Start + End Dates, see page 27
- Classes are offered in Sonoma County and Berkeley, CA, and online via distance learning
- For details specific to online distance learning, see page 22
- For Tuition, Fees + Payment Plans, see page 25

Each topic in the program introduces compelling, up-to-date research that enables students to confidently and precisely guide clients in the use of therapeutic foods, herbs, and nutrient support. The curriculum is dynamic and constantly evolving to stay current with the latest nutrition information. The multimedia components of the program are delivered with modern education technology, and students engage with their peers and faculty to assimilate content and practically apply concepts.

## CAREER OPPORTUNITIES

Nutrition consultants trained at Bauman College are prepared to be leaders in the holistic nutrition industry. They are in high demand for their unique knowledge and training. Students may choose to work directly for companies or organizations, or start their own businesses.

Nutrition consultants are prepared to be:

- Holistic nutritionists
- Holistic nutrition consultants
- Health or nutrition coaches
- Nutrition educators
- Brand ambassadors
- In-store wellness practitioners
- Nutritional product developers
- Conference speakers
- Workshop leaders or teachers
- Health writers, bloggers, authors, and more

This certificate program prepares students to enter the following occupations:

- 29-1031 Dietitians and Nutritionists
- 21-1091 Health Educators

Graduates have also been employed in the following fields after completion of the program. Additional education or experience may be necessary to enter the following occupations:

- 27-3043 Writers and Authors
- 27-3042 Technical Writers
- 27-3041 Editors
- 25-3021 Self-Enrichment Education Teachers
- 25-1071 Health Specialties Teachers, Postsecondary
- 25-1194 Vocational Education Teachers, Postsecondary
- 25-1199 Postsecondary Teachers, All Other
- 25-2023 Career/Technical Education Teachers, Middle School
- 25-2032 Career/Technical Education Teachers, Secondary School
- 25-3099 Teachers and Instructors, All Other
- 25-9021 Farm and Home Management Advisors
- 25-9031 Instructional Coordinators
- 25-9041 Teacher Assistants
- 21-1019 Counselors, All Other

## **CAREER SERVICES PLATFORM**

This platform allows Bauman College students and alumni to:

- Build, update, and forward online career portfolios to employers
- Create resumes with the free resume builder
- Search exclusive job, internship, and externship listings
- Connect with other students, alumni, and employers
- Register for career events
- Download free career advice documents, videos, and podcasts

## PROGRAM DETAILS

On-site classes are 3.5 hours in length and meet on average 5 times per month. Students should plan to spend approximately 15 hours per week on class time, assignments, and individual study.

Distance learning student cohorts engage in weekly topics through online education materials, discussion boards, peer activities, virtual calls, and one-on-one office hours with faculty. Students should plan to allocate at least 15 hours per week to successfully engage in structured learning and individual study.

Students in our Nutrition Consultant Training Program have complete access to all of their curriculum materials, including lectures, assignments, and student records, via our unique learning management system, the Bauman College Student Dashboard. With this system, students communicate with each other and faculty, submit assignments, view lectures, and check their current grades from home or in any location with an internet connection. The Bauman College Student Dashboard allows students to easily access course materials any time.

## COMPUTER SKILLS REQUIRED

Use of a computer is required throughout this program. Please see page 30 for a discussion of the skills, hardware, and software requirements needed to succeed in this program.

## CERTIFICATION

The nutrition consultant certificate title is valid in California and other states where there are no federal, state, or local requirements limiting the practice of nutrition consulting. Students should contact their local state governments to become informed about the laws of the state in which they plan to practice.

## PROFESSIONAL ASSOCIATION STANDARDS

Professional association standards require that nutrition consultants practice within the area of health education, with mutual consent between client and consultant, and with full disclosure on the part of the practitioner as to services provided, fees, training, and areas of competence. A nutrition consultant does not diagnose or treat disease. Bauman College carefully teaches students the proper language to use to emphasize that their educational approach is based on creating health rather than treating disease. Nutrition consultants are encouraged to work with doctors and licensed health providers when educating clients with previously diagnosed conditions. Anyone who is currently licensed (R.D., R.N., M.F.C.C., M.D., etc.) by the state in which they reside should check with their professional licensing board regarding nutrition practice requirements. Bauman College recommends that its graduates obtain professional malpractice insurance, which is available at a very reasonable rate through national carriers.

## NATIONAL ASSOCIATION OF NUTRITION PROFESSIONALS

The Nutrition Consultant Training Program is a recommended and approved training program by the National Association of Nutrition Professionals (NANP). Students and graduates are encouraged to join NANP to stay connected to the latest research and business practices, connect with like-minded professionals in the integrative health field, attend annual conferences, gain continuing education credits, and support the right of holistic nutrition professionals to serve in an ethical and appropriate way. For more information on NANP, visit [nanp.org](http://nanp.org).

## HOLISTIC NUTRITION CREDENTIALING BOARD

Graduates of the Nutrition Consultant Training Program are eligible to sit for the Holistic Nutrition Credentialing Board's (HNCB) Board Examination. The HNCB is a division of NANP. NANP professional members who meet the board examination qualification criteria and successfully pass the board exam will earn the designation, Board Certified in Holistic Nutrition®. This credential provides national recognition of professional excellence. For more information, including a list of board exam eligibility criteria, please visit [nanp.org/board-certification](http://nanp.org/board-certification).

## BOARD OF REGISTERED NURSING

Bauman College is an approved provider by the California Board of Registered Nursing, Provider #11401, for 242 contact hours for the Nutrition Consultant Training Program.

## Term I: Foundations of Nutrition

### NC 101 EATING FOR HEALTH®

This module introduces the scope of a nutrition consultant practice. Students learn the benefits of a whole-foods, plant-based Eating for Health® model and how to use it to help people make beneficial lifestyle and nutrition choices. Students examine the health risks of consuming a Standard American Diet based on commercially raised meat, refined carbohydrates, and poor-quality fats, and they critique a variety of diet programs and philosophies and compare them to the Eating for Health® model.

#### BUSINESS MODULE: PREPARING FOR CAREER SUCCESS

Students are introduced to the Bauman Business Institute and how it is designed to prepare them for career success.

### NC 102 DIGESTIVE PHYSIOLOGY

The processes of digestion, absorption, immunity, and elimination, along with the anatomy of the digestive tract, are discussed. Metabolism of macronutrients, blood sugar, and food allergies are introduced. The Food Sensitivity Cycle is presented, which demonstrates the relationship of stress, toxins, trauma, and malnutrition to type I (acute) and type II (chronic) allergy patterns.

#### BUSINESS MODULE: PUTTING YOUR EDUCATION TO WORK

Students will learn how nutrition professionals can grow and prosper in the evolving world of health care. Topics include:

- Where holistic nutritionists work, providing successful models of different career opportunities
- Educational requirements and state licensing standards for starting a practice and applying for jobs
- Scope of practice compared to Registered Dietitians and other allied health professionals

### NC 103 BIOCHEMISTRY

In this module, students investigate food structure and how amino acids, fatty acids, and carbohydrates influence physiological functions. Students learn to read food labels and understand different cellular responses to natural versus artificial ingredients. Also discussed are free radicals, antioxidants, phytochemicals, and how the molecules in food and the environment affect genetic expression and the composition of the human body.

## BUSINESS MODULE: PERSONAL BRANDING

Students will learn about personal branding—why it is important and how to know, communicate, control, and build their brands.

## NC 104 NUTRITION ANALYSIS

Students learn to analyze the nutrient content of whole and refined foods and meal plans. By conducting dietary evaluations, students become familiar with foods that have excellent nutrient density and diversity and learn to contrast them with nutrient-poor commercial foods. This module includes instruction on identifying nutrient ratios that determine a diet direction that is either cleansing, balancing, or building.

## BUSINESS MODULE: SELF-ASSESSMENT + EXPLORATION

This is the perfect place to begin a career journey. Students will ask themselves and respond to questions such as:

- What are your strengths and preferences?
- What are your personal values, and how do you find your purpose in this field?
- What does entrepreneurship mean, and is it something that suits you?

As they examine these questions, students will begin to set intentions for their ideal careers.

## NC 105 MACRONUTRIENTS

Students will learn the chemical nature and classification of the macronutrients and discuss quality, quantity, and ratios of macronutrients in various food plans. Detailed information on macronutrient form and function will be introduced. Students will be guided to vary their macronutrient ratios and observe resulting changes in mood, energy, and productivity.

## BUSINESS MODULE: DEFINING A TARGET MARKET + DEVELOPING A SPECIALTY

Students will learn why developing a specialty is more likely to lead to success. They will learn to identify and define target markets aligned with their personal mission, vision, and strengths.

## NC 106 MICRONUTRIENTS

Students learn the importance of vitamins and minerals and how to devise menu plans that feature them prominently. Current findings regarding micronutrient deficiency and its connection to premature aging, morbidity, and mortality are discussed. Toxic elements in food and water, such as mercury, lead, cadmium, and arsenic, along with protective dietary recommendations will be examined.

## BUSINESS MODULE: BUILDING YOUR PROFESSIONAL IDENTITY

Students will cover the latest information on how to write successful resumes and cover letters and which documents they need to present to prospective employers, partners, and/or include in their marketing materials. Students will develop successful elevator pitches that describe who they are, what target markets they serve, and what services they provide.

## NC 107 NUTRITIONAL COUNSELING

Students learn how to conduct a health and nutrition intake, use discretion in providing client feedback, establish rapport with diverse clients, and effectively gather data to determine a personalized diet plan. Students practice preparing for a client interview, establishing client goals, and developing a client-centered dietary approach. Verbal and nonverbal communication skills will be demonstrated and practiced.

## BUSINESS MODULE: SOCIAL MEDIA I – BUILDING AN ONLINE PRESENCE

In this module, students will learn how to get started building their online professional identities through social media and how to master the “know, like, trust” factor.

## NC 108 CASE PRESENTATIONS

Students conduct initial comprehensive intakes, collect data via health surveys, and provide recommendations for health recovery. Students learn to work with clients where they are in their health journeys and provide customized nutritional wellness programs that are built upon week by week. Each student will deliver a case presentation to demonstrate mastery of the skills learned.

## BUSINESS MODULE: FOOD PHOTOGRAPHY + STYLING

An important part of any nutrition brand is the quality of the visual imagery. In this module, students will learn the visual process of creating a brand identity with an emphasis on using smartphones.

## MIDTERM EXAM

Students will complete a midterm exam through the Bauman College Student Dashboard to demonstrate their knowledge of current, practical, and relevant information presented in the course.

## NUTRITION CAREERS PANEL

Students have an opportunity to engage with a comprehensive panel of representatives from different careers open to nutrition consultants. Panelists share their career journeys, and students have the chance to ask questions and network.

## COOKING DEMONSTRATION

To apply nutritional principles, students are expected to present to their classroom a minimum of one food demonstration per term and turn in two recipe handouts. Recipe handouts are given to their classmates during the demonstration in class.

# Term II: Therapeutic Nutrition

## NC 201 STRESS + ENDOCRINE INTERACTIONS

The interaction of stress with the endocrine system and the influence stress has on health are discussed. Students learn the stages of the stress response, its influences on the endocrine system, and corresponding nutrient needs. Research is presented on how metabolic and endocrine imbalances lead to biochemical insufficiencies. Students are introduced to hormonal synergies and the hypothalamus-pituitary-thyroid-adrenal feedback system.

## BUSINESS MODULE: SOCIAL MEDIA II – SOCIAL MEDIA PLATFORMS

In this module, students will cover the use of different social media platforms and how to vary content by platform. They will learn the best technical practices to improve their effectiveness with each of these tools used individually and together.

## NC 202 MEN’S + WOMEN’S HEALTH

The focus of this module is on life cycle issues and related dietary support for men and women. Nutritional needs and health concerns related to women, such as conception, pregnancy, postnatal care, and menopause; and men’s health issues, such as benign prostate hypertrophy and andropause (male menopause), are discussed. Also covered are metabolic patterns of aging, common health issues of aging and the elderly, Alzheimer’s disease, and Parkinson’s disease.

### BUSINESS MODULE: SOCIAL MEDIA III - THE MARKETING FUNNEL

Students will continue their exploration into using social media as a marketing funnel to turn followers into customers through effective communication using blogs, professional websites, and newsletters. They will learn how these different tools interrelate and how to most effectively communicate a personal brand.

### NC 203 LIVER DETOXIFICATION

This module focuses on functional anatomy and physiology of the liver's role in clearing toxins with a focus on the two-phase enzymatic detoxification system. We explore the foods, herbs, and nutrients needed to protect the liver from oxidative damage and free radicals, which are associated with heavy metal detoxification and hepatitis.

### BUSINESS MODULE: ORGANIZING + MANAGING AN EFFECTIVE JOB SEARCH

Students will learn how to find the hidden job market, how to develop great job search plans, and how to use networking to build relationships that will result in interviews.

### NC 204 GASTROINTESTINAL HEALTH

Students learn about health issues of the gastrointestinal tract and its associated structures with special attention paid to dysbiosis, leaky gut, irritable bowel syndrome, colitis, and related conditions. Students learn how to apply the 4R approach to GI healing: replace (enzymes), remove (antigens and toxins), reinoculate (with pre- and probiotics), and repair (gut mucosa).

### BUSINESS MODULE: JOB SEARCH FOLLOW UP + NEGOTIATIONS

Students will learn the secrets of successful interviewing including the best ways to prepare for and follow up on interviews and negotiate offers. Students will also learn the best ways to cultivate references, referrals, testimonials, and the importance of building long-term supporters.

### NC 205 BLOOD SUGAR REGULATION

Students learn assessment, diet analysis, and research pertaining to nutrient needs addressing hypoglycemia, metabolic syndrome, diabetes mellitus types 1 and 2, and other blood sugar dysregulation disorders. We address diet, lifestyle, and nutrient management of each type of imbalance, emphasizing key foods, herbs, spices, nutrients, menu planning, and exercise.

### BUSINESS MODULE: DESIGNING GROUP PROGRAMS

Group programs can be a great way to increase the range of people nutrition consultants can reach; they are also a way to increase income. Students will learn successful skills for generating content, managing and promoting group programs, and ultimately developing a unique signature program.

### NC 206 WEIGHT MANAGEMENT

This module focuses on weight, body composition, and fitness. The connection between diet, exercise, self-esteem, and social support is introduced as an essential component of an Eating for Health® weight management program. Specific counseling procedures such as creative mind/body techniques for dealing with client inertia, resistance, and ambivalence are also discussed. Students learn to address the underlying issues embedded in weight loss resistance, including physical, mental, and emotional trauma as well as poor nutrition, compromised metabolism, and a history of erratic dietary habits and choices.

### BUSINESS MODULE: DELIVERING GROUP PROGRAMS

In this module, students will cover the most effective ways to deliver group programs including the use of webinar technology and how to deliver nutrition education.

## NC 207 CASE PRESENTATIONS

Students conduct initial comprehensive intakes, collect data via health surveys, and provide recommendations for health recovery. Students learn to work with clients where they are in their health journeys and provide customized nutritional wellness programs that are built upon week by week. Each student will deliver a case presentation to demonstrate mastery of the skills they learned. In this module, students apply their learning from the first half of Therapeutic Nutrition to deliver a more in-depth case presentation.

### BUSINESS MODULE: STARTING A PRACTICE

This module is designed to teach students about the process involved in starting a private practice. Students will also learn how to avoid making costly mistakes or ones that might slow down their path to success. This topic explores:

- securing a business name
- licensure and registration
- choosing a legal structure
- finding insurance
- scope of practice
- pricing services
- contracts and agreements
- accounting
- marketing

## NC 208 CLINICAL ASSESSMENT

This module introduces the basic laboratory tests that a primary health care professional may order for a client to help direct a nutrition consultant to suggest a diet, lifestyle, and nutrient program to respond to areas of imbalance. Tests covered include a complete blood chemistry profile; a comprehensive digestive stool analysis; a mixed hormone panel with values for the adrenals, gonads, pancreas, and pituitary; a food sensitivity panel; and key biomarkers for inflammation.

### BUSINESS MODULE: WRITING A BUSINESS PLAN

In this module, students will learn how to translate their vision into a viable business model. We will cover how to develop a sound business plan with well-articulated goals, implementation steps, marketing strategies, and financial projections.

## NC 209 CARDIOVASCULAR HEALTH

This module examines the etiology of cardiovascular ailments. The role of genetics, diet, lifestyle, and risk factors are explored. The incidence and etiology of hypertension are examined with nutrient drug interactions explained. Students learn an integrative blood pressure control program with key foods, herbs, spices, nutrients, and lifestyle practices.

### BUSINESS MODULE: MANAGING A SUCCESSFUL PRACTICE

After starting a practice, there are many ongoing management systems to address. In this module, students will learn how to set up financial systems for both bookkeeping and billing and how to keep electronic files that are secure and protect clients' privacy.

## NC 210 MENTAL HEALTH

The interplay of psychological, somatic, and environmental factors as they relate to mental health is discussed. Conditions such as substance abuse, eating disorders, depression, anxiety, and bipolar disorder are examined with recommendations for nutritional support. Students learn brain anatomy, physiology, and biochemistry along with the brain's dynamic interplay with the endocrine, immune, and gastrointestinal systems. The role of food, gut issues, and environmental sensitivities that can trigger mood disorders, ADD, and autism are explored.

## BUSINESS MODULE: CONFIDENCE + COMPETENCY

Still have concerns about being ready for business? This module will help students overcome their limiting beliefs and fears as well as set goals and develop accountability and support systems.

## NC 211 MUSCULOSKELETAL HEALTH + SPORTS NUTRITION

This module introduces the functional anatomy of the musculoskeletal system. Natural herbal and nutritional alternatives to current treatments for musculoskeletal conditions are critiqued and discussed. Research on pain management, osteoarthritis, and fibromyalgia as well as optimal nutrition and hydration for sports nutrition to promote strength, flexibility, endurance, lifelong fitness, and injury prevention are also discussed.

## BUSINESS MODULE: READY FOR BUSINESS PORTFOLIO

By the end of the course, students are ready to put their education to work. This will be demonstrated by the creation of a complete business plan or a job search strategy. Business mentors will provide support and feedback throughout this process.

## NC 212 IMMUNE + AUTOIMMUNE

In this section, health issues related to an overactive and underactive immune system are examined. Hypoallergenic, elimination diets, and nutrition-based care programs for autoimmune conditions are presented along with the therapeutic uses of specific foods, fresh juices, herbs, spices, broths, and cleansing aids with special attention paid to cleansing and healing the organs of elimination.

## NC 213 CANCER

Cancer prevention diets as well as specific nutrient needs and diet support for individuals undergoing surgery, chemotherapy, radiation, and hormone therapy are reviewed. Students will learn how every component of the Eating for Health® food plan has value in protecting the body from cancer occurrence or recurrence.

## FINAL RESEARCH PROJECT

Students submit a final research project in which they complete an in-depth literature review along with client case summaries that demonstrate their knowledge and skill in working with clinical issues.

# Nutrition Consultant Training Program via Distance Learning

The Nutrition Consultant Training Program is available online via distance learning. People who live far away, have time constraints, or simply prefer to work from home can receive our nutrition training with a cohort of students in an online format. Distance learning is perfect for busy people who are independent, self-motivated, and who have a desire to improve the world through holistic nutrition. Students create community with their peers and instructors through regular live virtual communication and collaborative activities.

The science-based curriculum is presented in a variety of ways to appeal to diverse learning styles. Distance learning students receive a series of multimedia lectures prepared by Bauman College Founder and President, Dr. Ed Bauman. These are augmented by comprehensive textbooks, workbooks, videos, and supplemental materials that keep the program fresh with the most current research. Students can download the lectures, view them in a multimedia PowerPoint presentation, or upload the audio to their MP3 players and learn on the go.

## **STRUCTURED YET FLEXIBLE SCHEDULE**

Students may begin the Nutrition Consultant Training Program via Distance Learning at four specific times per year (February, May, August, November); the duration of the program is 18 months. A minimum of 15 hours per week is a reasonable time commitment to finish the program. The key to a successful distance learning experience is that students schedule time to research, write, interview, and complete their assignments promptly and stay in close communication with their distance learning instructors. Assignments are graded and returned to the student within 10 days of receipt.

## **STUDENT RESOURCES**

Distance learning students receive the same curriculum as their classroom counterparts. Regular interaction with peers and faculty enables students to create a robust support system through community. Students have the benefit of regular group virtual calls with peers and distance learning instructors throughout the program. Distance learners are guided and supported by these regular meetings, which provide students the opportunity to review core competencies and discuss and collaborate on client strategies and case studies. Additionally, distance learners have access to faculty through one-on-one office hours and can connect with other Bauman College students through faculty-moderated discussion forums and Facebook groups.

## **COMPUTER SKILLS REQUIRED**

Use of a computer is required throughout this program. Please see page 30 for a discussion of the skills, hardware, and software requirements needed for success in this program.

# Bauman College Student + Alumni Relations

Once you have chosen to take the next step and enroll as a student in either the nutrition consultant or natural chef programs, you will immediately be connected with our vast alumni community in a number of ways. Our Student + Alumni Relations program is designed to help you feel connected and supported by Bauman College and the community. We offer professional development and networking events, career resources, volunteer opportunities, free business marketing, alumni benefits, and professional industry news to help you grow in your career.

## CAREER SERVICES PLATFORM

Current students as well as graduates of Bauman College programs are eligible to use the job board on the Career Services Platform. Students and alumni can create account profiles and log into the site to:

- Search and apply for local and national full-time, part-time, temporary, internship, and volunteer job opportunities.
- Create and upload resumes and career portfolios that are available for employers to view.
- Access event announcements, career advice documents, podcasts, videos, and articles.

## SOCIAL MEDIA

Connect with fellow students and past graduates of Bauman College through our numerous social media platforms such as: Facebook, LinkedIn, Pinterest, Instagram, and Twitter. Post your questions and learn about industry specifics through hundreds of experienced alumni professionals. Distance learners will be able to connect with fellow students near and far. Students and alumni who have their own food blogs or want some inspiration can join our alumni-run food blogger's group.

## ALUMNI PRODUCTS

Our alumni are professional product developers, authors, and speakers. They offer an abundance of knowledge on holistic food and nutrition services tailored to meet individual needs and improve optimal health. Alumni have the opportunity to market their products and services on the Bauman College website for free.

## ALUMNI DIRECTORY

Bauman College graduates can add professional profiles to the Bauman College website to connect with potential employers, clients, fellow students, and/or alumni. The website receives up to 74,000 views a month, which is a great opportunity for free marketing.

## BE A LEADER + VOLUNTEER

Whether alumni are looking to create positive change in their communities, enhance their education, or build their skills or resumes, we offer an abundance of volunteer and speaking opportunities. We encourage a spirit of service to become an effective leader locally, nationally, and globally to enhance career success.

# BECOME A STUDENT

## Which Location is Right for You?

Bauman College has two California locations in the greater San Francisco Bay Area—Berkeley and Sonoma County. For those unable to attend our classroom locations, we also offer our Nutrition Consultant Training Program online via Distance Learning.

### **BERKELEY**

#### **1007 University Ave., Berkeley, CA 94710**

Berkeley is a picturesque, academic-minded, and welcoming city located just across the bay from San Francisco. It is world-renowned for its liberal mentality, its passionate activism, and its leadership in the American food revolution. Berkeley is also where the local-seasonal-organic-focused “California Cuisine” was conceived and developed.

The Berkeley facility is complete with two large commercial kitchens outfitted with top-of-the-line restaurant-quality equipment and spacious nutrition classrooms that invite creative expression and optimal learning.

In addition to the city of Berkeley itself, downtown San Francisco is easily accessible by public transportation, and both provide limitless access to cultural opportunities, delicious food, an array of ethnic food markets, and more.

### **SONOMA COUNTY**

#### **Main Administrative Office**

#### **PO Box 940, 10151 Main St., Ste. 128, Penngrove, CA 94951**

In the middle of wine country, this location sits amidst expansive vineyards, rolling golden hills, towering redwood groves, family-owned farms, and is just minutes from the dramatic Pacific coastline.

Sonoma County, and neighboring Napa County, are the premier wine-producing regions in the United States and provide unlimited possibilities for exploring America’s best culinary markets.

The relaxed Sonoma County lifestyle, stunning natural beauty, and access to incredible locally sourced food make this an ideal location for learning. Located in the North Bay, this location provides easy access to all the resources of city life with the comforts of simple living.

# Tuition, Fees + Payment Plans: May 1 – October 31, 2017

Our payment plans are customizable. Reduce your monthly payment and minimize finance fees by making a larger down payment than our current plans offer. For more information, contact us at [admissions@baumancollege.org](mailto:admissions@baumancollege.org).

## NATURAL CHEF

Tuition	17,999.00
Registration Fee (non-refundable)	250.00
Tech/Student Services Fee	200.00
Materials <sup>1</sup>	992.00
STRF Fee <sup>2</sup>	0.00
<b>Total<sup>5</sup></b>	<b>\$19,441.00</b>

### Approximate fees for additional required items:

Chef shoes (black, slip resistant, hard, closed toe and heel): \$60-\$150  
 Chef pants (black, houndstooth, or black and white checked): \$20-\$40  
 Ingredients for individual final presentation: \$25-\$50  
 Independent textbook purchases: \$93<sup>3</sup>

## NUTRITION CONSULTANT CLASSROOM

Tuition	9,949.00
Registration Fee (non-refundable)	150.00
Tech/Student Services Fee	200.00
Materials <sup>1</sup>	309.95
STRF Fee <sup>2</sup>	0.00
<b>Total<sup>5</sup></b>	<b>\$10,608.95</b>

### Approximate fees for additional required items:

Independent textbook purchases: \$170<sup>3</sup>

## NUTRITION CONSULTANT VIA DISTANCE LEARNING

Tuition	6,949.00
Registration Fee (non-refundable)	150.00
Tech/Student Services Fee	200.00
Materials <sup>1</sup>	309.95
STRF Fee <sup>2</sup>	0.00
In-state Shipping/Handling (UPS)	75.00
Out-of-state Shipping/Handling (UPS) <sup>4</sup>	100.00
<b>Total (CA resident)<sup>5</sup></b>	<b>\$7,683.95</b>
<b>Total (out-of-state)<sup>5</sup></b>	<b>\$7,708.95</b>

NC materials are sent in 2 shipments at the beginning of each term.

### Approximate fees for additional required items:

Independent textbook purchases: \$170<sup>3</sup>

1. Regional sales tax will be added to all material sales.
2. State law requires a non-refundable STRF fee to be applied to all California first-party-paid enrollments (see page 26).
3. Estimated costs are based on standard retail. The cost of books varies considerably depending on where they are purchased. The Bauman College Student Bookstore has all required books available new and used at a discount.
4. Actual Shipping/Handling charges will apply for international shipments.
5. This amount is both the total charge for the specified period of attendance and an estimated schedule of total charges for the entire educational program. Other fees may apply (see page 36).

## NATURAL CHEF PAYMENT PLAN

Down Payment	AM Session	PM Session
Registration Fee	250.00	250.00
Tech/Student Services Fee	200.00	200.00
Materials <sup>1</sup>	992.00	992.00
Tuition Payment #1	3,599.80	2,249.88
STRF Fee <sup>2</sup>	0.00	0.00
<b>Total Down Payment</b>	<b>\$5,041.80</b>	<b>\$3,691.88</b>

**AM:** The remaining tuition after down payment will be charged a finance fee of \$719.96 and the balance of \$15,119.16 will be paid in 4 monthly payments of \$3,779.79 using an automatic credit card payment plan.

**PM:** The remaining tuition after down payment will be charged a finance fee of \$787.46 and the balance of \$16,536.58 will be paid in 7 monthly payments of \$2,362.37 using an automatic credit card payment plan.

## NUTRITION CONSULTANT CLASSROOM PAYMENT PLAN

Down Payment	Option A	Option B
Registration Fee	150.00	150.00
Tech/Student Services Fee	200.00	200.00
Materials <sup>1</sup>	309.95	309.95
Tuition Payment #1	663.27	3,600.00
STRF Fee <sup>2</sup>	0.00	0.00
<b>Total Down Payment</b>	<b>\$1,323.22</b>	<b>\$4,259.95</b>

**Option A:** The remaining tuition after down payment will be charged a finance fee of \$928.57, and the balance of \$10,214.31 will be paid in 14 monthly payments of \$729.59 using an automatic credit card payment plan.

**Option B:** The remaining tuition after down payment will be charged a finance fee of \$634.90, and the balance of \$6,983.90 will be paid in 14 monthly payments of \$498.85 using an automatic credit card payment plan.

## NUTRITION CONSULTANT VIA DISTANCE LEARNING PAYMENT PLAN

Down Payment	Option A	Option B
Registration Fee	150.00	150.00
Tech/Student Services Fee	200.00	200.00
Materials <sup>1</sup>	309.95	309.95
Tuition Payment #1	386.06	3,600.00
STRF Fee <sup>2</sup>	0.00	0.00
In-State Shipping/Handling	75.00	75.00
Out-of-state Shipping/Handling <sup>4</sup>	100.00	100.00
<b>Total (CA resident)</b>	<b>\$1,121.01</b>	<b>\$4,334.95</b>
<b>Total (out-of-state)</b>	<b>\$1,146.01</b>	<b>\$4,359.95</b>

**Option A:** The remaining tuition after down payment will be charged a finance fee of \$656.29, and the balance of \$7,219.24 will be paid in 17 monthly payments of \$424.66 using an automatic credit card payment plan.

**Option B:** The remaining tuition after down payment will be charged a finance fee of \$334.90, and the balance of \$3,683.90 will be paid in 17 monthly payments of \$216.70 using an automatic credit card payment plan.

# Financial Assistance

## FINANCIAL ASSISTANCE

Our admissions advisors are here to help you. Start by reviewing the opportunities provided on our website, then call us at 800-987-7530 or set up an appointment with an advisor via the website. Our advisors are well versed in many funding opportunities and can advise you on how to best support your education.

## STUDENT TUITION RECOVERY FUND

The Student Tuition Recovery Fund (STRF) was established by the Legislature to protect any “California Resident” who attends a private post-secondary institution from losing money if they prepaid tuition and suffered a financial loss as a result of the school closing and failing to live up to its enrollment agreement or refusing to pay a court judgment. You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following apply to you:

1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans.
2. Your total charges are not paid by any third-party payer such as an employer, government program, or other payer, unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program, or other payer and you have no separate agreement to repay the third party.

The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents or are enrolled in a residency program attending certain schools regulated by the Bureau for Private Postsecondary Education. You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school’s failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school’s failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a material failure to comply with the Act or this Division within 30 days before the school closed, or if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act. However, no claim can be paid to any student without a social security number or a taxpayer identification number.

Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education at 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, [bppe.ca.gov](http://bppe.ca.gov), 888-370-7589, or by fax 916-263-1897.

## PRIVATE STUDENT LOAN OBLIGATION

If you obtain a loan to pay for this educational program, you have the responsibility to repay the full amount of the loan plus interest and apply any Bauman College refunds to the loan.

# Schedules

Class Start + End Dates			
SCHOOL	START DATE	END DATE	TIMES
<b>Berkeley</b>			
Nutrition Consultant AM	09/20/17	12/21/18	Wednesdays + some Mondays 9:30 a.m. – 1:00 p.m.
Nutrition Consultant PM	09/21/17	12/21/18	Thursdays + some Tuesdays 6:00 p.m. – 9:30 p.m.
Natural Chef AM	09/11/17	02/26/18 <sup>1</sup>	Mondays, Tuesdays + Wednesdays 10:00 a.m. – 3:00 p.m. <sup>2</sup>
Natural Chef PM	09/13/17	05/23/18 <sup>1</sup>	Wednesdays + Fridays 5:00 p.m. – 10:00 p.m. <sup>2</sup>
<b>Sonoma County</b>			
Nutrition Consultant	09/19/17	12/21/18	Tuesdays + some Fridays 9:30 a.m. – 1:00 p.m.
<b>Distance Learning</b>			
<b>Summer Cohort</b>	<b>08/01/17</b>	<b>01/22/19</b>	
<i>Cohort call sessions (once per module) will be scheduled based on student availability. All calls will be recorded and available for playback for a period of two weeks following the scheduled session.</i>			
<b>Fall Cohort</b>	<b>11/01/17</b>	<b>04/24/19</b>	
<i>Cohort call sessions (once per module) will be scheduled based on student availability. All calls will be recorded and available for playback for a period of two weeks following the scheduled session.</i>			

<sup>1</sup> Six additional weeks are allowed for the completion of a required independent culinary externship.

<sup>2</sup> Please note that the Natural Chef Training Program may have some classes that run additional hours. Also, during the week of the Culinary Showcase, students may meet on different days and/or different hours.

When an unexpected closure occurs due to extraordinary conditions, such as inclement weather, students will be notified as soon as possible by phone and email by the school administrator. Classes are not held on the following holidays: New Year’s Eve, New Year’s Day, Martin Luther King Jr. Day, Presidents’ Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and the Friday following, Christmas Eve, and Christmas Day.

Please contact our Admissions Department for detailed schedules.

# Application + Enrollment

## We Make Applying Easy

Applying to Bauman College is easier than ever with our online application process. From the Bauman College website, click the menu icon next to the search button, click on "Programs," then choose "Application + Enrollment." In order to successfully submit your online application, you will need to have all required items in a digital file format that you can upload and submit to our online system. Please note that you cannot submit the application if anything is missing, so make sure you have everything you need before you start the process.

Required documents include a copy of high school completion or higher education transcripts or diploma, a 500-word essay, a current resume, two letters of recommendation, and a digital photo of yourself. Detailed document requirements can be found by clicking on the "Application Requirements" link on the Application + Enrollment page of our website. Applicants will receive email notification of acceptance within five business days.

## Dates to Remember

Timely application and enrollment is important in order to secure your space in the section and class of your choice. Please note the following dates:

<b>PROGRAM</b>	<b>APPLICATION DATE</b> To allow time for your enrollment contract to be processed prior to the late enrollment date, we recommend that you submit your application by this date.	<b>LATE ENROLLMENT DATE</b> Enrollment contracts received after this date will incur a \$100 late enrollment fee.
<b>Distance Learning Summer Cohort</b>	<b>July 5, 2017</b>	<b>July 17, 2017</b>
<b>Fall Classroom Programs: Nutrition Consultant Natural Chef</b>	<b>August 7, 2017</b>	<b>August 21, 2017</b>
<b>Distance Learning Fall Cohort</b>	<b>October 3, 2017</b>	<b>October 17, 2017</b>

# School Approval + Resources

Bauman College is a private nonprofit educational institution approved to operate by the California Bureau for Private Postsecondary Education. Approval to operate means the institution is compliant with the minimum standards contained in the California Private Postsecondary Education Act of 2009 (as amended) and Division 7.5 of Title 5 of the California Code of Regulations.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to:

The Bureau for Private Postsecondary Education  
2535 Capitol Oaks Drive, Suite 400  
Sacramento, CA 95833  
Phone: 888-370-7589 | Fax: 916-263-1897 | Website: [bppe.ca.gov](http://bppe.ca.gov)

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which will be provided to you prior to signing an enrollment agreement.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling 888-370-7589, or by completing a complaint form, which can be obtained on the Bureau's website at [bppe.ca.gov](http://bppe.ca.gov).

Bauman College is not accredited by an accrediting agency recognized by the United States Department of Education. Bauman College does not participate in federal or state financial aid programs.

Bauman College is a solid and stable institution. We do not have a pending petition in bankruptcy; we are not operating as a debtor in possession; we have not filed a petition within the preceding five years; and we have not had a petition in bankruptcy filed against us within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code.

## FACILITIES

Each Bauman College location contains attractive, modern, and professional offices and classrooms. There is a reception area and a nutrition classroom in each location, and in our Berkeley facility, there is a culinary classroom equipped with two state-of-the-art kitchens. All students must utilize personal computers with internet, email, and word processing capabilities; WiFi is provided at each location to allow students internet access. Nutrition students utilize textbooks and workbooks and attend multimedia presentations in the classroom or through the online Student Dashboard. Culinary students use written materials, such as required texts and the resource guide, and electronic materials, such as the Student Dashboard and recipe database, to follow along with course information. They also attend lectures in the classroom accompanied by slide presentations and participate in cooking labs that take place in our state-of-the-art commercial kitchens using high-quality kitchen utensils and commercial-grade appliances.

## HOUSING

A variety of housing is available near both Bauman College locations (hotels, apartments, private rooms, etc.). Rental prices vary depending on the type of housing chosen (shared housing, apartments, or single occupancy), and range from ~\$700 - \$2000/month. Housing information is posted on the Bauman College Forum under the search term Housing Hookup to assist students in finding local housing. Bauman College does not provide housing, dormitory facilities, or have any responsibility to find or assist students in finding housing.

## STUDENT LIBRARY + RESOURCES

Each Bauman College location maintains a small library, consisting of nutrition textbooks, cookbooks, culinary reference books, wellness resources, and other reference materials available for student use. Students may access these resources during normal business hours, Monday - Thursday 9:00 a.m. - 4:00 p.m. Bauman College students are required to have computers to complete their studies, and students may access free WiFi at all of our locations to facilitate their online research needs. Students may utilize our classrooms to study during normal business hours, provided the classrooms are not in use.

## STUDENT SERVICES

Our student services manager counsels and assists students with any needs that they may have during their studies. Students who need additional assistance have access to faculty and graduate tutors. An active community forum, with excellent faculty participation, is utilized by students and alumni to discuss nutrition and culinary topics and provides guidance and clarity as students move through the curriculum.

Students and alumni have unlimited access to the Career Services Platform where they can create portfolios, search and apply for jobs, access career resources, and register for Bauman College events. Bauman College does not provide career placement; however, we create opportunities for employers and students to connect and engage on a professional level.

# Policies + Procedures

## ADMISSION

Applicants must have a high school diploma or the equivalent; Bauman College does not offer an ability-to-benefit examination. Bauman College does not have an official transfer or articulation agreement with other institutions but will consider credits earned at other institutions; see Transcript Evaluation section for details. Acceptance into the program is subject to review of submitted application materials. A background in health sciences is beneficial but is not mandatory. Bauman College reserves the right to deny admission to any applicant.

## APPLICATION PROCESS

From the Bauman College website, click the menu icon next to the search button, click on "Programs," then choose "Application + Enrollment." In order to successfully submit your online application, you will need all of the required documents (see page 28) in a digital file format that you can upload and submit to our online system. Please note that you cannot submit the application if anything is missing, so be sure you have everything you need before you start the process. Before beginning the application process, please review the computer skills and equipment requirements below. Applicants will receive notification of acceptance by email within two business days.

## COMPUTER SKILLS + REQUIREMENTS

These computer skills are required for Bauman College students:

**Basic Word Processing:** Students must be able to use a word processor to create basic documents. This includes using templates, making tables, and inserting headers, footers, and graphics into documents. These skills will be required to complete assignments.

**Internet Connection:** Students will need access to a reliable broadband internet connection with at least 4Mbps download speed (recommended). Lower speeds may drastically impact students' experience. See the FAQ section on our website for additional information.

**Basic Web Skills:** Students will need to use the internet for a variety of tasks ranging from research to use of online nutrition analysis tools. Basic proficiency in the use of a web browser and the use of basic web applications will be necessary.

**Web Application Skills:** Students will be required to use the Bauman College Community Forum, a bulletin board style platform where questions can be posted and valuable information is shared. Students will be required to use a web-based platform to post questions, access materials, and complete assignments.

**Email:** Students are expected to have active Gmail accounts and to regularly check and respond to email.

Students must also ensure that they possess a computer system with minimal hardware and software requirements. For a full discussion of skills and system requirements, please visit the FAQs page on our website. There, you will find a Technical FAQs section where information on operating system, hardware, and software requirements are detailed.

## LATE ENROLLMENT

It is important to apply and enroll early to secure a space in the class as classes with insufficient enrollment may be cancelled. A non-refundable late enrollment fee of \$100 will be charged after the late enrollment deadline has passed.

## TRANSCRIPT EVALUATION

Professional health providers (M.D., L.Ac., D.C., etc.), those who have graduated from a regionally accredited university with a degree in nutrition (B.A. or M.A./M.S.), or those who have a certificate from a state-approved vocational program may apply previous nutrition training to bypass Term I, Foundations of Nutrition. Candidates who fit the above criteria must submit their transcripts, a cover letter requesting evaluation, and a \$150 evaluation fee along with their complete application packet. When the transcripts have been reviewed, an appointment will be set for an interview with the Nutrition Program Director. The interview will determine whether it is appropriate for the candidate to continue with the process of taking the Foundations of Nutrition Challenge Exam. A fee for the exam is \$150. Candidates who score 80% or higher on the Foundations of Nutrition Challenge Exam may enroll in the Therapeutic Nutrition portion of the program. Candidates who do not pass the Foundations of Nutrition Challenge Exam will need to begin the program at Foundations of Nutrition.

## RESUME EVALUATION

Bauman College does not award credit for prior experiential learning.

## INTERNATIONAL STUDENTS

Bauman College does not offer student visa services but will vouch for student status as necessary. Please note that international students participating in the online distance learning program are responsible for all international calling and shipping fees incurred during their program participation.

## ENGLISH LANGUAGE REQUIREMENT

Bauman College accepts students who are proficient in the English language. No English language services are available. Instruction is not provided in any language other than English. Non-native English speaking students must demonstrate proficiency in the English language, equivalent to the 12th grade level and up, through submittal of a TOEFL certificate, High School Diploma, or English proficiency displayed in the application essay and through an interview appointment with the Admissions Department. It is required that all copies of student transcripts or diplomas are submitted in English.

## **PAYMENT PLANS**

Bauman College payment plans can be arranged. An installment payment plan for any Bauman College program will incur a finance fee on the tuition balance due. Students choosing to be on a payment plan must commit to monthly automatic credit card charges. Payment in full of all fees must be received in order for a student to receive certification for a particular program and to continue with additional training. Tuition payments are due once a month (see contract for exact dates). There will be a \$35 charge for all declined scheduled credit card payments. Educational services may be withheld from a student whose payment (including late fee) is more than 10 days late. Bauman College reserves the right to refuse payment plan services to any individual.

## **STUDENT CONDUCT + GRIEVANCES**

All students enrolled at Bauman College (classroom or distance learning) must conduct themselves in a manner that promotes a peaceful learning environment at Bauman College. Students are expected to behave with respect and care toward fellow students, faculty, and staff. The use of cell phones, including texting, is not permitted in the classroom. Bauman College has a zero tolerance policy for drugs, alcohol, and weapons. Students who display conduct issues will be referred to the Student Services Manager for guidance and discipline. If necessary, the matter will be discussed with the Executive Council for appropriate resolution. Bauman College maintains the right to dismiss students for conduct that is disruptive to the class or conduct that reflects or impacts unfavorably on Bauman College's reputation or operation. Reinstatement after dismissal will occur only with the consent of the Executive Council in response to a written request and personal interview. In all cases, the student should be informed of the grievances against him/her, and the student shall be given a fair opportunity to refute them. The institution will not be arbitrary in its actions.

Students seeking to resolve problems or voice complaints should contact the Student Services Manager who will investigate, record, and, if possible, resolve the issue. Matters that are unable to be resolved will be forwarded to the Executive Council for further review and action.

## **OBSERVABLE IMPAIRMENT POLICY**

Bauman College seeks to maintain safety for all students in the classroom. If a student is observed to be behaving in an unsafe manner in the classroom, even as a result of a legal drug prescription, they may not participate in actions that the instructor deems unsafe. This may include utilizing knives or kitchen equipment. Students may still observe class at the discretion of the instructor.

## **GRADING, CREDITS + RECORDS**

All assignments are given numerical grades and content feedback. A file review is available by appointment to discuss any questions pertaining to coursework and progress in the program. After all requirements are satisfied, a certificate will be awarded. Replacement certificates can be purchased for \$25 each. Upon request, two transcripts will be provided at no charge. Additional copies will be available for \$25 each. Bauman College student records are kept confidential and maintained primarily through electronic files that are backed up on a daily basis and stored in two separate secure geographical locations. These records are kept forever. All physical files containing California Code requirements are kept for a minimum of 5 years following a student's completion or withdrawal. Bauman College reserves the right to terminate the enrollment of any student who consistently displays sub-standard work and/or performance and is deemed by the Program Director to lack the skills needed to achieve vocational certification (see Standards for Student Achievement on page 36). A prorated refund of tuition charges will be returned to the student should this situation occur.

## PROGRAM TRANSFERS

A nutrition consultant student transferring from the classroom to distance learning, or a student transferring from distance learning to the classroom, will be assessed a \$250 transfer fee (plus any additional fees assessed for shipping outside of the continental United States). A student transferring within a program to a different section or location (i.e., AM to PM; Penngrove to Berkeley) will be assessed a transfer fee of \$100. Tuition fees paid upon initial enrollment will be reviewed and a student will either be assessed additional prorated tuition fees, or refunded prorated tuition fees, based on the current tuition charges of the program they wish to transfer into. A new enrollment contract will be created and executed reflecting the new tuition charges. Students who are enrolled in one program may only transfer to the other program at the beginning of a module, and only if they are current and up-to-date with all assignments and quizzes.

## NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Bauman College is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the educational program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of the coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Bauman College to determine if your certificate will transfer.

## Attendance

### NUTRITION CONSULTANT

Classroom students must attend at least 80% of class hours per term. A missed class may be made up by attending the same class if it is offered at an alternate time or location within the same term and by prior arrangement only. Three late arrivals, three early leaves, or a combination thereof constitute one absence.

A Bauman College graduate, or a student needing to make up classes due to exceeding the maximum number of allowed absences in a previous term, may repeat a nutrition consultant class on a space-permitting basis for a fee of \$50.

A distance learning student may audit four on-site classes at no additional charge on a space-permitting basis. Any additional classes audited will incur a \$50 fee for each 3.5-hour class. Audits must be prearranged through the distance learning administrator. Students who have transferred from a classroom program to distance learning must pay a \$50 fee for any classroom audits.

### NATURAL CHEF

In order to complete certification requirements, students are allowed a maximum of six absences during the course of the program. A late arrival or early leave constitutes one-third of an absence. If a student arrives more than 1.5 hours late or leaves more than 1.5 hours early, this constitutes as an entire absence. The Knife Skills class and ServSafe® Food Manager training are required in order to begin working in the kitchen. If a student is absent from class, he/she may choose to arrange for a private tutorial with an instructor and pay a fee assessed by the college; this private tutorial makes up the content but does not excuse the student's absence from that class.

## Leave of Absence

### NUTRITION CONSULTANT

If a student finds it necessary to take a leave of absence from a current program and all payments are current, the student must complete a Leave of Absence Form and submit an administrative processing fee of \$100. During a leave of absence, a student's academic and administrative file is placed in suspension for a maximum of six months. The school will contact a classroom student on leave of absence prior to the start of the next term to evaluate a student's desire and ability to resume studies. Return to the classroom is only accommodated on a space-permitting basis; distance learning is an option. The school will contact a distance learning student on leave of absence prior to the start of the next two cohorts to evaluate a student's desire and ability to resume studies. For all students, paid tuition fees will be applied toward the new term/cohort and the student will not be subject to additional fees upon return, unless tuition, STRF, and/or class materials have changed. Third-party funded students must gain consent from their funding resources in order to take a leave of absence and are subject to all stated policies. During a leave of absence, all access to Bauman College resources and services are suspended. A leave of absence from a program is only permitted once.

### NATURAL CHEF

Leave of absence is not available in the Natural Chef Training Program; however, should a student need to cancel enrollment, he/she may follow the procedures for re-enrollment as outlined in the cancellation policy.

## Cancellation

**Student's Right to Cancel:** A student has the right to cancel the enrollment agreement and obtain a refund.

The institution shall, for classroom students, without penalty or obligation, refund 100% of the amount paid for institutional charges, less a reasonable deposit or registration fee not to exceed \$150 (nutrition consultant) or \$250 (natural chef) and any late enrollment fees charged (if applicable), if the notice of cancellation is made through the first day of instruction or the seventh day after enrollment, whichever is later.

The institution shall, for distance learning students, without penalty or obligation, refund 100% of the amount paid for institutional charges, less a reasonable deposit or registration fee not to exceed \$150 and any late enrollment fees charged (if applicable), if the notice of cancellation is made through the first day of instruction or the seventh day after enrollment, whichever is later. After this date, a student will be charged for the first program module (NC 101). Henceforth, cancellation must take place within eight days after the student has access to curriculum materials for the next module(s) from the Student Dashboard; otherwise, tuition for the module(s) will not be included in your prorated refund.

A student may withdraw from a program after instruction has started and receive a prorated refund for the unused portion of the tuition if 60% or less of the program has been completed. Any discount applied to the original enrollment will become void upon cancellation. Refunds on materials in resalable condition will be granted if returned within two weeks after the first day of instruction. A 50% refund of the Student Services and Technology Fee will be granted if cancellation occurs within 45 days after the first day of instruction. After that point, the fee will be charged in full. A student is not considered withdrawn until a written cancellation has been received. Cancellation shall occur when a student gives written notice of cancellation at the address of the school shown on the top of the student's enrollment contract. The cancellation notice can be sent by mail, fax, or hand delivery. If sent by mail, cancellation is effective when

deposited in the mail, properly addressed, and with postage prepaid.

Students who are funded by third-party payers will have any cancellation refund paid directly from Bauman College to the third-party payer, not to the student. Refunds will be processed within 45 days of proper cancellation. Students who wish to cancel must be current with their financial obligations to the school. Tuition charges and fees will continue to accrue until a student's financial account is settled. Should a student wish to re-enroll after a cancellation, Bauman College will review eligibility for the student's readmittance based on the circumstances under which the student canceled. Re-enrollment will only be considered for the same program and must be processed within two years of the student's original enrollment date in order to receive credit for previous coursework.

## Matriculation + Completion Time

### NUTRITION CONSULTANT

Students who have a cumulative grade average from term assignments of 80% or higher at the end of Term I, Foundations of Nutrition, will be eligible to take the midterm exam. The midterm score plus assignment average will determine Term I GPA. An overall Term I GPA of 80% or higher must be achieved for a student to matriculate to Term II, the Therapeutic Nutrition component of the course. Students who do not achieve GPA standards may petition to enter into academic probation.

Students have 30 days from their final class date to complete all assignments. Certification will not be granted if all requirements are not met within this time frame.

### NATURAL CHEF

Students have six weeks from their final class date to complete their culinary externship. Certification will not be granted if all requirements are not met within this time frame.

## Academic Probation

### NUTRITION CONSULTANT

If a student has not achieved an overall GPA of 80% at the end of either term, the student may petition the nutrition program director to enter into academic probation.

If the student's petition is approved, the student will enter into a 30-day period of academic probation. During academic probation, the student may resubmit up to two sub-standard assignments in an attempt to improve GPA. A \$100 fee is required for administration and grading. Within these 30 days, if the student has met the GPA requirements, he/she will be released from academic probation. If the period of academic probation passes and the student has yet to bring his/her GPA to 80%, the student will be terminated from the program and all unused tuition funds will be returned, if applicable. Academic probation may be used in conjunction with a leave of absence if necessary.

### NATURAL CHEF

If a student has not achieved an overall GPA of 80% at the end of the program, the student may petition the culinary program director to review their academic file. The decision to accept or deny the petition is at the sole discretion of the culinary program director. If the petition is approved, the program director will review the student's academic file and a plan will be suggested to improve GPA. A \$150 fee is required for administration and grading. If a student has still not met the GPA standards after completing the recommended plan, the student will be ineligible for certification.

## Standards for Student Achievement

**Attendance:** Classroom students must comply with Bauman College attendance requirements.

**Grade Average:** Students must achieve an 80% grade average to graduate and receive certification.

**Assignments:** Students who engage in plagiarism will lose their opportunity for certification.

**Nutrition Consultant Completion Projects:** Written and oral case presentations, a final research project, and a BBI Portfolio Project mark the successful completion of the Nutrition Consultant Training Program. Throughout this program, students are expected to present oral case histories demonstrating their ability to complete a client intake, conduct appropriate questionnaires, devise a nutritional wellness program, and monitor client progress.

**Natural Chef Completion Projects:** The final written and oral culinary presentation will demonstrate the competencies of the natural chef. Students will conduct research, provide nutrition information, and prepare dishes related to their chosen culinary focus. Natural chef students will also complete a BBI Portfolio Project, 15 in-house culinary hours, and a 50-hour independent culinary externship.

**Cooking Demonstrations:** To apply nutritional principles, all Bauman College students are expected to present food demonstrations.

**ServSafe® Manager Certification:** Natural chef students must pass the ServSafe® Manager exam in order to be certified as natural chefs.

**Financial:** Students must satisfy all financial contract agreements with Bauman College.

## Institutional Fees

- Late Enrollment Fee: \$100
- Declined Credit Card Fee: \$35
- Transcript Evaluation Fee: \$150
- Competency Exam Fee: \$350
- Nutrition Consultant Program Transfer Fee: \$250
- Section/Location Transfer Fee: \$100
- Nutrition Consultant Repeat Class Fee: \$50
- Natural Chef Class Make-up Fee: \$50-\$75/hour
- Classroom Audit Fee for DL students: \$50
- Replacement Certificate Fee: \$25
- Academic Probation Nutrition Program: \$100
- Academic Probation Chef Program: \$150
- Leave of Absence: \$100
- Transcript Fee (first 2 copies provided for free): \$25

## Fees Paid to Others

- Textbooks for Nutrition Program: ~\$170
- Textbooks for Culinary Program: ~\$93
- Culinary Shoes: \$60-\$150
- Chef Pants: \$20-\$40
- Ingredients for Final Culinary Presentation: \$25-\$50
- Culinary or Nutrition Program Tutorial: \$50-\$75/hour

# FACULTY

## Ed Bauman — Ph.D.

### Founder + President

Ed has been a pioneer in the field of holistic nutrition since the early 1980s. His vision and leadership have inspired thousands of people to transform their lives in the form of wellness, community, and peace. He received his M.Ed. from the University of Massachusetts, and a Ph.D. in health promotion from the University of New Mexico. Dr. Bauman created the Eating for Health® model to teach individuals to make nutritionally comprehensive food choices and founded Bauman College in 1989 with a mission to change the world through better nutrition and healthful living. He is a special advisor for the National Association of Nutrition Professionals and brings a wealth of knowledge, wisdom, and a love of good health and good taste to his work. Dr. Bauman was co-editor of the *Holistic Health Handbook* and *Holistic Health Lifebook*, and author of *Confronting Cancer in Our Community*, *Recipes and Remedies for Rejuvenation Cookbook*, *The Whole-Food Guide for Breast Cancer Survivors*, *The Flavors of Health Cookbook*, and *Eating for Health: Your Guide to Vitality and Optimal Health*.

## Jacquelyn Buchanan — N.E.

### Culinary Program Director

Chef Jacquelyn has worked in the Bay Area culinary world in many diverse roles—as executive chef, culinary programs director, and even as a vineyard and winery owner in Sonoma County. As an executive chef, she worked at landmark Bay Area restaurants such as The Union Hotel, The General's Daughter, and Hayes Street Grill. In her role as a culinary programs director, she worked at institutions such as Lucasfilm, COPIA, and Laura Chenel's Chevre. Jacquelyn is a graduate of the California Culinary Academy and is a certified nutrition educator from Bauman College.

## Rosie Ueng — M.S.

### Nutrition Program Director

Rosie holds a B.A. in biochemistry from the University of California, Berkeley. After personal health issues led her to research food and nutrition as a mode of healing, she went on to obtain an M.S. in holistic nutrition from Hawthorn University. She has worked at Three Stone Hearth in Berkeley and as a professional caterer for almost a decade. Cooking satisfies her love of science, her interest in nutrition, as well as her curiosity for experimentation. Rosie is currently the owner of Rosewater Cooking & Science, which offers nutrition consultations and hands-on classes involving cooking and the science of cooking.

## Marie Brennan — B.S.

### Lead Natural Chef Instructor

Chef Marie graduated from the University of Wisconsin with a degree in dietetics. An avid traveler, she has explored her love of food while on the road. Marie has worked in the kitchens of numerous meditation centers around the world. Her travels have taken her to study cheese making in Tasmania, Thai cuisine in Bangkok, tea and fermented foods in the mountains of Korea, and raw food in Western Australia. She presently works as a private chef and consultant in addition to teaching and doing community outreach.

**Hilla Abel – O.D.****Natural Chef Instructor**

Hilla received her B.A. in integrative biology and her Doctorate in optometry from U.C. Berkeley. After years of seeing the results of improper eating in her patients' eyes, Hilla became impassioned to teach people the benefits of healthy eating. A graduate of the Natural Gourmet Institute for Health and Culinary Arts, Hilla teaches both at Bauman College and children's cooking camps at the Albany Community Center. She is also the owner of Health in a Pan, where she helps busy parents answer the "What's for Dinner?" question through culinary coaching, so that they feel confident in preparing healthy, delicious, and manageable meals for their families.

**Susan Arthur – B.A., N.C.****Nutrition Consultant Instructor**

Susan has a B.A. in psychology from Sacramento State University and has been teaching and counseling in the field of holistic health and nutrition since 1989. She is a certified nutrition consultant from Bauman College and has been an instructor at Bauman since 2006. Her studies in psychology included an emphasis on nutrition and behavior modification. In her nutrition practice, she emphasizes the whole person, working on all aspects of their life experience to encourage lasting change and well-being. Susan has provided hundreds of clients from diverse backgrounds with individualized nutritional support.

**Jaime Askew – B.H.S., N.C.****Nutrition Consultant Instructor**

Jaime received her Bachelor's of Health Science degree with honors from the University of Miami in Coral Gables, Florida. She is a former forensic DNA scientist as well as a Bauman College certified nutrition consultant. For several years, Jaime maintained a private nutrition consulting business and gave lectures throughout her community educating and inspiring families to make healthy food and lifestyle choices. In addition to teaching at Bauman College, Jaime is currently a freelance nutrition and wellness writer.

**Anasuya Basil – N.C., DIPL. A.B.T., C.S.T.****Nutrition Consultant Instructor**

Anasuya has been the director of a holistic health practice, My Body Wisdom, since 1996. She is a Bauman College certified nutrition consultant and is Board Certified in Holistic Nutrition®. Anasuya was on the faculty of the Acupressure Institute in Berkeley for eight years, teaching traditional Chinese medicine theory applications for women's health as well as nutrition for pain and depression. She is board certified as a Diplomate of Asian Bodywork Therapy (NCCAOM) and certified by the Upledger Institute in craniosacral therapy.

## Nishanga Bliss — D.Sc., L.Ac.

### Natural Chef + Nutrition Consultant Instructor

Chef Nishanga has been a holistic physician since 1999. She is a licensed acupuncturist, nutritionist, and professor of Chinese medicine at the Acupuncture and Integrative Medicine College in Berkeley, CA. Nishanga is the author of *Real Food All Year: Eating Seasonal Whole Foods for Optimal Health* and *All-Day Energy*, and has a blog, Gastronicity, where she writes about the intersections of food, health, and sustainability.

## Nataliya Bryantsev — M.D., D.N.H., N.C.

### Nutrition Consultant Instructor

Nataliya worked as a Doctor of Medicine in Russia. Though she did not finish the licensing process in the US and no longer practices medicine, Nataliya completed the Nutrition Consultant Training Program at Bauman College and the Doctor of Natural Health degree from Trinity School. With the Bauman Wellness project, she taught holistic nutrition and provided coaching for the employees at Alameda Health System. Currently, Nataliya is a yoga instructor, Ayurvedic wellness counselor, raw food teacher, and nutrition consultant, and she is Board Certified in Holistic Nutrition®. She teaches her clients how whole foods, yoga, and spiritual practice can restore optimal metabolism and vitality.

## Susan Chritton — M.Ed., P.C.C., N.C.C.C.

### Bauman Business Institute Instructor

Susan is an executive career coach, career management fellow, master personal brand strategist, and author of *Personal Branding for Dummies*. She guides professionals looking to engage their authentic selves in the world by looking within to discover not just what they can do but who they are. With her wealth of credentials and extensive experience in career development, Susan is able to draw on her ability to identify each individual's uniqueness and then arrange the variables in his or her life to map out a strategic direction. Susan's work in career development stems from more than two decades in the career field including teaching graduate career counseling at the University of San Francisco.

## Dr. Emily Dashiell — N.D.

### Nutrition Consultant Instructor

Emily is a Doctor of Naturopathic Medicine and has a family practice in Santa Monica, CA. She earned her B.S. in biochemistry and molecular biology from the University of California, Santa Cruz, and went on to receive her N.D. from Bastyr University in Seattle, WA. As a naturopathic doctor, she blends conventional medical diagnosis and treatment with the use of natural therapeutics. Dr. Dashiell has been an instructor with Bauman College since 2006.

**Kathryn Dejong – M.A., N.C.****Nutrition Consultant Instructor**

Kathryn holds an M.A. in education and a teaching credential from Sonoma State University. She retired from a thrilling teaching career in 2006, instructing adult education, elementary school, and preschool. After retiring, she pursued her passion for cooking and nutrition at Bauman College and completed both the nutrition consultant and natural chef training programs; she eventually began teaching affordable nutrition for Bauman College. Presently, she co-teaches in Petaluma and runs her own nutrition consultant practice. Kathryn is Board Certified in Holistic Nutrition®.

**Julia Delves – B.S.****Natural Chef Instructor**

Chef Julia holds a B.S. in food science and human nutrition from Colorado State University. To combine her passion of cooking and nutrition, she became a certified natural chef through Bauman College. Since then, she has founded Trailside Kitchen and developed the Trailside Method, a 6-week solution to building intuitive and strategic eating habits to optimize exercise performance, recover quickly, and set the stage for long-term health. In addition to teaching culinary classes at Bauman College, Julia is working toward her M.B.A. at Sonoma State University.

**Karen Diggs – N.C.****Natural Chef Instructor**

Chef Karen is a graduate of the California Culinary Academy and a certified nutrition consultant from Bauman College. She has worked in many aspects of the culinary world including cooking at the Mandarin Oriental Hotel in Hong Kong, opening and managing restaurants in Asia and the US, and working with celebrity chefs on many cooking shows on PBS. Karen now combines her love of cooking and knowledge of holistic nutrition through private consultations, cooking classes, and public lectures.

**Diane Fischler – B.A., N.C.****Nutrition Consultant Instructor + Administrator**

Diane is a Bauman College certified nutrition consultant and has a B.A. in anthropology from the State University of New York at Stony Brook. She has been a Bauman College faculty member since 2005 and a distance learning mentor since 2007. In that time, she has successfully ushered many enthusiastic students through the program. She also taught nutrition at Northern California Functional Restoration Program, a pain management clinic. Diane has a lifelong interest in health and wellness with an emphasis on stress reduction and cardiovascular health.

**Mary Sheila Gonnella – B.A., N.C., C.M.T.****Nutrition Consultant Instructor + BBI Mentor + Portfolio Grader**

Mary Sheila received a B.A. in environmental education from Sonoma State University and earned her teaching credential from Chapman University. She received certification as a nutrition consultant from Bauman College, a certificate in clinical Ayurveda with DeAnna Batdorff, and is certified as a Pilates mat and rhythm workout instructor. She has studied amino acid therapy with Julia Ross and hormonal balance with Dan Kalish. Mary Sheila has a private nutrition practice called Occidental Nutrition where she works one-on-one with clients and teaches group classes. She also teaches group nutrition classes at the Ceres Community Project, West County Health Centers, and Salmon Creek Middle School.

**Thais Harris – B.A., N.C.****Bauman Business Institute Instructor, Mentor + Portfolio Grader**

Thais holds a B.A. from the California Institute of Integral Studies, attended the University of Southern Santa Catarina's International Relations program in Brazil, and is a certified nutrition consultant through Bauman College. She is the co-founder of Nourish Together, a nutrition and wellness private practice focusing on helping couples achieve optimal health. Thais also works as the nutrition education manager at Ceres Community Project, a nonprofit organization supporting primarily low-income people struggling with serious illnesses by providing free and home-delivered nourishing, organic, and locally produced meals; nutrition education; and the caring support of the community. As a business owner, Thais draws from her experience in graphic and web design, human resources management, and accounting.

**Nori Hudson – M.S., N.C.****Nutrition Consultant Instructor**

Nori holds a B.A. in English, an M.S. in business administration, is a Bauman College certified nutrition consultant, and is Board Certified in Holistic Nutrition®. She has instructed at Bauman College since 2002 and owns a private practice, Radiant Vitality, which focuses on health issues of children and the elderly. Nori teaches widely within her community at schools and seminars. She also introduced a nutrition course, Success!, into the minimum security dorm at San Quentin State Prison.

**Denise Jardine – N.E.****Natural Chef Instructor**

Chef Denise is a certified nutrition educator in whole food nutrition with a specialty in food allergies and sensitivities. She spent over ten years working for Whole Foods Market®, Northern California, as the regional healthy eating program coordinator. Denise is the author of two books: *Recipes for Dairy-Free Living* and *The Dairy-Free & Gluten-Free Kitchen*. She is a frequent lecturer for businesses, hospitals, healthcare providers, seniors, and schools. Denise has appeared on numerous local and national television and radio networks including KRON/NBC, KPIX/CBS, and KGO/ABC.

## Christine King – B.A.

### Natural Chef Instructor

Chef Christine has been dedicated to coaching, inspiring, and motivating others to make healthier lifestyle choices for over 10 years. She focuses on the intersection of nutrition and culinary arts, drawing from personal experiences from various cultures around the globe. Christine discovered her passion for teaching after graduating from the Natural Chef program in Berkeley in 2011. Since then, she has implemented and taught cooking classes at several locations around the Bay Area including schools, farmers' markets, community centers, and private homes. Christine is a Certified Nutrition Educator and works with clients and students using a realistic approach to achieving vitality through culinary arts, nutrient-dense food choices, managing job stress, synergetic relationships, spiritual practices, and exercise. Her areas of expertise include pre- and postnatal nutrition, digestive health, allergies, and the immune system. Christine holds a dual B.A. in economics and international relations.

## Laura Knoff – B.S., N.C.

### Nutrition Consultant Instructor

Laura holds a B.S. in chemistry from Florida Atlantic University and was a senior research associate in the Lipoprotein Group at Lawrence Berkeley National Laboratory. Laura also worked as an electron microscopist from 1982 until 2000. She is a Bauman College certified nutrition consultant, a member of the National Association of Nutrition Professionals, and is Board Certified in Holistic Nutrition®. She is the author of *Veggiewoman's Guide to Health; Gluten Free, Dairy Free, Sugar Free Eating*; and *The Whole Food Guide to Overcoming Irritable Bowel Syndrome*. Laura has a private practice at the Labrys Healthcare Circle in Oakland, CA.

## Susan Machtinger – J.D., N.C.

### Nutrition Consultant Instructor

Susan received her B.A. with honors from the University of California, Santa Barbara, and her J.D. from Golden Gate University. She remains a member in good standing of the State Bar of California. Susan completed the Bauman College Nutrition Consultant Training Program in 2003 and began teaching at Bauman in 2006. She also maintains a private nutrition consulting practice at Indigo Healing Arts in Tiburon, CA, and presents public lectures on a variety of nutrition-related topics at venues throughout Northern California. Susan is currently writing a book on the philosophy of food.

## Donna Morton – P.T., N.C.

### Nutrition Consultant Instructor

Donna is a Bauman College certified holistic nutrition consultant and has been an orthopedic physical therapist since 1986. She was inspired to bring nutrition into her physical therapy practice to bridge a large gap in the conventional treatment of musculoskeletal pain and dysfunction. She is on the faculty at the Nyingma Institute in Berkeley where she has been teaching Tibetan yoga and meditation since 2002. She also facilitates group classes, retreats, and workshops in the areas of nutrition education, natural posture and movement training, meditation, and yoga. Her whole-person integrative approach employs modalities from east and west to guide and support individuals, groups, and communities toward realization of greater health, well-being, and sustainable living.

**Stacee Novotny – B.S., H.F.S., N.C.****Nutrition Consultant Instructor**

Stacee graduated from Colorado State University with a B.S. in human nutrition and dietetics in 1995. She is a certified nutrition consultant from Bauman College and an active member of the National Association of Nutrition Professionals. She holds certifications through The American College of Sports Medicine as a health and fitness specialist and cancer exercise trainer.

Stacee has been in the nutrition and fitness industries since 1998 and has a private practice, S.N.A.C.K.S. for a Healthy Journey, where she consults with individuals on nutrition and fitness in their homes and in the outdoors.

**Diane Sanfilippo – B.S., N.C.****Bauman Business Institute Instructor**

Diane is the owner and founder of Balanced Bites, a certified nutrition consultant, the New York Times bestselling author of *Practical Paleo* and *The 21-Day Sugar Detox*, the co-author of *Mediterranean Paleo Cooking*, a serial entrepreneur, and a business and marketing expert. Diane holds a B.S. from Syracuse University where she majored in consumer studies (a cross section of retail, marketing, and management). She also has certifications in graphic and digital design from The New School for Design, holistic nutrition consultation from Bauman College, holistic lifestyle coaching from the CHEK Institute, and Poliquin BioSignature Modulation.

**Trudy Schafer – M.A.****Natural Chef Instructor**

Chef Trudy brings a holistic healing approach to both home and professional kitchens. She runs a personal chef business, The Healing Hearth, where she specializes in preparing nourishing and appetizing cuisine for people healing from illnesses. She is the holistic chef at Alegria Community Living, where she works with the staff to cook nutrient-dense meals for the residents. She received her culinary training from Bauman College and her M.A. in holistic health with a specialization in holistic nutrition from John F. Kennedy University.

**Shaun Tai – M.A.****Bauman Business Institute Instructor**

Shaun Tai is the executive director of Oakland Digital, an award-winning 501(c)(3) community-building design studio in Oakland, CA, that enhances technological literacy among underserved, minority, and at-risk populations. Oakland Digital's programs provide digital literacy training, career-related resources/training, and employment opportunities that enable Oakland and East Bay residents to achieve economic independence, opportunity, and self-sufficiency. He has taught at San Jose State University, where he received an M.A. in architectural and urban design and a B.S. in advertising management. In 2002, Shaun graduated with honors from California State University East Bay with a B.A. in digital graphics. Now on its seventh operating year, Oakland Digital has directly impacted the lives of over 4,000 under-resourced Oakland and East Bay community college students, female entrepreneurs, and at-risk youth, boosting the local economy by \$3.2 million and providing opportunities for 21st century employment.

## Brigitte Theriault

### **Bauman Business Institute Mentor + Portfolio Grader**

Brigitte Theriault is the founder of White Apron Chef and a 12-year veteran of the personal chef industry. After graduating from culinary school in Montreal, she moved to New York City. During that time she established personal chef businesses in two of the most cutthroat markets—Manhattan and San Francisco. In addition to her work as a personal chef, she is the founder of the Personal Chef Business Academy, which trains personal chefs on everything they need to know outside the kitchen to succeed.

## Sascha Weiss

### **Natural Chef Instructor**

Chef Sascha attended the Natural Gourmet Institute in New York City. He worked as the executive pastry chef at Millennium in San Francisco, a vegan fine dining restaurant, and contributed to their first cookbook. He was the founding chef and culinary director for The Plant Cafe Organic in San Francisco for over ten years, sous chef at the Ravens in Mendocino, private chef at Lucasfilm, and owned and operated Urban Kitchen, a natural foods catering company in Berkeley, CA. His recipes have been featured in numerous publications, and he is currently the director of product development and R&D at Project Juice.

## Denise Woodward

### **Bauman Business Institute Instructor**

Denise began taking photos when her grandmother gave her a camera at the age of 5, and she never stopped shooting. She studied photography with an emphasis on black and white film production at the College of Marin in the 1990s. After starting her food blog, Chez Us, she started to focus on food and travel photography. Her food photography has appeared in *Gourmet Live*, *Food and Wine Magazine*, *Saveur Magazine*, and *Rodale's Organic Life*. She is also a co-founder of a boutique webcasting/video production company, FullView Media, located in the Bay Area. When not working, she enjoys cooking, spending time outdoors, and teaching photography and video production at Learn to Shoot Food.

# STAFF

## Founder + President

Ed Bauman, Ph.D.

## Executive Director

Karen Rotstein

## Associate Director

Marlina Eckel

## Natural Chef Training Program

Jacquelyn Buchanan — Culinary Program Director

Brandie Roberts — Culinary Support Manager

Soyoung Lee — Culinary Outreach Coordinator

Marie Brennan — Lead Natural Chef Instructor

Hannah Pearl Warner — Kitchen Manager

Claire McCann — Culinary Assistant

Abe Brown — Dishwasher

## Nutrition Consultant Training Program

Rosie Ueng — Nutrition Program Director

Yesenia Ortega — Nutrition Program Assistant

Nataliya Bryantsev — Nutrition Curriculum Writer

Diane Fischler — Distance Learning Administrator

## Admissions

Shanon Nelson — Admissions Manager + Advisor

Chrystie Erskine — Enrollment Coordinator

Gwenyth Shears — Admissions Advisor

## Administration

Vicko Cesko — Director of Technology

Alicia Clarke — Bookkeeper

Lori Cottrell — Student Services Manager

Kathryn Davis — Education Technology Administrator

Bryan Haven — Director of Sales + Marketing

Sebastian Hedberg — Multimedia Production Specialist

Jessica Quantock — Receptionist + Facilities Coordinator

Arianna Rosenthal — Marketing Manager + Graphic Designer

Kara Schilli — Copy Editor + Alumni Relations Coordinator

Melanie Wu — Human Resources Administrator

# NUT + SEED BRITTLE

This Nut + Seed Brittle is a Bauman College classic, that is high-protein and uses natural sweetener and a variety of nutritious nuts and seeds. For tasty variations, try substituting other nuts and seeds, adding dried fruit or dried coconut, and spices like nutmeg or cardamom.

**SERVES: 12 | ALLERGENS: NUTS, SEEDS | VEGETARIAN**

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## DIRECTIONS

1. Oil a baking sheet and line with parchment paper. Preheat oven to 350°F.
2. Put  $\frac{1}{4}$  cup of maple syrup in a bowl. Add sunflower seeds. Mix until well coated.
3. Add remaining nuts and seeds, cinnamon, salt, and orange zest. Fold and mix well. Add remaining  $\frac{1}{4}$  cup of maple syrup and coat thoroughly.
4. Evenly spread mixture on baking sheet, pressing down with damp hands to smooth into  $\frac{1}{4}$ -inch thickness. Bake for 30 minutes, checking at 15 minutes. If nuts are toasted and hardened in the middle of the pan (not soft and sticky), remove from oven.
5. Cool completely before breaking into pieces.

## INGREDIENTS

**$\frac{1}{2}$  cup maple syrup**  
divided

**2 cups sunflower seeds**

**1 cup cashews**  
coarsely chopped

**1 cup almonds**  
coarsely chopped

**$\frac{1}{2}$  cup sesame seeds**

**2 tsp cinnamon**  
or more to taste

**$\frac{1}{4}$  tsp sea salt**

**1 orange**  
zested

1

## Awesome School

**Our mission** is to educate future leaders, thinkers, and creators in the holistic nutrition and culinary arts professions to support people in achieving optimal health and create a paradigm shift in the way our world thinks about food.

2

## Great Programs

**The Nutrition Consultant Training Program** provides students with in-depth knowledge of the foundations of whole-foods nutrition as it contributes to the prevention of illness and the promotion of optimal health.

**The Natural Chef Training Program** is an experiential learning process that trains students in the professional execution of nutrition-based, restorative cooking with an emphasis on seasonal, organic, unprocessed, and local foods.

3

## Reasons to Attend

**The Bauman Business Institute** is designed to assist students in navigating the difficult process of deciding upon career paths and succeeding in their choices.

**Through Career Services**, we support students and graduates with their professional development needs as they embark on the journey of creating businesses or finding jobs.

**Our small class sizes**, coupled with our dedicated staff and faculty, provide a personalized experience for our students so that they get the one-on-one attention they deserve.

∞

## Infinite Possibilities

Many people come to Bauman College because they want to begin careers that positively impact people's lives; sometimes people come so they can create change in their own lives. No matter the reason why students walk through our doors, Bauman College gives each one the tools to make their dreams a reality in a matter of months.



# MEASUREMENT CONVERSIONS

## DRY VOLUME MEASUREMENTS

1/6 teaspoon	a pinch
1/8 teaspoon	a dash
3 teaspoons	1 Tablespoon
1/8 cup	2 Tablespoons
1/4 cup	4 Tablespoons
1/3 cup	5 Tablespoons plus 1 teaspoon
1/2 cup	8 Tablespoons
3/4 cup	12 Tablespoons
1 cup	16 Tablespoons or 48 teaspoons
1 pound	16 ounces

## LIQUID VOLUME MEASUREMENTS

8 fluid ounces	1 cup
1 pint	2 cups (= 16 fluid ounces)
1 quart	2 pints (= 4 cups)
1 gallon	4 quarts (= 16 cups)

## US TO METRIC CONVERSIONS

1/2 teaspoon	1 ml (ml stands for milliliter, one thousandth of a liter)
1 teaspoon	5 ml
1 Tablespoon	15 ml
1 fluid ounce	30 ml
1/2 cup	50 ml
1 cup	240 ml
2 cups (1 pint)	470 ml
4 cups (1 quart)	.95 liter
4 quarts (1 gal)	3.8 liters
1 ounce	28 grams
1 pound	454 grams

## METRIC TO US CONVERSIONS

1 ml	1/6 teaspoon
5 ml	1 teaspoon
15 ml	1 Tablespoon
30 ml	1 fluid ounce
100 ml	3.4 fluid ounces
240 ml	1 cup
1 liter	34 fluid ounces
1 liter	4.2 cups
1 liter	2.1 pints
1 liter	1.06 quarts
1 liter	.26 gallon
1 gram	.035 ounce
100 grams	3.5 ounces
500 grams	1.10 pounds
1 kilogram	2.205 pounds
1 kilogram	35 ounces



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