



'Taste Health' IINH Cooking School

*"Nutrition education without cooking
is like driving lessons without a car"*

Cooking for Health Coaches and Nutritional Therapists

Wholesome food needs to be tasty and enjoyable if we want healthy eating habits to stick. Health Coaches and Nutritional Therapists must be able to offer their clients practical guidance in the form of menu ideas, product recommendations, recipes and cooking tips.

Any useful nutrition course should teach practical knowledge and skills for preparing wholesome foods and meals. To serve this vital need we established our own dedicated cooking school and purpose-built 'Taste Health' demonstration kitchen.

Maggie Lynch is Director of Cooking Services at IINH. She is a qualified chef with over 30 years experience in high-end catering. Maggie also founded The Soul Food Company, a boutique catering business based in Dublin.

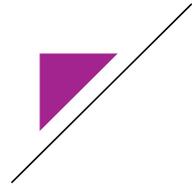
After graduating from IINH in 2005, Maggie blended her twin passions of cooking and nutrition into demonstration classes themed around health issues.

Our coaching students attend two full days of cooking classes in the Taste Health kitchen, where Maggie and her team demonstrate a

dozen or more delicious dishes from scratch, providing a wonderful buffet spread at the end. Students also receive a pack including recipes, tips on products, time-saving, storing and cooking, plus other practical materials for their own use and to offer future clients.

Cooking days for those who progress to the Nutritional Therapy course focus on topics such as 'free-from' cooking and baking, fermented and cultured foods, as well as vegan, paleo, ketogenic, Fodmaps and other specialised dietary needs.

Maggie has a warm and relaxed teaching style. Students are inspired and empowered, and we find that once graduated they often include cooking with the nutrition presentations they give as part of their work.



Cooking Resources for Graduates

Our new Coaches and NTs continue to enjoy free access to the IINH online resource bank. The Taste Health team is continually adding recipes, cooking videos and the latest on healthy foods, ingredients, products and special diets. Maggie is expert at devising delicious options for people with food allergies and intolerances, and her recipes and tips offer graduates a valuable resource for the many clients with such problems.

The Taste Health team run CPD accredited cooking days on specialised dietary topics in Functional Nutrition for members of Nutritional Therapists of Ireland (ntoi.ie).

