



Cooking Course

COURSE HIGHLIGHTS

Comprehensive
3-month curriculum

Covers foundational
plant-based cooking
techniques

9 units, 45 lessons, more
than 90 hours of learning
and cooking time

Learn how to prepare
more than 100 whole-food,
plant-based recipes

Ongoing instructor support
and grading

Go at your own pace,
on your own time

Earn a certificate and 30
credits from ACF

Introduction, Getting Set Up **1**

- LESSON 1 Unit Orientation
- LESSON 2 The Forks Over Knives Lifestyle
- LESSON 3 Plant-Based Nutrition Overview
- LESSON 4 Resetting Your Refrigerator & Pantry
- LESSON 5 Getting Started: Kitchen Tools & Equipment
- LESSON 6 Unit Review & Assessment

Knives & Knife Cuts **2**

- LESSON 1 Unit Orientation
- LESSON 2 Selecting a Knife Set
- LESSON 3 Proper Knife Handling
- LESSON 4 How to Cut with a Chef's Knife
- LESSON 5 Unit Review & Assessment

Basic Cooking Methods, Part 1 **3**

- LESSON 1 Unit Orientation
- LESSON 2 Steaming Vegetables
- LESSON 3 Preserving Vegetable Pigments
- LESSON 4 Cooking Vegetables in Water | Submersion
- LESSON 5 Unit Review & Assessment

Basic Cooking Methods, Part 2 **4**

- LESSON 1 Unit Orientation
- LESSON 2 Dry-Heat Cooking | How to Sauté Without Oil
- LESSON 3 Roasting without Oil
- LESSON 4 Combination Cooking Methods
- LESSON 5 Unit Review & Assessment

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Batch Cooking

- LESSON 1 Unit Orientation
- LESSON 2 Introduction to Batch Cooking
- LESSON 3 Cooking Grains & Rice
- LESSON 4 Cooking Legumes
- LESSON 5 Pressure Cooking
- LESSON 6 Unit Review & Assessment

Flavor Balancing & Seasoning

- LESSON 1 Unit Orientation
- LESSON 2 Basic Seasoning & Reducing Sodium
- LESSON 3 Whole Food Fats
- LESSON 4 Working with Sweeteners
- LESSON 5 Acids: Vinegar, Alcohol & Citrus
- LESSON 6 Herbs & Spices
- LESSON 7 Unit Review & Assessment

Plant-Based Staples

- LESSON 1 Unit Orientation
- LESSON 2 Plant-Based Stocks
- LESSON 3 Stocks, Soups & Stews
- LESSON 4 Oil-Free Dressings & Marinades
- LESSON 5 Modern Base Sauces without Oil
- LESSON 6 Plant-Based Dairy Alternatives
- LESSON 7 Unit Review & Assessment

Daily Meal Inspiration & Planning

- LESSON 1 Unit Orientation
- LESSON 2 What's for Breakfast?
- LESSON 3 What's for Lunch?
- LESSON 4 What's for Dinner?
- LESSON 5 What's for Dessert?

Final Assessment

- LESSON 1 Course Review & Final Assessment

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