Cooking Course Syllabus Comparison

THE Essentials Course

This 20-hour curriculum covers foundational plant-based cooking techniques. Learn how to prepare more than 25 whole-food, plant-based recipes over the course of 5 units and 20 lessons. Go at your own pace, on your own time.

LESSON 1  Introduction, Getting Set Up
- Unit Orientation
- The Forks Over Knives Lifestyle
- Plant-Based Nutrition Overview
- Resetting Your Refrigerator & Pantry
- Getting Started: Kitchen Tools & Equipment

LESSON 2  Knives & Knife Cuts
- Unit Orientation
- Selecting a Knife Set
- Proper Knife Handling
- How to Cut with a Chef’s Knife

THE Ultimate Course

This 55-hour curriculum covers not only foundational plant-based cooking techniques, but also more than 100 whole-food, plant-based recipes over the course of 9 units and 45 lessons. Receive ongoing instructor support and grading, as well as earn a certificate and 30 credits from the American Culinary Federation.

LESSON 1  Introduction, Getting Set Up
- Unit Orientation
- The Forks Over Knives Lifestyle
- Plant-Based Nutrition Overview
- Resetting Your Refrigerator & Pantry
- Getting Started: Kitchen Tools & Equipment

LESSON 2  Knives & Knife Cuts
- Unit Orientation
- Selecting a Knife Set
- Proper Knife Handling
- How to Cut with a Chef’s Knife
- Unit Review & Assessment
Cooking Course Syllabus Comparison

THE Essentials Course

(Continued)

3. Basic Cooking Methods, Part 1
LESSON 1  Unit Orientation
LESSON 2  Steaming Vegetables
LESSON 4  Cooking Vegetables in Water | Submersion

4. Basic Cooking Methods, Part 2
LESSON 1  Unit Orientation
LESSON 2  Dry-Heat Cooking | How to Sauté Without Oil
LESSON 3  Roasting without Oil

5. Batch Cooking

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THE Ultimate Course

(Continued)

3. Basic Cooking Methods, Part 1
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

4. Basic Cooking Methods, Part 2
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

5. 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
Cooking Course Syllabus Comparison

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### 6. 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 |

### 7. 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 |

### 8. Daily Meal Inspiration & Planning

| LESSON 1 | Unit Orientation |
| LESSON 2 | What’s for Breakfast? |
Cooking Course Syllabus Comparison

**THE Essentials Course**
(Continued)

**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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**THE Ultimate Course**
(Continued)

**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