

MODULE A (Basic 1)

Curriculum Overview and Highlights

- Introduction to the macrobiotic way of eating with emphasis on achieving overall balance through adjustment of food proportions
- Improving food choices and selecting natural quality, nourishing foods
- Tips for improving dietary habits and making dietary changes in a more healthful direction
- How to succeed maintaining nutritional balance through our daily way of eating
- How to meet daily nutritional requirements of important nutrients such as carbohydrates, protein, fats, minerals including calcium and iron, vitamins, fiber and enzymes through a macrobiotic style plant-based diet
- Introduction to basic macrobiotic cooking techniques and skills
- Learn how to make stock and basic soups, cook delicious brown rice, make simple side dishes with fresh foods and prepare natural sweets
- Become familiar cooking with whole grains and other whole grain products, fresh vegetables, beans and bean products, sea vegetables, fruits, natural seasonings and sweeteners and many other wholesome foods

Cooking Menu

LESSON 1

Pressure Cooked Brown Rice / Kombu and Shiitake Stock / Miso Soup / Grilled Aburage Pouches with Natto (Natto no Age Yaki) / Assorted Vegetables and Wakame with Sesame Dressing / Fruit Jelly

LESSON 2

Pressure Cooked Brown Rice (Variation with Kabocha, Sweet Potato or Fresh Corn) / Miso Soup (Wakame Stock) / Tofu Hamburger / Hijiki Dish / Mizuna and Shimeji Ohitashi / Sesame Pudding

LESSON 3

Boiled Brown Rice / Clear Broth with Vegetables / Kuruma-fu Karaage / Boiled Vegetable Salad with Soy Mayonnaise / Marinated Dried Daikon / Muffins

LESSON 4

Brown Rice Donburi with Chinese Style Vegetables and Ganmodoki / Brown Rice Ochazuke / Brown Rice Inari Sushi / Kitsune Udon / Soba Noodles with Kakiage Tempura

LESSON 5

Partially Polished Brown Rice with Other Grains / Clear Broth Soup with Sea vegetables / Grilled Fish Pickled in Miso / Kinpira / Tofu Shira-ae / Tsukemono / Matcha Pound Cake

MODULE B (Basic 2)

Curriculum Overview and Highlights

- Implementing healthful lifestyle habits to develop body and mind
- Introduction to food energetics: applying yin and yang in the kitchen to create harmony and achieve better balance
- The importance of “how” we eat
- Creating balanced, satisfying meals with enough variety
- Adjusting our way of eating and cooking to the changes in season, different climates and particular environments
- Adapting our way of eating and cooking to take in consideration individual needs and personal goals
- International and contemporary macrobiotic cooking
- Seasonal cooking

Cooking Menu

LESSON 1

Potage Soup / Penne with ‘Genova’ Sauce / Boston Style Baked Beans / Grated Carrot Salad (Rape) / Grain Coffee Jelly

LESSON 2

Pressure Cooked Brown Rice Variation (With other Grains, Beans, Seeds or Nuts) / Miso Soup with Nameko and Mame Miso / Deep Fried Dried Tofu Cutlet / Kabocha Nimono / Arame Salad / Asazuke

LESSON 3 (Spring-Summer Cooking)

Brown Rice Chirashi Sushi / Cold Somen with Sesame Dipping Sauce / Stir Fried Seitan with Vegetables (Chinjao-rosu) / Deep Fried Marinated Vegetables (Agebidashi) / Sea Vegetable Salad with Umeboshi Dressing / Fresh Fruit

LESSON 4 (Autumn-Winter Cooking)

Brown Rice Takikomi-Gohan / Brown Rice Maze-Gohan / Oden / Kiriboshi Daikon with Sesame Dish / Coleslaw Salad / Apple Compote

LESSON 5

Mushroom Risotto / Vegetable Minestrone / Salmon Teriyaki with Mustard Flavored Greens / Vegetable Miso Gratin / Tofu Cheesecake

Module C (Advanced)

Curriculum Overview and Highlights

- The rise of chronic and lifestyle-related diseases: how dietary and lifestyle factors influence our health
- Macrobiotic approach for regaining balance and optimizing health
- Relieving common conditions naturally through macrobiotic self-care, including iron-deficiency anemia, digestive problems such as constipation, headaches, sensitivity to cold, colds, skin problems, menstrual problems and others
- How to tell our health through visual diagnosis
- Creating a better world: how small changes in our lives and in our kitchens can have a considerable positive influence in the environment and society as a whole
- Refining cooking skills and increasing variety of dishes and cooking possibilities
- Cooking for strengthening health, including special dishes and home remedies

Cooking Menu

LESSON 1

Stir Fried Brown Rice Bifun with Vegetables / Kenchin Jiru / Tempeh Nanbanzuke / Greens with Sesame Dressing / Nori Condiment / Mizu-Yokan

LESSON 2

Brown Rice Onigiri / Miso Soup / Nishime / Stir Fried Konnyaku Noodles / Green Soybeans with Hijiki Dish / Dried Fruits and Mochi-Awa Compote

LESSON 3

Roasted Brown Rice Porridge / Gomashio / Azuki, Kabocha and Kombu dish / Water Sautéed Vegetables / Arame with Corn / Apple and Amasake Pudding

LESSON 4 (Home Remedies)

Ume-Sho-Bancha / Ume-Sho-Kuzu / Sweet Kuzu Drink (Ame-Kuzu-Yu) / Lotus Root Tea / Dried Lotus Root Tea / Dried Lotus Root Powder Tea / Grated Daikon Tea / Dried Daikon Tea / Dried Daikon and Shiitake Tea / Sweet Vegetable Drink / Bancha Tea Bath / Bancha Tea Compress / Kombu Plaster / Camellia Oil / Body Scrub

LESSON 5

Seafood Paella / Vegetable Consommé / Hummus / Warm Mushroom Salad / Tiramisu