# Healthy Menu Planning and Nutrition-Focused Cooking Training Course

22 – 26 August 2027
Johannesburg

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Training Center

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**Ref:** 1470_208532 **Date:** 22 – 26 August 2027 **Location:** Johannesburg **Fees:** 4500 Euro

## Overview

Healthy Menu Planning and Nutrition-Focused Cooking Training Course is a one-week intermediate course for professional cooks, culinary supervisors, food-service teams, wellness catering staff, and hospitality professionals who leave with a Healthy Menu Production Pack. Participants apply healthy menu planning, nutrition-focused cooking, standardized recipe development, portion design, allergen cross-contact controls, and sensory quality checks to fictional hotel, catering, workplace dining, and wellness-service scenarios. Agile Leaders Training Center presents healthier culinary production as a controlled food-service practice.

## Who Should Attend

- Personnel responsible for menu development and culinary production
- Teams responsible for standardized recipes, portions, and service consistency
- Supervisors responsible for ingredient, label, and allergen controls
- Functions responsible for catering, wellness dining, and hospitality food service
- Personnel responsible for sensory checks and production improvement

The course assumes participants already work with recipes or food-service production and leaves out individual diet therapy, nutrition diagnosis, medical meal prescription, and clinical counseling.

## Departments and Industries

The course supports departments and industries that plan, prepare, and serve food through repeatable culinary operations.

- Hotel and resort culinary departments
- Contract catering and workplace dining services
- Restaurant and institutional food-service operations
- Wellness retreat and fitness hospitality services
- Education and community meal services

## Learning Objectives

By the end of this course, participants will be able to:

- Apply adequacy, balance, moderation, and diversity to menu reviews
- Analyze ingredient labels and recipe nutrition priorities
- Build standardized recipes with portions, yields, and control points
- Use healthier cooking methods while maintaining sensory quality
- Evaluate allergen cross-contact risks in production workflows
- Prioritize menu and kitchen implementation improvements

## Course Agenda

### Day 1: Healthy Menu Planning Criteria

- Adequacy, Balance, Moderation, and Diversity Review Grid
- Menu Cycle Variety Mapping Method
- Food-Group Coverage Assessment Sheet
- Ingredient Label Comparison Matrix
- Menu Nutrition Priority Decision Card

### Day 2: Recipe and Portion Controls

- Standardized Recipe Card Structure
- Portion Specification and Plating Guide
- Recipe Yield and Batch Conversion Worksheet
- Ingredient Substitution Decision Matrix
- Production Quantity Planning Sheet

### Day 3: Nutrition-Focused Cooking Methods

- Baking, Grilling, Broiling, and Roasting Selection Guide
- Steaming and Poaching Process Control Sheet
- Added Fat, Sugar, and Sodium Adjustment Log
- Flavor-Building Herb, Spice, and Acid Map
- Texture, Color, and Palatability Sensory Scorecard

### Day 4: Safe and Consistent Food Service

- Allergen Ingredient Identification Register
- Cross-Contact Prevention Workflow Map
- Cleaning and Production Sequence Checklist
- Recipe Communication and Service Brief
- Menu Quality and Consistency Audit Sheet

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## Day 5: Healthy Culinary Production Practice

- Suggested Exercise: Menu Balance Review
- Suggested Exercise: Standardized Recipe Adaptation
- Suggested Exercise: Cooking Method and Sensory Test
- Suggested Exercise: Allergen-Aware Production Plan
- Capstone Exercise: Healthy Menu Production Pack

## Practical Exercises

The course uses suggested activities with fictional hotel, catering, restaurant, and wellness dining scenarios.

- Suggested activity: assess a menu cycle against balance, moderation, diversity, and food-group coverage criteria.
- Suggested activity: adapt a recipe, specify portions and yield, and select a cooking method with sensory checks.
- Suggested activity: map allergen cross-contact points and define cleaning, separation, and communication controls.
- Suggested activity: assemble a menu, recipe, production, and audit pack for a food-service scenario.

## FAQs

### Who suits healthy menu planning and cooking training, and what does it assume?

Healthy menu planning and cooking training suits cooks, supervisors, catering teams, and hospitality personnel who already work with recipes or food production. It assumes practical kitchen familiarity but does not require clinical nutrition authority.

### How does nutrition-focused cooking training differ from clinical nutrition training?

Nutrition-focused cooking training applies healthy-diet principles to menus, recipes, portions, cooking methods, sensory quality, and service controls, while clinical nutrition training addresses assessment, therapeutic diets, and individualized care.

### How can healthier cooking methods maintain flavor and texture?

Healthier cooking methods can maintain flavor and texture by matching heat and moisture to the ingredient, using herbs, spices, acids, browning, and controlled timing, then checking color, texture, aroma, and palatability.

### Why are standardized recipes important in healthy food service?

Standardized recipes make ingredient amounts, portions, yields, preparation steps, and control points repeatable, supporting consistent menu intent, production planning, allergen communication, and sensory quality.

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## How should kitchens manage allergen cross-contact during healthy meal production?

Kitchens should identify allergen ingredients, separate materials and tasks, plan production sequences, clean shared contact surfaces, control utensils and storage, communicate recipe information, and verify the workflow before service.

## Conclusion

Participants leave with a Healthy Menu Production Pack containing menu-review grids, recipe cards, portion guides, cooking-method sheets, sensory scorecards, allergen controls, and an audit plan. The pack turns nutrition priorities into repeatable kitchen decisions. It supports consistent recipes, safer workflows, measurable menu review, and practical food-service improvement.