

# Culinary Wellness and Nutrition

VIDEO TRANSCRIPT: CULINARY WELLNESS AND NUTRITION COURSE

[Scott Conant speaking] Hi! I'm Scott Conant – restaurateur, James Beard Award Winner and Master Chef at Sur La Table Online Culinary Institute. Great food isn't just about taste ... it's also about the way it makes us feel. That's why we've designed our Culinary Nutrition & Wellness course – to help you harness the power of food by exploring and understanding nutrition, kitchen safety, food allergies and more.

[Scott Conant] With over 110 recipes and practice activities you'll discover the simple techniques and skills you need to create raw, gluten free, and diabetic-friendly meals that satisfy. You'll also take a bite out of your comfort zone by starting to develop your own recipes, all from the comfort of your own home. Plus, I'll share some of my personal tips and tricks to jump start your culinary well-being. Looking forward to seeing you in the kitchen.