



Guest Speaker

**Kumud Gandhi
Founder
The Cooking Academy**



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Food Innovation & Inspiration

The wellbeing industry covers a wide range of different topics from healthy eating, staying fit, motivation and taking care of one's mental and physical health. The wellbeing trend is growing and is expected to continue to grow in future years, as organizations and individuals understand the impact of diet and mindfulness on personal and professional productivity and impact on the business bottom line. As a result, individuals and businesses should invest much more time and resources into their physical and mental health through mindful and nutritional eating.

Kumud Gandhi is the Founder and CEO of The Cooking Academy, an award-winning cookery school based in Hertfordshire. She is also a published author, food scientist writer and broadcaster. She has over 15-years of experience teaching the benefits of wellness, nutrition and healthy eating at leading academic institutions including Wolfson College Oxford, Denman College and the Physic Garden as well as many corporate clients. Kumud brings a very real and first-hand understanding of the impact of food and eating habits to personal and professional well-being and how to make food work for employee productivity.

Kumud has a range of presentation and coaching techniques on the subject of 'Mindful Eating' 'The Science behind our Food', 'The Alchemy of Food' and 'the Reasons to Season' in which she takes a non-jargon, analytical evaluation of the relationship between everyday food ingredients and its effects on the human mind and body. The presentations are highly engaging and thought-provoking session that includes audience interaction to start the process of why we eat what we eat, how food has evolved and importantly, the factors that have influenced our eating habits through the millenia's.

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The Alchemy of Food

Nutritional eating and well-being is vital to peak performance, whether it is physical, mental or emotional. The link between health and success is increasingly recognised as a key factor in workplace and lifetime productivity.

‘The Alchemy of Food’ is a non-jargon, analytical evaluation of the relationship between everyday food ingredients and its effects on the human mind and body.

It is a highly engaging and thought-provoking session that includes audience interaction to start the process of why we eat what we eat, how food has evolved and importantly, the factors that have influenced our eating habits.



The objective is to create awareness of the effects of food on our well-being and behaviour, as well as providing a valuable insight into the nutritional benefits of eating certain types of food and why certain ingredients are paired together. Most importantly, we look at how to incorporate them into your everyday diet and snack plans. It is an inspiring presentation designed to improve understanding of our food choices.

Additionally, the presentation incorporates a range of herbs and spices to illustrate everyday ingredients that may be in our culinary repertoire but are misunderstood. We challenge common mis-conceptions about herbs and spices and their uses in modern medicine and cuisine.

By inspiring and engaging the mind about the real significance of diet and food, we aim to change perceptions and behaviors to improve quality of life and well-being.

As part of the presentation, we can demonstrate the use of spices in recipes, explaining why certain ingredients are brought together, their medicinal and nutritional value, as well as their flavour.

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About Kumud Gandhi

Kumud Gandhi is a food scientist, published author, food writer and broadcaster based in Hertfordshire, UK.

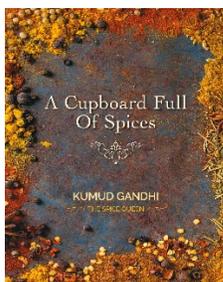
After a successful career in banking, Kumud pursued her passion for food and retrained in food science. This background in food science and her family legacy as chemists and spice merchants gives her authority to explain the relationship between the chemistry of food and the impact on human biology.

She subsequently started The Saffron House - fine dining company - and this journey led her to cater for clients including HRH the Prince of Wales, The Oxford Union, the Palace of Westminster, Nelson Mandela and many A-list celebrities.

In 2010 she established The Cooking Academy, a cookery school based in Rickmansworth, Hertfordshire. Kumud uses her blend of science and knowledge of spices to teach her 'Alchemy of Food'. The Corporate Wellness division of The Cooking Academy is dedicated to providing 'Wellbeing in the Workplace' and serves to improve employee productivity and engagement to increase staff retention and profitability.

The services are delivered through a range of programmes including seminars, nutritional coaching, workshops and team building events. The Cooking Academy also runs a range of publicly available cookery classes.

Kumud is a regular contributor to radio and television as well as writing in The Times, Telegraph, Mental Health Magazine and other publications. Kumud has commented about food on **BBC1's Rip off Britain**, **BBC Radio 4's Today** programme and **BBC Three Counties Radio show**.



Available to buy at

<https://www.thecookingacademy.co.uk/product/a-cupboard-full-of-spices>

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Clients include

Astra Pharma, AstraZeneca, Spire Healthcare, St Catherine College – Cambridge, NHS Berkshire, Smith & Nephew, Roche, Sanofi, Boston Scientific, Food Standards Agency, The Oxford Union, UCB Pharma, Axsy, Arup, BMW, Barclays Capital, Big Bus Tours, Citizen watches, Concur Technologies, Dell Corporation, Deloittes, Epson, Ernst & Young, Facebook US, Fiserv, General Mills, GSK, Hilton International, Honeywell, ICTs, Jaguar Land Rover, K Line, KraftHeinz, LinkedIn, Mars GB, Microsoft, MSD, Ondra Partners, Oracle, Pearson Education, Pepsico, Pharma, Porsche, PWC, RB, Saracens Rugby Club, Shell UK, SOAS, Stanley Black & Decker, Studio Canal, Three UK, Universal Pictures, Warner Leisure Hotels, Watford F C, American Express Travel,

The Cooking Academy

The Cooking Academy is a unique cookery school that puts the beneficial properties of ingredients at the heart of everything we teach. We call it the 'Alchemy of Food'.

The ethos is to combine the science of food, nutritional value and great taste to create wholesome, nutritional and delicious recipes. The Alchemy of Food explores the chemical composition and herbal values of food so that recipes and eating plans can be matched to meet dietary requirements and individual lifestyles.

For further information visit our website <https://www.thecookingacademy.co.uk/>

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