



For Immediate Release

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**OFF TO SCHOOL WITHOUT A CLUE HOW TO COOK?
NATURAL GOURMET INSTITUTE TEACHES YOUNG ADULTS
TO FEND FOR THEMSELVES (AND FIGHT THE FRESHMAN 15!)**

New York, NY – August 5, 2010 - While freshmen headed to college this fall may be well versed in mathematics, reading skills, computers and athletics, there's one skill they may have overlooked during their college preparation: how to tackle the kitchen without mom.

And while not knowing how to boil an egg may not be critical to academic success, not knowing how to prepare a meal can negatively impact the overall college experience due to unwanted weight gain. According to Cornell University*:

“Statistics show that there is some truth to the unwanted weight gain experienced by some students in their first year of college. New students are faced with more variety as well as the option for larger portions than they might be used to. Team that up with the stress of a new environment, academic challenges, and friends, and the risk for weight gain increases.” How to best combat the dreaded “freshman 15”? Simple: teach young adults to prepare healthy versions of the foods they love.

The Natural Gourmet Institute's “Kitchen Survival: A Do-It-Yourself for Teens and Young Adults” is a four-hour, hands-on cooking class that will teach how to be more self-sufficient in the kitchen with an introduction to important basic cooking techniques and knife skills.

“Many young adults today are not learning the simple cooking skills needed to prepare wholesome, fresh meals,” states Annemarie Colbin, Ph.D., founder of the Natural Gourmet Institute. “We teach them some basic, nutritious meals that are quick and easy to prepare. And since we know that college kids will inevitably find themselves dining in the cafeteria or fast food restaurants on a regular basis, we also give advice about how to make good food choices to help avoid weight gain and poor health.”

Participants in the class will learn how to prepare healthier versions of the foods they enjoy, including:

- Berry Smoothies with Yogurt or Freshly-made Cashew Milk
- Pan-Seared Turkey Burgers
- Chicken or Tofu Teriyaki with Stir-Fried Vegetables
- Spicy Sweet Potato Oven “Fries”
- Linguini with Marinara Sauce
- Oatmeal-Raisin-Chocolate Chip Cookies

(more)

Course Details:

“Kitchen Survival: A Do-It-Yourself for Teens and Young Adults” Thursday, September 2, 6:00-10:00 p.m. at the Natural Gourmet Institute for Food & Health, 48 W. 21st Street, 2nd Floor, New York, NY 10010. For more information or to register, visit www.naturalgourmetinstitute.com or call 212-645-5170 ext. 4.

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About Natural Gourmet Institute for Food and Health

Founded in 1977 by Annemarie Colbin, Ph.D., The Natural Gourmet Institute (NGI) is the leader in teaching health-supportive cooking as well as elucidating the relationship between food and health. NGI believes that what we eat significantly affects our physical, mental and spiritual well being.

The Natural Gourmet Institute for Food and Health offers excellent learning opportunities to the general public. Through a combination of cooking classes and lectures, NGI teaches health-supportive food preparation, as well as an ever-expanding array of approaches to nutrition, including models from Western nutrition, Chinese medicine, macrobiotics, raw foods, fermentations, Ayurveda and more.

The Natural Gourmet Institute for Health & Culinary Arts Chef's Training Program was created in 1987 in response to the demand for culinary professionals skilled in the art of preparing beautiful, delicious health-supportive cuisine. This accredited, comprehensive, mostly-vegetarian program -- the only one of its kind in the world -- prepares students for careers in health spas, restaurants, bakeries, private cooking, catering, teaching, consulting, food writing and a variety of entrepreneurial pursuits.

*Source: <http://dining.cornell.edu/campuslife/dining/freshman15.cfm>