

# Vegan Culinary Certification Program in Singapore (2017)

by The Veg School

*This culinary program is specifically tailored for individuals who have burning passion for vegan culinary excellence and the big hearted ones who plan to serve the vegetarian community with healthier and tastier vegan food.*

*\*\* Students are to attend a compulsory theory course as well as a myriad of optional culinary courses to accumulate Competency Points up to 150units, within 2 years, in order to be awarded a certificate by TVS.*

*\*\* To encourage students to attend culinary training dedicatedly, there is a 2year expiry period for each of the CPs (competency points) collected.*

*\*\* There will be no replacement class for absentee.*

## **Program Details:**

COMPULSORY for certification:

**Veg Nutrition Course @ Aljunied**

12 Mar – 13 Aug | 9 月 10 日 - 11 月 12 日

<http://TheVegSchool.net/HY2017.pdf>

[15 CPs for the full course]

Fee: SGD250

ELECTIVES to collect Competency Points:

**\*\* Conducted by The Veg School \*\***

**2D2N Vegan Cookathon @ Kuala Lumpur**

24-26 Mar | 27-29 Oct

<http://TheVegSchool.net/tours/Cookathon2017.pdf>

[45 CPs for each cookathon]

Fee: SGD295 (include accomodation, exclude transport from SG-KL)

**2D1N Macrobiotics Course Intensive @ Kuala Lumpur**

23-24 Sep

<http://TheVegSchool.net/tours/Macrobiotics2017.pdf>

[30 CPs for the full course]

Fee: T.B.A.

Website : [www.TheVegSchool.net](http://www.TheVegSchool.net)

Email : [info@TheVegSchool.net](mailto:info@TheVegSchool.net)

Facebook: [www.facebook.com/TheVegSchool](http://www.facebook.com/TheVegSchool)



有机素食料理@诚兴 **Veganic Culinary Workshops @ Zenxin** (Pasir Panjang)

华语 (周五) English (Sat)

|| 生命力系列 *Life Force Series* || -- [15 CPs for the full series or 5 CPs per lesson]

2.30pm - 5pm Fri 10 Mar, Sat 11 Mar 苗芽料理 Sprouty Cuisine

2.30pm - 5pm Fri 14 Apr, Sat 15 Apr 发酵料理 Fermentation Cuisine

2.30pm - 5pm Fri 9 Jun, Sat 10 Jun 根力料理 Roots Cuisine

|| 对症食疗系列 *Functional Diet Series* || -- [25 CPs for the full series or 5 CPs per lesson]

2.30pm - 5pm Fri 7 Jul, Sat 8 Jul 心血管疾病预防 (低/好脂肪饮食) Cardiovascular Diseases Prevention (Low/Good Fat Diet)

2.30pm - 5pm Fri 11 Aug, Sat 12 Aug 糖尿病预防 (低/好糖饮食) Diabetes Prevention (Low/Good Carbo Diet)

2.30pm - 5pm Fri 8 Sep, Sat 9 Sep 瘦身 (排毒饮食) Slimming (Detox Diet)

2.30pm - 5pm Fri 13 Oct, Sat 14 Oct 体重增加 (碱性蛋白饮食) Weight Gain (Alkaline Proteins Diet)

2.30pm - 5pm Fri 10 Nov, Sat 11 Nov 敏感症预防 (免麸质/大豆饮食) Allergies Prevention (Gluten-free/Soy-free Diet)

学费 Fee: 每堂 SGD120 per lesson

报名 Registration: kee\_yew@TheVegSchool.net | Whatsapp +6591175756

Website : [www.TheVegSchool.net](http://www.TheVegSchool.net)

Email : [info@TheVegSchool.net](mailto:info@TheVegSchool.net)

Facebook: [www.facebook.com/TheVegSchool](http://www.facebook.com/TheVegSchool)



**\*\* Conducted by The Veg School's associate teachers \*\***

**Ms Vinitha Ang's** program <http://TheVegSchool.net/VCCP2017/Vinitha2017AP.pdf>  
[16 CPs for the full series or 3 CPs for each of lesson B,C,E ; 3.5 CPs for each of lesson A & D]

There will be more CP-eligible cooking classes coming up along the year and VCCP-registered students will be informed about new classes via email or announcement on website.

To join this Veg Culinary Competency Program, there is a once off enrolment fee of SGD50.

To enrol, simply email [info@TheVegSchool.net](mailto:info@TheVegSchool.net) or Whataspp +65 91175756

Website : [www.TheVegSchool.net](http://www.TheVegSchool.net)  
Email : [info@TheVegSchool.net](mailto:info@TheVegSchool.net)  
Facebook: [www.facebook.com/TheVegSchool](http://www.facebook.com/TheVegSchool)



## Instructors

### **Wong Kee Yew :**

Mr Wong Kee Yew is a graduate of Bachelor of Biotechnology (Hons.) from Australia. He worked in the life science research sector for more than 10 years. Given the background, he pays particular interest in preventive medicine and health science. Kee Yew, also the founder of The Veg School, became a vegetarian since 2002 and he's ever since been collecting data and doing research on vegetarian nutrition on his personal capacity. In 2003, he started to volunteer for the Vegetarian Society of Singapore and in 2004 became an Executive Committee member of the society for 2.5 years. During the course of volunteering for the Vegetarian Society, Kee Yew was dedicated to organizing vegetarian social dinners, vegetarian exhibitions, health talks, organic educational bus tours, and other forms of public education for various organizations including interviews and cooking demos on Radio FM 95.8, FM 93.8, TV Channel U, Channel 8 in Singapore and Astro AEC in Malaysia. Currently, Kee Yew focuses on giving talks to educate public on the proper concept of healthful vegetarianism and nutrition, as well as simple vegetarian cooking demo to entice people into taking more vegetables and less meat. His culinary portfolio is detailed at [http://instagram.com/kee\\_yew](http://instagram.com/kee_yew) .

### **Upasana Chakraborty :**

Upasana belongs to a family who has been into food business for generations. Her great grandfather used to run his own sweet shop in Punjab of Pakistan. After Indian Pakistan Partition, her great grandparents made living making sweets and snacks in verandah of New Delhi, India home and selling it. Hence she inherited the passion for cooking. She loves exploring new dishes and mixing and matching all I learn into something incredible. When not working as a finance manager, she would be found watching Chefs competing in Food Channels and learning something new from them. She is always on a quest to explore new ways of cooking which led her to Vegan Culinary Certification from The Veg School Singapore where she learnt Chinese, Baking and Preserving vegan food. She also runs her own cooking classes teaching healthy vegetarian cuisines from all over the world. For more information please visit her website: [www.ghaasphuus.com](http://www.ghaasphuus.com) and Facebook page: [www.facebook.com/ghaasphuus](http://www.facebook.com/ghaasphuus)

### **Vinitha Ang :**

Ms Vinitha Ang Siew Teen is a Registered Nurse with more than 20 years of experience in nursing & allied health care profession. She is also trained in nutrition & psychology with a master degree in health care management. Having nursed her parents thru' their battle with cancer, she decided to change her diet from non-vegetarian to vegetarian in 2004, and later to taking more organic / natural wholesome food. In January 2007, she started her family's retail business in providing organic natural products, ranging from fresh produce and groceries to personal health care products. Having observed that there is a gap in Singapore market for healthier organic vegetarian food and with a mission to educate more people towards healthier eating and healthier lifestyle, she started NutriHub – the Organic Fusion Café in June 2008 in Cuppage Plaza. And later, relocated to Chinatown in 2011, but has ceased the cafe business since May 2012 to focus on culinary education.

In June 2012, she started a new company “NutriHub Culinary Art” to focus on Culinary & Healthy Living education. Since 2008, she had conducted numerous NutriMeal cooking, Raw Vegan Cuisine as well as Vegan Baking classes for both individuals and groups.

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