



## MACROBIOTIC COOK & HEALTH ADVISOR APPLICATION FOR ASSESSMENT

### ASSESSMENT DATE, VENUE AND TIMES

The next assessment is on Wednesday December 7th 2011 and will be held at The Concord Institute, Unit 2-4, Thane Works, London N7 7NU. **(Please note change from November 28<sup>th</sup> in Devon.)**

The timetable for the day is:

9.00 – 9.30	Arrival, then running over details for the day.
9.30 – 11.30	Cooking assessment
11.30 – 12.00	Clearing up
12.00 – 1.00	Lunch
1.00 – 2.45	Theory assessment
3.00 - 4.00	Practical assessments
4.15 – 5.30	Interviews

This programme may change slightly according to the number of candidates, but will definitely start promptly at 9.00 am and be finished by 5.30 pm.

### TO BE SENT IN BEFOREHAND

The following must be received at least 24 days before the date of the assessment. Please send to: MBA Assessment Co-ordinator, The Coach House, Buckyette Farm, Littlehempston, Totnes, Devon TQ9 6ND.

1. A fully completed Application Form (you will find this at the end of this document).
2. The assessment fee of £95 (cheques to be made out to 'Macrobiotic Association of GB').
3. A copy of a current Health & Hygiene certificate.
4. A copy of your Public and Products Liability insurance cover (such as the Class 3 insurance offered by Balens Insurance (see [www.balens.co.uk](http://www.balens.co.uk) for details).
5. Evidence of one Work Practice (for details see the Macrobiotic Cook & Health Advisor Training Standards, downloadable from the association website).

## THE ASSESSMENTS

The assessment takes place in the English language, so your level of spoken and written English needs to be adequate for clear communication. Please look at the Macrobiotic Cook & Health Advisor Training Standards for details of the areas of knowledge and skills that you are expected to have.

There are four parts to the assessment. You will be assessed by at least two assessors in the cooking and practical assessments and in the interview, wherever possible these will not be your main teachers.

### **1. The Cooking Assessment**

You will be asked to cook a three-course meal and a condiment in two hours for two people, for one of: a child between 5 and 10 years, a family, for a party, for a summer, autumn, winter or spring meal. You will be sent the people you will be cooking for one week before the assessment by email.

The association will provide the following:

1. A four ring gas burner and an electric oven.
2. Chopping board, a set of pans and common cooking equipment.
3. Common seasonings: sea salt, shoyu, barley miso, white miso, sesame oil, olive oil, rice vinegar, ume vinegar, mirin.

You will need to bring:

1. All the other ingredients that you need to cook your meal with you.
2. A knife.
3. An apron and any other clothing for cooking and performing shiatsu and Do-in.

You will be assessed on the following criteria:

1. Is the meal appropriate for the clients?
2. Personal preparation and presentation for cooking.
3. Technical cooking skills - including cutting.
4. Is the meal balanced between yin and yang?
5. Is the meal balanced between Five Transformations (colour, cooking styles, taste)?
6. How well is the dish presented?
7. Is there a good variety of cooking styles, well cooked?
8. How did the dishes taste, including use of seasonings?
9. Condiment well prepared?
10. Overall organisation, setting up working space, and timekeeping?

The passmark is 70%.

## **2. The Theory Assessment**

The theory paper is 1 ¾ hour long, with a pass mark of 70%. It has questions on the following areas:

1. Macrobiotic Theory
2. Cooking
3. Western Studies
4. Compresses and External Treatments

Please see the Sample Theory Paper for guidance on the types of questions that will be asked.

## **3. The Practical Assessment**

You will be tested on the following areas:

**Shiatsu** – you will be asked to give a 10 minute neck and shoulder shiatsu for general relaxation to an assessor, and will be assessed on:

1. Being in hara
2. Your sensitivity and empathy
3. Your technical skills in performing different techniques
4. Contacting the Ki of the receiver
5. Creating comfort and safety for the receiver

Pass mark 70%.

**Meridians** – you will be asked to trace the whole pathway of one long meridian (running between head and feet) and one short meridian (running between the torso and hands).

Pass mark 66%

**Tsubo** - you will be asked to locate 6 of the following 12 tsubo: LG1, LI4, ST36, SP6, HT1, SI11, KD1, BL67, TH5, HP8, LV3, GB21.

Pass mark 66%

**Do-in** – you will be asked to teach 5 minutes of Do-in, and will be assessed on:

1. Being well presented and suitably clothed for teaching Do-in
2. Performing the techniques well
3. Using a good variety of methods e.g. percussion, squeezing and stretching
4. Giving a clear explanation of the techniques you use
5. A good knowledge of the meridians of the body

Pass mark 70%.

You need to pass all these sections of the practical assessment.

#### **4. The Interview**

This will last about 20 minutes, with either two or three assessors, who will ask you a variety of questions to assess the following:

1. That you have a good understanding of professional ethics and behaviour, as described in the association Code of Conduct and Ethics.
2. You have a professional manner including appearance and confidence.
3. You have clear and open communication skills.
4. You are aware of the limits of your professional skills.
5. You have an awareness of your own health condition, your strengths and areas of imbalance.
6. That you are actively involved in your continuing self-development.
7. What you have learnt from the Work Practice that you have done as a Macrobiotic Cook & Health Advisor.

You need to adequately pass in all these areas.

#### **YOUR RESULTS IN THE ASSESSMENT**

Within two weeks of your assessment you will receive a letter with your results in each part of the assessment. If you have passed all parts of the assessment, you will be invited to send the association a practitioner membership fee of £60 (or part of this if you are an existing ordinary member). You will then receive a certificate from the association showing that you have been accredited as a Macrobiotic Cook & Health Advisor, and will be invited to add your photograph, biography and contact details to the association website.

If you fail one or more parts of the assessment, with your results you will receive feedback and guidance on the work we feel you need to do to pass that assessment in the future. You can retake any part of the assessment on a future assessment day for a fee of £40 for a cooking or theory assessment, or £20 for a practical assessment or interview.

If you have any questions about the assessment, please email Oliver Cowmeadow, the Assessment Co-ordinator at [oliver@macroschool.co.uk](mailto:oliver@macroschool.co.uk) or phone during normal office hours on 01803 762598.

**APPLICATION FOR ASSESSMENT AS A  
MACROBIOTIC COOK & HEALTH ADVISOR**

Date of the assessment \_\_\_\_\_

Your name \_\_\_\_\_ Date of birth \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Email address \_\_\_\_\_

Telephone number: day \_\_\_\_\_ evening \_\_\_\_\_

Please list all the courses in macrobiotics you have attended with the beginning and finishing dates of each. Please attach copies of any certificates or other evidence of completion of these courses.

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What other courses, workshops, therapies or other means have you used in your own development?

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Please tell us why you want to be a Macrobiotic Cook & Health Advisor, and the kinds of work you would like to do.

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Do you have any health problems, disabilities or other difficulties that we should be aware of in assessing you?

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Signed \_\_\_\_\_ Date \_\_\_\_\_

Please print out this form and return to MBA Assessment Co-ordinator, The Coach House, Buckyette Farm, Littlehempston, Totnes, Devon TQ9 6ND, with all the necessary documentation listed below.

1. The assessment fee of £95 (cheques to be made out to 'Macrobiotic Association of GB').
2. A copy of a current Health & Hygiene certificate.
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