



THE MACROBIOTIC ASSOCIATION

Application Form for Assessment to be a Macrobiotic Health Coach & Cook MBA Professional Member

Next assessment day

Applications to be received no later than 201

Venue.....

We welcome your application to take the assessment to be accredited and join the association as a registered MBA Professional Member. **Please send documents 1 2 3 & 4 below, in the same email to: Anna Mackenzie, email address accreditation@macrobiotics.org.uk**

1 The fully completed application forms on the last two pages of this document.

2 On 2 occasions, either, coach and cook for one client **or** teach 2 cooking classes to the same group of people.

Write a succinct report on the coaching or class - maximum three A4 pages, well presented - including the following:

- * Menu plan
- * Small photographs of food
- * Feedback from the client or class
- * What you learnt from the work.

This report is your evidence of work practice – see Page 21 in the Training Standards. Be assured the anonymity of clients is always respected.

3 A copy of your Public and Products Liability Insurance cover (such as Class 3 insurance) with Balens Insurance www.balens.co.uk or Holistic Insurance Services www.holisticinsurance.co.uk

4 The Independent Assessment fee is £120 via Paypal on the MBA website. When you take it at a UK School that has been ratified, this does not apply.

Candidates outside the UK

Please complete your application in English and with it, send a copy of your insurance certificate. If insurance is not available where you work, include a letter stating that you will abide by the laws/regulations of the countries where you work.

The Results.

You will receive your results within two weeks. When you pass you send a copy of current Insurance [Link Here](#), and pay your £60 subscription fee for MBA Professional Membership, by Paypal on the website.

You will then receive the Certificate of Accredited Macrobiotic Cook & Health Coach and be invited to add your photograph, biography and contact details to the MBA website as a registered MBA Professional Member. The certificate is renewed annually on subscription.

If you are required to re-take any part of the assessment, Assessors will offer guidance on what to practice to pass. Please arrange this with the Accreditation Coordinator or Macrobiotic School ratified for assessment.

Typical Programme for the Assessment Day

The assessment is conducted in English. Two assessors are present throughout, and there are four distinct parts to the day: cooking, theory, bodywork, interview.

The day generally starts at 8.50am and finishes by 6.00pm (at the latest).

- 8.50 – 9.00 Arrival. Introduction and details of the day
- 9.00 – 11.15 Prepare, cook and plate-up lunch
- 11.15 - 12.15 Lunch with assessors
- 12.15 - 1-15 Wash up, clear kitchen. Go for a walk.
- 1.15 - 3-00 Theory Paper
- 3.15- 4.30 Bodywork
- 4.30 – 6.00 Interviews

Cooking Assessment

Your preparation and cooking time is 2 ¼ hours. You will be asked to cook a three-course meal and a condiment for 2 people, for one of the following situations: a family, a party, a summer or autumn day, winter or spring day, a child between 5 &10 years.

You will receive the situation you will cook for, by email, one week before the assessment.

The MBA provide:

- * A well-equipped kitchen.
- * 4-ring gas burner and electric oven.
- * Wooden chopping board, cooking utensils, electric mixer.
- * A set of saucepans & a pressure cooker.
- * Sea salt, shoyu, barley miso, white miso, sesame & olive oil, rice & ume vinegar, rice-syrup.

You need to bring:

- * A good knife
- * An apron, non-slip footwear.
- * Please buy & bring with you all ingredients on your menu, other than those above.

You are assessed on the following criteria: and required to be competent in each.

- * Being well prepared in all areas.
- * Tidy and suitably dressed with hair tied back if necessary
- * Setting up a clear and organized work-space
- * Posture, safe & good cutting technique (against the knuckles)
- * Your time-keeping ability
- * Acting safely at all times in a kitchen environment
- * Is the meal appropriate for the situation and client
- * Quality of presentation and of each cooking style & condiment
- * Use of 5 transformations
- * Understanding of yin and yang, colour, taste, seasoning, texture.

Theory Assessment

The paper is 1 ¾ hours with a pass mark of 70%, and questions in the following areas:

- * Macrobiotic Theory
- * Cooking
- * Western Studies
- * Compresses & External Treatments

To read the Sample Theory Paper as a guide to questions in the paper [click here](#)

Bodywork Assessment.

Please bring suitable clothes to wear for Exercise, Do-in or Shiatsu

Applicants are required to pass all aspects of Bodywork and are tested on the following:-

Shiatsu: Pass mark is 70%.

You will give a seated assessor a 10 minute neck & shoulder shiatsu for general relaxation and be assessed on the following:-

- * Your ability to be in hara
- * Sensitivity and empathy
- * Your technical skill in performing different techniques
- * Responding to the Ki of the receiver
- * The comfort and safety of the receiver

Meridians: Pass mark is 66%

You will trace the whole pathway of one long meridian (running between head and feet) and one short meridian (running between the torso and hands).

Tsubo: Pass mark is 66%

You will be asked to locate 6 of the following 12 tsubo:

LG1, LI4, ST36, SP6, HT1, SI11, KD1, BL67, TH5, HP8, LV3, GB21.

Do-in: Pass mark is 70%.

You will teach 5 minutes of Do-in to the class or assessors, and be assessed on:-

- * Personal presentation
- * Dressed to teach a Do-in class
- * Performing the techniques well
- * Using a variety of methods e.g. percussion, squeezing, stretching, breathing, chanting
- * Clarity & enjoyment of instruction
- * Knowledge of the meridians of the body

Interview

This lasts approximately 20 minutes or 45 minutes by skype, when you are with a ratified school. It takes place with two assessors who will ask you questions that relate to the following areas and you need to pass adequately in all of them.

- * You have a good understanding of professional ethics and behaviour as described in the MBA Code of Conduct & Ethics.
- * You have a professional manner, including confidence and appearance.
- * That you have clear and open communication skills.
- * That you are aware of the limits of your professional skills.
- * Your awareness of your own life & health condition, strength & vulnerability.
- * That you are actively pursuing your own self-development and adventurous life.
- * What you have learnt from the assignments you undertook for your Work Practice.
- * You will be asked "what is macrobiotics" to see how clearly you communicate the answer.



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The Application Form for Assessment - to be Accredited as an MBA Macrobiotic Health Coach & Cook

Assessment Date _____ Your name _____

Date of birth _____

Address _____

Email address _____

Telephone number: day _____ evening _____

Please make a list of all the courses you have attended in Macrobiotic way of life studies. Include the start and end date of each course, and the hours of study. Attach copies of any certificates, or other evidence of completion, of these courses. If you need additional space continue on another piece of paper. What other courses, workshops, therapies or adventures have influenced your life?

Dates of course	Hours of study	Name of course or teacher

Please explain why you want to be a Macrobiotic Cook & Health Coach and the work you may wish to do.

Please describe any health problem, disability or difficulty that we need to know for your assessment.

Signed _____ Date _____

Fill in this form and send by email or post, together with the other documents as explained on Page 1.