THE MACROBIOTIC ASSOCIATION

Sample Theory Paper

MA Health Coach & Cook Assessment

This is shorter than the actual paper but includes questions similar to those in the four sections of it.

Name _____

Time: 1 3/4 hours. Pass mark: 70%

The number of marks given for each question are shown in brackets.

If you run out of space answering a question, continue your answer on the back of the page.

Please **read each question very carefully** so you understand the exact information being asked for.

Macrobiotic Theory.

1. List three central ideas or principles of the following macrobiotic teacher concerning healthy eating.

a. Michio Kushi (3)

_____

_____

_____

_____

2. Draw and briefy describe George Ohsawa's theory of the spiral of materialisation. (8)

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_____

_____

_____

3. Give three reasons why chewing our food thoroughly is beneficial. (3)

_____

_____

_____

4. Write a list of 10 whole grains in order from yang to yin. (5)

_____

_____

5. Why is it preferable to primarily eat food that comes from the climatic zone one lives in? (2)

_____

_____

_____

6. Say whether the following indicate that a food is more yin or yang.

a. It grows in a cold climate. (1) _____

b. It grows below the ground. (1) _____

c. It grows very quickly. (1) _____

d. It evolved in recent times in the evolution of plants. (1) _____

e. It is long and thin. (1) _____

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Cooking

1. Describe at least three ways that fire creates beneficial changes to food. (3)

_____

_____

_____

2. How does a bean change nutritionally and energetically when sprouted? (3)

_____

_____

_____

3. Using Five Transformations theory, fill in the missing word: (15)

a. Spring has the energy of the _____ transformation.

b. The skin are nourished by the _____ transformation.

c. The _____ transformation manifests in the eyes.

d. Excessive dryness most affects the organs of the _____ transformation.

e. Winter has the energy of the _____ transformation.

f. The colour yellow is associated with the _____ transformation.

g. Windy weather mostly affects the organs of the _____ transformation.

h. The bones are nourished by the _____ transformation.

i. The colour _____ has the energy of the Fire transformation.

j. The blood vessels are nourished by the _____ transformation.

k. The emotion of _____ is created by a weak Metal energy.

l. The sour taste particularly stimulates the _____ transformation.

m. Grains in general have the energy of the _____ transformation.

n. Beans in general have the energy of the _____ transformation.

o. Leafy green vegetables have the energy of the _____ transformation.

4. Why is it important to include all five transformational energies in a meal? (2)

_____

_____

_____

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5. Describe how you would make a pressed salad. (3)

6. How is nori condiment made? (3)

Western Studies

1. Give at least three physiological functions of the following organs.

a. Lungs

b.Spleen

c. Small intestine

2. List 4 main types of foods that are acid forming. (4)

3. Name some good sources of calcium in the macrobiotic diet. (4)

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4. Give at least 3 reasons for marinating animal food before cooking such as fish. (3)

5. If a person had Candidiasis, list the main foods that you would advise them to avoid (5)

Compresses and External Treatments.

1. Describe how you would prepare and use a salt pack. (4)

2. What are the effects of a skin scrub on the body? (3)

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