HIMANSHU KAPOOR

Nutritionist · Conscious Cook · Culinary Educator · Food Systems Innovator

Founder, C-Green: Future Foods from the Past

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PROFESSIONAL PROFILE

With over 31 years of professional experience, I have dedicated my career to advancing the connection between nutrition, culinary arts, sustainability and education. As a nutritionist, conscious cook, culinary educator and entrepreneur, I have developed and delivered programmes that integrate evidence based nutrition, Ayurvedic wisdom, biodiversity and regenerative food systems into contemporary culinary practice.

My work is rooted in the belief that cooking is a powerful educational tool that can improve public health, preserve culinary heritage, strengthen local food systems and contribute to climate resilience. Through teaching, curriculum design, international collaborations and community engagement, I have inspired chefs, educators, students, farmers, women entrepreneurs and food professionals to embrace local, seasonal and health focused cooking.

As Founder of C-Green: Future Foods from the Past, I have spent more than fifteen years reviving forgotten grains, particularly millets, while working with smallholder farmers, indigenous communities and women led enterprises to create nutritious, sustainable and commercially viable food products.

My teaching philosophy aligns closely with the vision of the Culinary Institute of Barcelona: that gastronomy should nourish people, respect the planet and inspire positive change.

CORE TEACHING & PROFESSIONAL EXPERTISE

Culinary Education	Curriculum Design	Nutrition Science
Millets & Forgotten Grains	Sustainable Gastronomy	Ayurvedic Food Wisdom
Experiential Learning	Food Systems & Policy	Sensory & Taste Training
Menu Development	Community & Farmer Training	Food Entrepreneurship

TEACHING & EDUCATIONAL LEADERSHIP

Curriculum Designer, Food, Nutrition and Food Systems Education

Designed and implemented an innovative educational framework integrating food, farming, nutrition, biodiversity and sustainability as a Hidden Curriculum within Cambridge curriculum schools. Established school farms, teaching kitchens and experiential learning spaces where cooking became a medium for understanding nutrition, ecology, agriculture and personal well being. Continues to mentor educators and students through health integrated cooking programmes.

Culinary Educator

For over three decades, I have designed and facilitated experiential learning programmes for professional chefs, culinary students, teachers, children, women entrepreneurs, street food vendors, indigenous communities, farmer groups and international participants. My teaching integrates nutrition science, sensory learning, Ayurveda, sustainability and culinary creativity, encouraging learners to understand not only how to cook, but why food matters.

INTERNATIONAL TEACHING & ACADEMIC CONTRIBUTIONS

COP29 Climate Conference, Speaker

Presented at the side event “Locally Led Climate Adaptation through Revival of Forgotten Foods,” highlighting the role of traditional culinary knowledge in climate resilience, biodiversity conservation and public health.

G20 International Year of Millets

Collaborated with Taj Hotels to design a diplomatic millet menu for the Embassy of India in Bhutan. Delivered culinary training under the Royal De-Suung Skilling Programme, mentoring aspiring chefs in integrating millets into global cuisines while maintaining nutritional integrity.

AgriKultur Festival, Freiburg, Germany

Designed and conducted international culinary workshops showcasing Germany's Golden Millet. Developed recipes inspired by European regional cuisines while demonstrating how traditional grains can contribute to sustainable gastronomy.

Terra Madre, Turin, Italy

Facilitated sensory taste workshops promoting biodiversity, indigenous ingredients and the Slow Food philosophy through experiential culinary education.

SELECTED PROFESSIONAL PROJECTS

Centre for Science & Environment (CSE)

Designed and led a year long transformation of school food environments across ten institutions. Introduced healthy, sustainable cafeteria menus and integrated food literacy into everyday education.

Welthungerhilfe, EU Switch Asia Programme

Developed culinary training programmes enabling street food vendors to transition from conventional fast food towards nutritious millet based alternatives. Integrated food hygiene, nutrition, sustainability and entrepreneurship.

Indigenous Terra Madre (NESFAS), Shillong, India

Worked with Khasi communities to revive indigenous food traditions. Mentored young entrepreneurs in establishing cafes celebrating local biodiversity and traditional grains.

Cafe Amaltas

Conceptualised and managed a specialised cafe serving gluten free, nutrient rich meals designed specifically for children with special needs.

Government Boys' School, Old Delhi

Established a low cost teaching kitchen to empower adolescents through practical cooking, nutrition education and life skills. Developed programmes emphasising self reliance, food literacy and healthy eating.

Ministry of Rural Development

Designed and continues to deliver culinary entrepreneurship programmes for rural women, promoting millet based food innovations and sustainable livelihoods.

ETV Children's Cooking Programme

Developed educational content encouraging children to cook through intuition, sensory awareness, local ingredients and seasonal eating.

RESEARCH & PROFESSIONAL INTERESTS

- Regenerative and climate resilient food systems
- Revival of indigenous grains, seeds and forgotten foods
- Nutrition led menu design and public health gastronomy
- Pedagogy of experiential and sensory culinary learning
- Women led food enterprise and rural livelihoods
- Biodiversity, seasonality and local sourcing in professional kitchens

ENTREPRENEURSHIP

Founder, C-Green: Future Foods from the Past

Established and led a pioneering food enterprise focused on forgotten grains and healthy snacking. Worked with Himalayan smallholder farmers, built a women led production unit, developed nutritious ready to eat millet products, reimagined traditional recipes for contemporary consumers and promoted sustainable local food systems through food entrepreneurship.

RECOGNITION

- Speaker, COP29 Climate Conference
- Featured Changemaker on the cover of Millet Mantra, published by the Council on Energy, Environment and Water (CEEW)
- Contributor to India's G20 International Year of Millets
- International educator and trainer across India, Bhutan, Germany and Italy

PROFESSIONAL MEMBERSHIP & LANGUAGES

Membership

- Active Member, Slow Food International

Languages

- English
- Hindi

TEACHING PHILOSOPHY

> *"Cooking is one of the most powerful forms of education. It has the ability to connect science with culture, health with pleasure, and people with the ecosystems that nourish them. My goal as an educator is to develop chefs who understand food not only as craft, but as a means to improve human health, preserve biodiversity, strengthen communities, and contribute to a more sustainable future."*