MY DAY ON A PLATE Julie Walsh chef instructor

5.30am Coffee and a few of my son’s Cheerios. 7am Drop him off at the childminder, then get the train to London. 8.15am Grab a coffee and toast before changing into my chef’s whites. 9am The first class, making celebration cakes, begins. I’m constantly talking, answering questions and reinforcing the techniques, so there’s no time to eat or drink. I taste their work as I go along.

12pm Set up the room for the next session and meet with students over lunch. I try to eat something substantial, like pasta with a tomato sauce, from the food prep area. As it’s a French cookery school there’s plenty of cream and butter around, so I try not to have too much!

1pm Chocolate class with 60 students, making gâteaux and chocolate sculptures.

3pm Finish the day judging their final-assessment pieces. Sixty portions of gâteau, marzipan and chocolate tart, and strawberry cake have to be tasted. Feel thoroughly sick.

7pm Dinner is a very small salad. JULIE TEACHES AT LE CORDON BLEU LONDON (020 7935 3503; CORDONBLEU.EDU) Amy Bryant

NIGEL DENBY, DIETICIAN

Julie’s job serves almost as aversion therapy when it comes to rich, indulgent food. She knows what to choose in her free time to limit the damage her job could cause, which is great. And I suspect the long commute, busy family life and hectic job burn up a substantial number of calories, which will help keep her in good shape.