

Course Information Sheet



Course Code and Name: GL0050980 Cooking With Confidence

Venue: Oakley Community Resource Centre
113a Clyde Crescent
Cheltenham
Gloucestershire
GL52 5QJ

Start Date: 03 May 2018
End Date: 28 June 2018
Day: Thursday
Time: 10:00 to 13:00
Weeks: 8

Tutor: Amanda Jayne Zayan

Course Provider: Adult Education in Gloucestershire

Course Summary:

To introduce & develop cooking skills as part of independent living. The course covers safe kitchen practice, basic rules of hygiene & prevention of accidents through health & safety. We will plan, prepare & cook a range of dishes from basic soda bread to a full meal, continuing into practice of serving food to make it look great on the plate. You will get to produce dishes from other countries such as simple curry. We will cover some basics of balanced meals & understand how to plan within a budget using alternatives to expensive food items.

Eligibility:

You must be aged 19 at the start of the course.

How will the course be taught?

This course is delivered by a professionally qualified tutor. There will be a mixture of group, paired and individual work. You will also receive homework tasks each week.

How will I know how well I am doing?

The tutor will help you to think about and note your level of relevant experience at the start, and then do the same at the end. This will help you measure your progress. The tutor will also give you regular verbal feedback.

Prior Knowledge:

No previous experience is necessary.

What do I need to bring?

All event materials needed will be provided by the tutor.

How do I join the course, or find out more?

If you are interested in this course please contact us by telephone on 0800 542 1655 or email learn@gloucestershire.gov.uk

Cost:

It is free to eligible learners

What course can I do next?

Your tutor will be able to advise you of any follow on or suitable courses.

Information and Advice for Progression:

Information on progression is available. Contact your tutor for further information or call 0800 542 1655 or e-mail learn@gloucestershire.gov.uk.

Health and safety:

All of our venues undergo a health and safety audit on a regular basis. If you have specific needs please inform us before you start this course.

Further information:

No information provided