

Course Information Sheet



Course Code and Name: GL0051016 Cookery 1 Ingredient 3 Ways (Veg)

Venue: Adult Education In Gloucestershire
Gloucestershire County Council
4-6 Commercial Road
Gloucester
GL1 2EA

Start Date: 23 May 2018
End Date: 23 May 2018
Day: Wednesday
Time: 10:30 to 13:00
Weeks: 1

Tutor: Nina Chawda

Course Provider: Adult Education in Gloucestershire

Course Summary:

These workshops will give you some good ideas about how to use everyday items to make simple, cheap and healthy meals. Create a meal with one main ingredient in class and join in the discussion with the tutor your classmates to share your ideas for how to make the most of that one main ingredient. Work out how much your meal costs and how it is possible to bulk it up to feed more people. Get some ideas to stop wasting food by making additional meals from leftovers. You can join up to 3 taster sessions and then go onto a four week course in June. Each taster session will use a different main ingredient - such as chicken, mince, sausages, fish, vegetables and eggs. For more information about which main ingredient is being used each week, please check out our website, or contact us via the numbers, or email address below.

Eligibility:

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

How will the course be taught?

Professionally delivered by a qualified tutor in a small, friendly class setting.

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 prior knowledge necessary.

What do I need to bring?

A notebook and a pen may be useful.

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

Please contact us on 01452 583800 or freephone 08005421655 or email learn@gloucestershire.gov.uk

Cost:

Free to eligible learners.

What course can I do next?

You can do a follow on 4 week cookery course. Alternatively, talk to your tutor about the other courses available that might suit you.

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:

If you or your organisation are interested in running a similar session or course, please contact Adult Education.0800 542 1655 or e-mail learn@gloucestershire.gov.uk