

# Course Information Sheet



## Course Code and Name: GL0051034 Cook Your Way To Good Health Part 2

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

**Start Date:** 04 June 2018  
**End Date:** 25 June 2018  
**Day:** Monday  
**Time:** 10:30 to 13:00  
**Weeks:** 4

**Tutor:** Karen Merrett

**Course Provider:** Adult Education in Gloucestershire

### Course Summary:

Learn how to cook a range of delicious, economical, healthy dishes from scratch. They will be low in fat, sugar and salt and high in fibre and packed with nutrients for good physical and mental health. We'll look in detail at the Eatwell Guide and learn how to read food labels thus allowing you to make healthier food choices.

### 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?

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

### Cost:

Free to eligible learners.

### What course can I do next?

We will discuss your options with you, and can support you to decide what you would like to do next.

### 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](mailto: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](mailto:learn@gloucestershire.gov.uk)