

Course Information Sheet



Course Code and Name: GL0057498 Cooking for One AM

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

Start Date: 10 October 2023
End Date: 14 November 2023
Day: Tuesday
Time: 10:30 to 13:00
Weeks: 6

Tutor: Karen Merrett

Course Provider: Adult Education in Gloucestershire

Course Summary

Join us on this 6 week course and learn to cook meals from scratch to serve one person! Find out how to use leftovers to minimise waste and stretch a food budget. Learn how frozen food can be cheaper and healthier than fresh food. Suitable for beginners or those with little experience of cooking from scratch.

Eligibility

Learners must be over 19 on the 1st August of the academic year they start their learning. Note: if not ordinarily resident in UK for 3 years (Please speak to a member of staff to confirm eligibility for funding).

How will the course be taught?

"Learning will take place in small friendly classes using, individual and group work, demonstration, discussion and using a variety of practical activities"

How will I know how well I am doing?

You will follow your own individual learning plan with progress recorded by tutors and yourself.

Do I need any prior knowledge or qualifications?

No prior knowledge required.

What do I need to bring?

All resources will be provided by the tutor

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

If you are interested, please contact us by telephone 01452 583452 or email karen.stiles@gloucestershire.gov.uk

Cost

Free to eligible learners

What course can I do next?

We can help you decide the best way forward for you. You could progress onto further courses and vocational qualifications.

Information and Advice for Progression

Advice will be given on an individual basis throughout the course. Please contact your tutor for information about suitable progression routes

Health and safety

All of our venues undergo a health and safety audit on a regular basis. The tutor will advise on health and safety guidelines at the beginning of the course, these guidelines will be followed throughout the course.

Further information

For further information please contact karen.stiles@gloucestershire.gov.uk