

Basic Cookery

Course Code A07BF33A



Venue: **Room**

City College Plymouth - Kings Road
Kings Road
Plymouth

Start Date: 22 September 2021
End Date: 20 October 2021
Sessions: 5
Day(s): Wednesday

Start Time: 18:00
End Time: 21:00

Cost of course: Fee £20

Material Fee Material Fee £5.00 (included in above cost)

Can I enrol online? Yes - Please visit www.oucoursesouthwest.co.uk

Entry requirements There are no entry requirements. This course is for complete beginners, but if you have some cookery skills which you would like to update, this is the course for you.

Do you have any food allergies? If you have any food allergies, such as nut or fish, please contact us on 01752 660713.

Tell me about the course Have you been inspired by cooks on television? Would you like to learn some basic cooking techniques to make homemade meals but within a budget?

You will use basic but essential recipes that can be adapted to suit all occasions from dinner parties, to quick and healthy lunches to take to work. All recipes will give you the foundations to advance your cooking at your own pace and with confidence. You will learn how to make food from scratch and with only a few ingredients. The lessons will give you the necessary skills to cook independently and from recipes. This is a relaxed and fun course that has no pressure or exams, the aim is for you to learn at an easy pace and enjoy creating good food.

How will I learn? During the first session your tutor will outline what will be covered during the course. You can then think about your individual aims for the course and make an individual learning plan, with the help of the tutor.

This is a practical course and the sessions will include tutor-led demonstrations, which you will follow to make tasty dishes. You will be able to discuss skills and techniques with others in the group and get one-to-one support from your tutor, as required.

How will I know I'm making progress? You will review your individual learning plan with your tutor who will give you written feedback and support to achieve your targets. This will enable you to identify any additional support needed and what skills to practise at home.

Will I need to study or practise outside the classroom? It is always useful to practise your skills between sessions and your tutor will advise you on what to do.

What will I need to take to the course? Bring an apron, note pad, pen and folder. During the first week your tutor will let you know what ingredients and cooking equipment you will need for the rest of the course. We advise wearing sensible, comfortable shoes with non-slip soles and protected toes. Loose clothing and jewellery should be avoided. Long hair should be tied back.

What can I learn next? Your tutor will give you details of follow on courses such as Festive Cooking with a Twist. Visit our website at www.oucoursesouthwest.co.uk or contact us on 01752 660713.

Please Note:

Most courses attract a subsidy from the Education and Skills Funding Agency and can be used to match funding for ESF. It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Room numbers are subject to change - please check when you arrive at the venue.

ON COURSE SOUTH WEST
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www.uncoursesouthwest.co.uk



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