

Eat More for Less - Healthy Eating



Course Code D07BF33A

Venue: **Room** TBC

City College Plymouth - Kings Road
Kings Road
Plymouth

Start Date: 27 April 2022
End Date: 01 June 2022
Sessions: 7
Day(s): Wednesday

PL1 5QG

Cost of course: Fee £20

Start Time: 17:45
End Time: 20:45

Can I enrol online? Yes - Please visit www.onsourcesouthwest.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 This course will help you to cook from scratch and learn to create meals that stretch further especially as food prices are increasing. Batching cooking will be explored and the most suitable meals that can be frozen. The course will cover healthy eating and the benefits.

Aims of this course are to cover:

- Budgeting to allow for more meals for your money.
- How to create basic recipes to assist with health and wellbeing.
- How to create a range of meals from a few ingredients.
- Grow confidence in using a range of ingredients.
- Batch cooking.
- Where to find and buy food that will stretch your budget further.

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.onsourcesouthwest.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
HYDE PARK HOUSE, MUTLEY PLAIN, PLYMOUTH, PL4 6LF

Tel: 01752 660713

www.uncoursesouthwest.co.uk



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