

# Course Information Sheet

## Kitchen Secrets



**Course Summary:** Master the basics and unlock your culinary potential in our fun and informative Kitchen Secrets course!

**Course Description:** Do you dream of whipping up delicious meals but feel intimidated by the kitchen? Our Kitchen Secrets course is designed for beginners like you! Over five weeks, you'll gain the confidence and skills to navigate the kitchen with ease. Learn essential knife skills, master different cooking methods, and discover the secrets to creating flavourful dishes from scratch. This interactive course is packed with demonstrations, hands-on practice, and expert tips to transform you from a kitchen novice to a culinary whiz. Develop maths skills whilst having fun working out measurements and timings.

**What will I learn? (This may alter slightly depending on needs of the group)**

- **Week 1:** Kitchen Safety & Knife Skills - Master knife safety techniques and practise fundamental chopping, slicing, and dicing skills.
- **Week 2:** Stocking Your Pantry & Essential Cooking Methods - Learn how to stock your pantry with essential ingredients and explore various cooking methods like boiling, simmering, frying, baking using a range of equipment. Explore the costs of using different methods.
- **Week 3:** Sauces & Seasonings - Demystify the world of sauces and discover how to create flavourful dishes using simple herbs and spices.
- **Week 4:** Meal Planning & Budgeting - Learn valuable meal planning and budgeting strategies to save time and money on groceries.
- **Week 5:** Putting it All Together - Apply your newfound skills to create a complete, three-course meal to impress your friends and family.

**How will I be assessed?**

- **Formative:** Weekly cooking demonstrations, practical tasks, and group discussions.
- **Summative:** Final practical assessment where you'll prepare a complete dish from scratch.

**Who is this course for?**

This course is perfect for anyone who wants to learn the basics of cooking in a fun and supportive environment. Whether you're a complete beginner or looking to brush up on your skills, Kitchen Secrets will equip you with the confidence and knowledge to cook delicious and nutritious meals at home.

**Progression Opportunities:**

This course can be a stepping stone to further culinary qualifications or serve as a foundation for exploring specialist areas of cooking like patisserie, baking, or international cuisine. Developing Maths skills further.

**Career or Job Enhancement Pathways:**

- Home Cook
- Personal Chef
- Kitchen Assistant
- Food Service Worker

**How do I enrol?**

The quickest way to enrol is online at [www.oucoursesouthwest.co.uk](http://www.oucoursesouthwest.co.uk), simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

**How will the course be delivered?**

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

**Will I need to practise outside the classroom?**

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

**How will I know I'm making progress?**

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

**What will I need?**

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

**Please note:**

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA).

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.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

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

