

Kitchen Secrets

Course Code DE07E23B



Venue: **Room**

Stoke Damerel Community College
Somerset Place
Stoke
Plymouth

PL3 4BD

Start Date: 03 June 2025

End Date: 01 July 2025

Sessions: 5

Day(s): Tuesday

Start Time: 18:00

End Time: 21:00

Cost of course: Material Fee £10

Course Description

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

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)

Kitchen Safety & Knife Skills - Master knife safety techniques and practise fundamental chopping, slicing, and dicing skills.

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.

Sauces & Seasonings - Demystify the world of sauces and discover how to create flavourful dishes using simple herbs and spices.

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.

Enrolment requirements

We regret we are unable to accept under 19s on most of our courses due to Education and Skills Funding Agency funding restrictions. You need to be 19 before 1 September 2024 to enrol. This means you will have been born on or before 31 August 2005.

If you are under 19 years of age and would like to enquire about your eligibility to enrol on an adult learning course, please don't hesitate to contact us.

Before you enrol.

View the course info sheet via the link above for further information regarding the course, what you will learn, objectives and possible progression or career pathways. Alternatively, our team of Learning Advisors will be happy to provide you with information and discuss courses you may be interested in. Visit our website at www.oucoursesouthwest.co.uk or contact us on 01752 660713 to make an appointment.

How do I enrol?

The quickest way to enrol is online at 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 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 Tel: 01752 660713
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www.uncoursesouthwest.co.uk



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