

Course Information Sheet

Multi-Cooker Cooking on a Budget



Conquer delicious meals at home with this 6-week course, mastering your multi-cooker to save time and money.

Course Description: Ever feel overwhelmed by mealtimes? This fun and informative course will transform you into a multi-cooker maestro! Learn clever techniques for creating budget-friendly breakfasts, lunches, dinners, and even batch cooking for busy weeks. We'll explore exciting global cuisines, discover pantry staples that stretch your dollar further, and unlock the secrets to perfect rice, soups, stews, and more. Get ready to impress yourself and your family with delicious homemade meals without breaking the bank!

What Will I Learn? (Weekly Breakdown which is subject to change)

- **Week 1:** Multi-Cooker Basics - Understand the functions, settings, and safety aspects of your multi-cooker.
- **Week 2:** Pantry Staples for Budget Cooking - Learn essential ingredients that offer versatility and affordability.
- **Week 3:** Global Inspirations - Explore international flavours from budget-friendly cuisines like Indian curries, Italian pastas, and Mexican beans.
- **Week 4:** Meal Prep Magic - Master batch cooking techniques to save time and resources throughout the week.
- **Week 5:** Perfecting the Classics - Achieve restaurant-worthy rice, soups, and stews in your multi-cooker.
- **Week 6:** Creative Leftovers - Learn ingenious ways to transform leftovers into exciting new dishes.

How Will I Be Assessed?

- **Formative:** Participation in class discussions, sharing recipe successes and challenges, and completing in-class cooking activities.
- **Summative:** Creation of a personalised weekly meal plan utilising multi-cooker techniques and budget considerations.

Who is this Course For?

This course is perfect for anyone who wants to:

- Save money on groceries and restaurant meals.
- Cook delicious and nutritious meals at home.
- Discover the versatility of their multi-cooker.
- Learn creative meal planning and time-saving techniques.
- Work out simple measurements and timings.

Progression Opportunities:

After completing this course, you could explore more in-depth cooking techniques or delve into specific cuisines. Additionally, consider:

- Level 2 Certificate in Professional Cookery
- Introduction to Food and Beverage Service

Career or Job Enhancement Pathways:

This course can be a stepping stone towards various careers in the culinary field, such as:

- Personal Chef
- Meal Prep Service Provider
- Food Blogger or Content Creator
- Kitchen Assistant (stepping stone towards becoming a Chef)

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 (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.onscoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

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

