

## **HEALTHY COOKING - ZERO WASTE**

### **Subject Area**

Lwb

### **Course Summary**

This course is funded and free to learners. It is delivered by Leicestershire Adult Learning Service with input from LCC Waste Management and their Love Food Hate Waste (LFHW) initiative. You will learn how to cook healthy meals from scratch and the ability to bulk out meals using vegetables and pulses as well as how to make the most of your leftovers thereby creating zero waste. There will be a discussion topic each week where you will have the opportunity to ask questions

### **Experience/Skills Required To Join This Course**

None required, just enthusiasm and willing to have a go.

### **What Is The Course About?**

The course will be learning basic cooking techniques, how to save money by planning meals, preparing a shopping list and reusing food. Cooking tips on batch cooking/freezing. This is a relaxed, fun course where the emphasis is on having an enjoyable time as well as learning about healthier eating options and creating zero waste. You will learn: Basic cookery skills and culinary vocabulary; demonstrate an awareness to budgeting and to minimise waste at home; adapting recipes using a variety of foods; become more confident in your own ability; having a better understanding of planning and organising meals; gaining awareness of the importance of fridge organisation and temperatures.

### **For The Session/s You Will Need:**

Note pad and pen to take notes if you wish, apron, dish cloth, scouring pad and 2 tea towels. You will also need containers to take your food home in. Recipes will be sent to you prior to the course.

### **Additional Costs And/Or Resources:**

Learners will be notified of ingredients required before each session. Further information will be sent to you prior to the course start.

### **How Will I Know How I Am Getting On?**

Your progress and achievements will be recognised and recorded throughout the course using a variety of methods such as observation and feedback from the tutor; discussions; self-assessment using your personal learning review, taking photos of your dish and with the knowledge and understanding can cook them again at home.

## **Support For Your Learning**

Once you start, if you have further queries and/or support needs, please talk to the tutor. We also offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice.

## **For More Information And How To Enrol**

If you need more information, want to discuss levels and course content, or wish to enrol, you can call into our local centres, call our Enrolment Team, or for some courses, you can enrol online. If you need help with your choice of learning, training, career, work and life goals, please book an appointment with one of our Learning and Work Advisors who can provide free 1:1 impartial advice. Call our FREEphone 0800 988 0308.

## **The Adult Learning Service Also Offers Courses In**

The Adult Learning Service also offers courses in: · Computing and ICT · Personal Development, including Arts and Leisure · Languages, British Sign Language, ESOL and Makaton · Maths and English · Skills for Jobs · Apprenticeships and Traineeships · Family Learning · Programmes for Adults with Learning Difficulties and/or Disabilities

## **Online Learning**

If you are enrolling for an online/blended learning course: It is important to check the detailed course information prior to enrolment to ensure you have suitable equipment and software. You will also need a reliable internet connection to participate in this course. If you are not sure about the requirements or have any queries or questions please get in touch with our enrolment staff using the contact details provided. Please note that online courses may be recorded and shared with adult learning staff for quality assurance purposes. You will be expected to make the items delivered by the tutor during the online session.