

COOKING: HEALTHY COOKING ON A BUDGET - MULTIPLY PROJECT

Course Name	Start Date	End Date	Site	Total Fees
Cooking - Healthy Cooking on a Budget - Multiply Project	18/04/2024	11/07/2024	ENDERBY ADULT LEARNING CENTRE	0.00

01. Who is this course for?

This is a friendly, relaxed, and informative weekly course where I will share with you my enthusiasm for cooking and saving money. The recipes are easily achievable, some recipes may have some challenging techniques but nothing you can't achieve. The recipes can be easily adapted to suit your own tastes. The course will be learning basic, new cooking techniques, help you to become more confident in budgeting and saving money by creating recipes for home and having control over what you eat. The course will include savoury and sweet recipes, with learners as a group choosing a couple of recipes towards the end of the course. Learners will be supported to work out ingredient quantities, oven and fridge temperatures and ingredient costs.

02. What will I learn?

Cooking on a budget: Is a relaxed and friendly course based on 10-12 weeks, sharing enthusiasm for cooking through demonstrations, the course will be focussing on how to create healthy recipes and supporting maths skills needed to buy and measure ingredients and cook on a budget. During the course you will learn how to create dishes, which will include meat, vegetarian and sweet dishes. You will learn how to save money through cooking on a budget. Furthermore, you will learn that cooking at home can be less expensive than eating out or buying readymade meals, it can be healthier in terms of choices, quality time with family, good for your own well-being and trying new techniques including recipes and ingredients. You will learn: Basic cookery skills and culinary vocabulary; be supported to budget and save money, work out and understand measurements and to minimise waste at home; adapting recipes using a variety of foods; having a better understanding of planning and organising meals on a budget; gaining awareness of the importance of fridge organisation and work out and understand temperatures. And becoming more confident in your own ability to cook, weigh and measure ingredients and work out costs.

03. How will I learn?

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 ILP or online eILP – electronic Individual learner plan or printed version. Photographic evidence of your dish and with the knowledge and understanding learnt you can cook them again at home.

04. What will I need to bring?

Your own Apron, Tea towels & scouring pads, you may be required to bring certain equipment from home, your tutor will let you know what and when. Learners will be notified of ingredients required before the session, an ingredient and equipment list will be sent to you prior to the course start.

05. What skills or experience do I need?

None required, just enthusiasm and willing to have a go. Multiply courses are designed for learners who don't already have a L2 maths qualification. Learners with a L2 maths qualification (GCSE Grade 4-9 or A-C or equivalent such as Level 2 Adult Numeracy or Functional Skills) will need to do a quick assessment before joining the course; please speak to our Business Support team to arrange this. Learners need to be aged 19 and above by the course start date.

08. How will I be supported in my 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.

Teaching And Learning In The Community

Many learners book holidays during the length of their courses and whilst we realise this is personal choice, please consider that missed lessons can affect funding for adult learning courses. This may impact on us being able to offer similar courses in the future.

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

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.

Additional Costs And/Or Resources:

You will need to Supply your own ingredients