

## COOKING MADE EASY

Course Name	Start Date	End Date	Site	Total Fees
Cooking Made Easy	16/01/2025	27/03/2025	ENDERBY ADULT LEARNING CENTRE	94.70

### 01. Who is this course for?

This course is aimed at anyone who wishes to become more confident in the kitchen and their culinary abilities. The course will be focussing on how to create healthy basic and some challenging recipes to add to your kitchen repertoire. This course features a brand-new selection of recipes for you to try, which means that if you have taken a Cooking Made Easy course before, there will be new skills to learn and develop.

### 02. What will I learn?

You will learn basic cookery skills and culinary vocabulary; how to adapt recipes using a variety of foods; develop a better understanding of planning and organising meals; become more confident in your own ability. You will also learn how to create some budget Worthey recipes, as well as recipes you may have not made before, these will include a mixture of meat, vegetarian & sweet dishes.

### 03. How will I learn?

This is a tutor-led cookery class. You will learn in a variety of ways ranging from tutor demonstrations, practical activities, class activities and tutor feedback, both verbal and written. You will be supported in developing your knowledge and understanding so that you can cook the recipes you learn at home. Please avoid taking holidays during the course. Missed lessons can affect funding for adult learning courses.

### 04. What will I need to bring?

Please bring your own apron, tea towels and 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 list will be sent to you prior to the course start.

### 05. What skills or experience do I need?

No previous experience required, just enthusiasm and willingness to have a go.

### 06. How will I be assessed?

The Learning for Wellbeing curriculum uses formative and summative assessment methods to evaluate learner progress. You will work towards completing a set of class learning targets, as well as your own personal development targets. Targets are reviewed at the middle and end of the course. Informal discussions with the tutor will take place throughout the course, both individually and in groups. Your progress will also be documented through photographic evidence.

## **07. What could I do after this course?**

Upon completing this course, you may wish to try 'Boost your Baking Skills – Part 1' Or why not try something else from the Learning for Wellbeing curriculum. There is a wide range of art, craft, sewing, dance and creative arts courses for you to continue developing your skills while improving your wellbeing. Courses are available to search on the GoLearn website.

## **08. How will I be supported in my learning?**

We aim to support all learners to succeed. Our tutors will work with all learners to meet individual needs by using a range of resources and teaching methods. When you enrol on your course you will be asked if you have any additional learning needs or disabilities which may affect your learning. This might include physical disabilities, neurodivergent needs (e.g., Autistic Spectrum Disorder, ADHD, dyslexia, or dyspraxia, etc.), visual and auditory impairments, or a medical condition which might affect your learning. Your tutor will contact you prior to joining the course to discuss what support can be put in place. For some learners, this may mean organising extra time in exams or arranging for a Learning Support Assistant to support your learning in class. We also offer a wide range of assistive technology such as reader pens, screen readers, large print keyboards and screens, alongside in-class resources such as coloured overlays, large-print resources and more.

## **09. Is help available with course fees?**

Many of our courses are FREE to all learners. For fee-paying courses, if you are in receipt of state benefits or have a low income (£26,211.90 before deductions) you could be entitled to enrol on your course for FREE, or at a 70% Reduced Fee cost. If your course is accredited (working towards a formal qualification) your course may be FREE if you earn under £25,000 before deductions. Some exclusions apply, eligibility for fee reduction is subject to change, and you may be required to provide evidence of earnings. If the amount you must pay for your course is over £50, we offer instalment plans which break down the cost of learning into a set number of easy monthly payments. If you need help with the wider costs of study, such as childcare, resources, travel, and transport costs, you may be eligible to have these costs reimbursed through our Discretionary Learner Support Fund. Visit us online for more details, and to download the online application form.

## **10. How do I choose the right course for me?**

If you are unsure about which course may be right for you, our team of Learning and Work Advisers are on hand to offer FREE and impartial information, advice and guidance on learning and work options available to you. To book your free, confidential, and impartial appointment, please call FREEphone 0800 988 0308 or email [LALS.LWA@leics.gov.uk](mailto:LALS.LWA@leics.gov.uk).