

## Cooking School: Cooking for a Healthy Heart

### About the course

On this course you will be introduced to the principles of heart-healthy diet. Each week will focus on different aspects of nutrition and practical cooking skills to help reduce the risk of heart disease. You will learn how to prepare delicious, heart-friendly meals and understand the importance of diet in maintaining cardiovascular health. You will be given an opportunity to prepare a few easy recipes that you can repeat at home. The course will take place at our equipped learning kitchen.

### Course Learning Outcomes

- Know what food to include and what to avoid for a long-term heart health
- Cook a range of quick and easy, heart-friendly, dishes

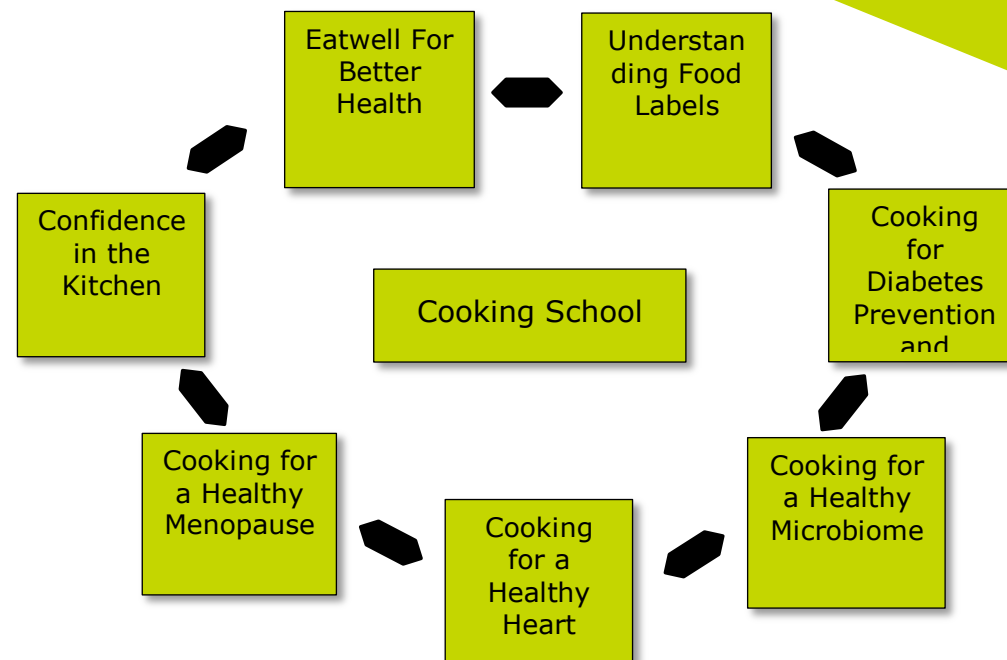
***Please note: To successfully complete this course you must commit to 100% attendance and punctuality.***

### What is needed for the course?

Please bring a takeaway box to take your left-over foody creations home. All other materials and equipment will be provided. Please inform your tutor on any dietary restrictions.

***If you need any additional support, please call us: 02085836000.***

### Progression Pathway



You might be interested in other courses on our Health, Fitness & Wellbeing Programme, including Yoga, Pilates and Aerobics. Find more information online or speak to a member of staff.

### **We can also provide you with information, advice and guidance for employment or further learning.**

- ▶ Please speak with your tutor or
- ▶ Call 020 8583 6174 to speak to an advisor or
- ▶ Email [work@hounslow.gov.uk](mailto:work@hounslow.gov.uk) or
- ▶ Visit [www.workhounslow.co.uk](http://www.workhounslow.co.uk)