

# Cooking School: Cooking for a Healthy Microbiome

## About the course

The gut microbiome plays a very important role in your body by helping control digestion as well as regulating the immune system, hormones, mental health and many other aspects of health. An imbalance of microbes in the gut may affect your general health and wellbeing. On this course you will be introduced to a fascinating science of microbiome and provided with practical advice on how to keep it healthy and nourished. 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

1. Differentiate between probiotic and prebiotic foods
2. Understand the effect food has on the gut health
3. Cook a number of gut friendly recipes

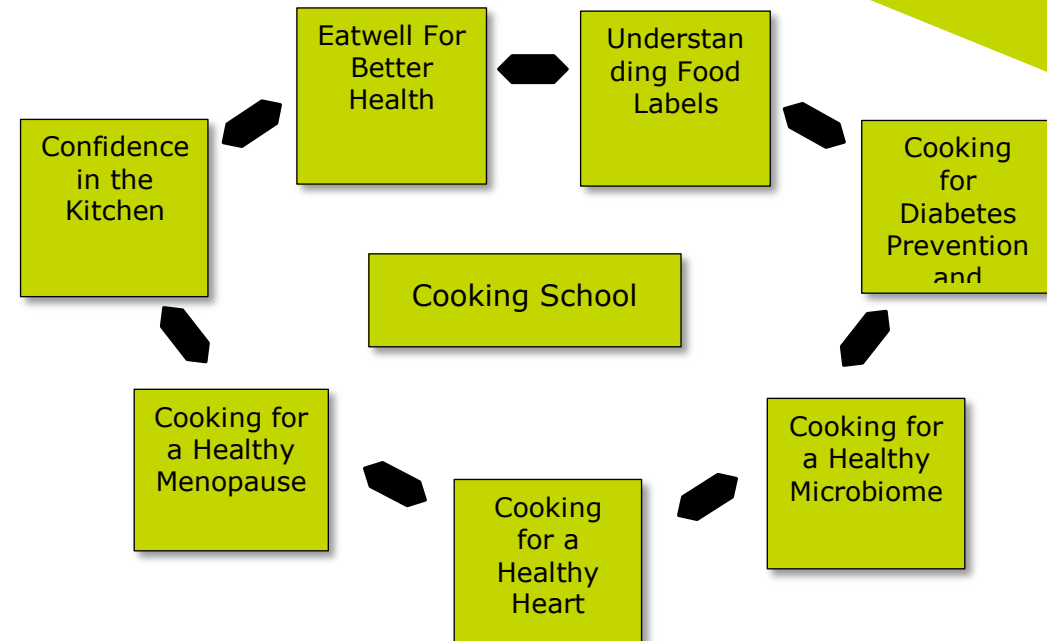
**Please note: To successfully complete this course you must commit to 100% attendance and punctuality.**

## 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)