

## Cooking School: Understanding Food Labels

### About the course

The research shows that many shoppers find food labels confusing, and this is leading to a lot of people not really understanding what they're eating. On this course you will learn where to find relevant information on the food packaging, how to interpret it and how to avoid falling for false health claims. You will be given an opportunity to prepare a few tasty and easy recipes that you can repeat at home. The course will take place at our equipped learning kitchen.

### Course Learning Outcomes

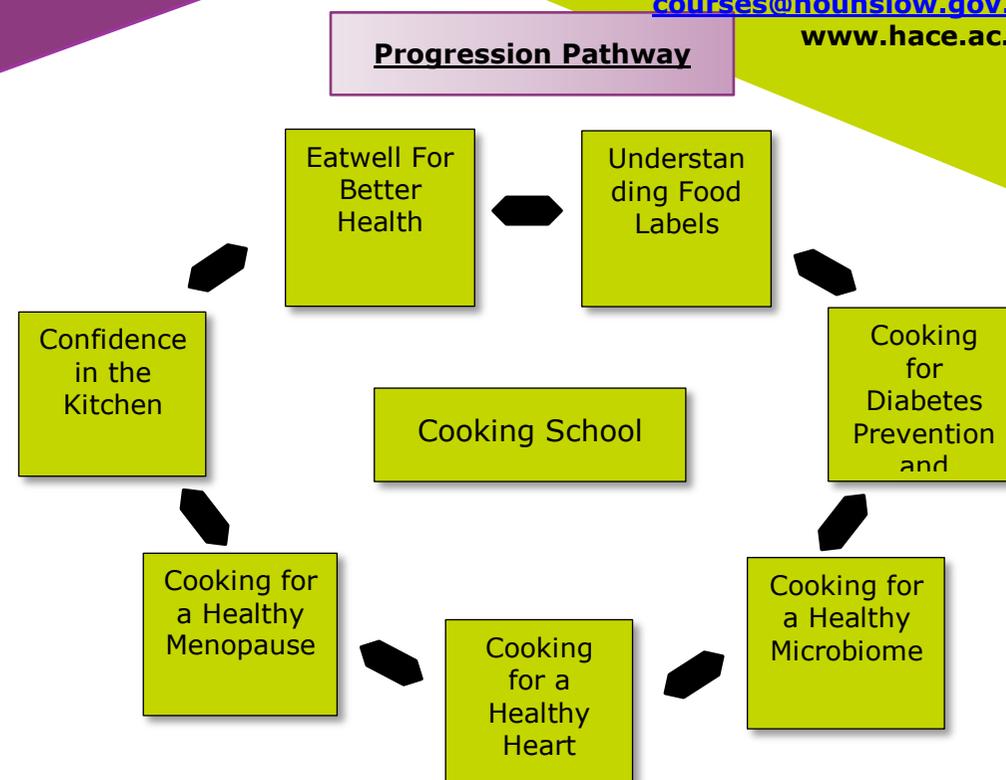
- Relate food labels to healthier food choices
- Prepare a range of quick and easy dishes following a written recipe

***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.***



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)