London Borough of Hounslow

LEARNHO

020 8583 6000
courses@hounslow.gov.uk
www.hace.ac.uk

Confidence in The Kitchen

About the Course

If you are new to cooking or feel out of practice, this course will guide you through the essential skills to prepare easy and delicious meals at home. We will be using easily available, fresh and affordable ingredients, practice reading recipes and applying range of cooking methods to prepare delicious and nutritious meals from scratch. You will also learn the basics of nutrition and food hygiene, to get you ready and confident in the kitchen. The course will take place at our equipped learning kitchen.

Course Learning Outcomes

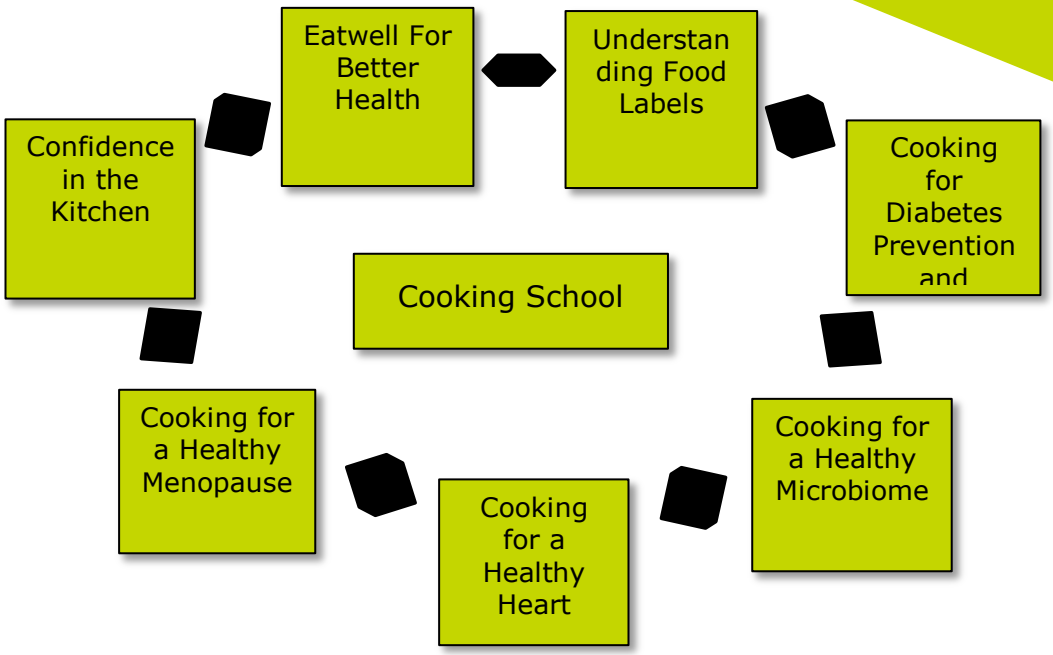
1. Master basic knife skills
2. Prepare a range of foods following a written recipe
3. Demonstrate basic food hygiene principles

What is needed for this course: ***To successfully complete this course, you must commit to full attendance and punctuality. You will also be required to use basic digital skills throughout the course to access and support your learning materials***

Please bring a takeaway box to take your leftover food 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 or