

Cooking for a Healthy Heart – Christmas Edition

About the course

On this festive five-week course, you will be introduced to the principles of a heart-healthy diet with a seasonal Christmas focus. Each week will explore different aspects of nutrition and practical cooking skills to help reduce the risk of heart disease while enjoying traditional festive flavours. You will learn how to prepare delicious, heart-friendly Christmas dishes and discover how healthy food choices can support cardiovascular health during the holiday season. You will have the opportunity to make a selection of easy festive recipes that you can recreate at home for family and friends. The course will take place in our fully equipped learning kitchen.

Course Learning Outcomes

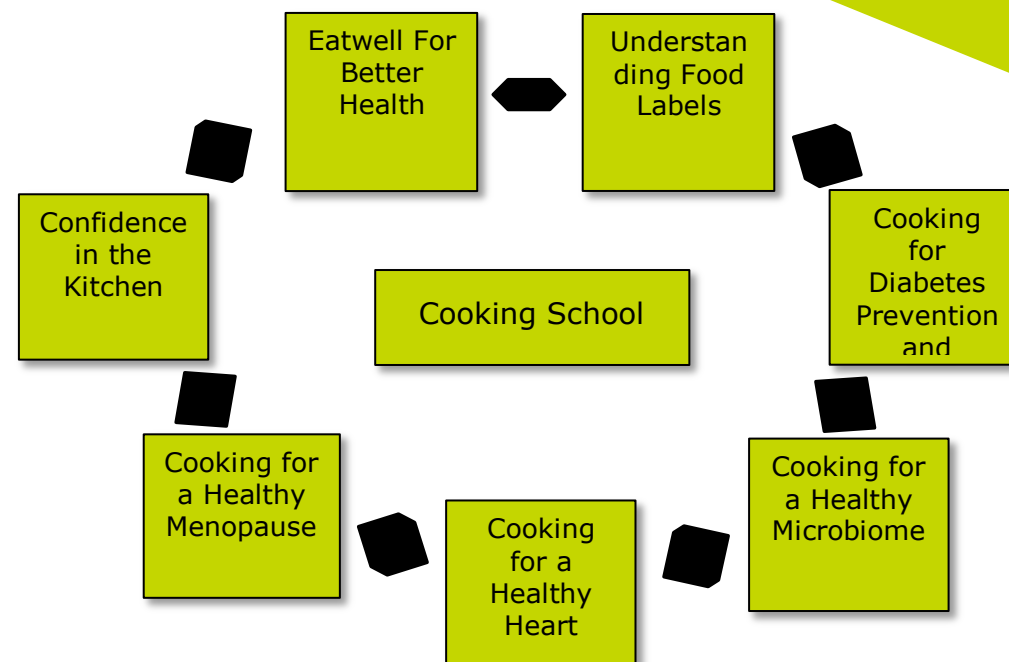
1. Know what food to include and what to avoid for a long-term heart health
2. Cook a range of quick and easy, heart-friendly festive dishes

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