

Cookery School - Confidence in the Kitchen

Course Code	Venue & Contact Details	
MM699BKA	Venue	Adult and Community Centre Meadowbank /
	Address	Community Close, Cranford, Hounslow TW5 9QX
	Phone	020 8583 6000
	Email	courses@hounslow.gov.uk
	Website	www.hace.ac.uk

Day	Times	Start date	End date	No of Weeks	Fee
Saturday	10am-12.30pm	25.09.2021	23.10.2021	5	£66 /*Free

**If you are unemployed, looking for work, and are in receipt of a means tested benefit, you do not have to pay the course fees. You will need to sign a self-declaration form stating that you are looking for a job and provide supporting evidence.*

**If you are in low paid employment and you earn less than £10.85p/h or £21,157.59 annual gross salary, you do not have to pay the course fees. You will need to provide proof of income, for example, this could be a wage slip within 3 months of the course start date, or a current employment contract, which states gross monthly/annual wages.*

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 healthy and easy meals at home. We will be using common and easily available ingredients, and practice reading of recipes and different cooking techniques while preparing nutritious meals. You will also learn the basics of nutrition and food hygiene, to get you ready and confident in the kitchen.

This course is part of our wellbeing programme designed to enable learners to try a new art, craft or exercise in order to explore the benefits they have our wellness. Once you have completed this course you might decide to start practicing cooking at home or learn more on our other specialist programmes to gain more confidence and skills, in cooking or other fitness and wellbeing courses.

What will I learn?

After this course you will be able to:

- Master basic knife skills
- Know the basics to fry, cook and bake different food items
- Follow written recipes
- Prepare the kitchen and ingredients before a cooking session
- Use and clean a kitchen space, tools and equipment for a healthy cooking environment
- Store and package food and leftovers in a safe and healthy manner

What are the entry requirements?

- This course is open for beginners
 - We use Google Suite for Education to record your learning journey. If you are a new learner with us, we will create an account for you. Details will be sent to your personal email so please check your inbox and spam regularly prior to course start.
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What do I need to bring with me?

- Apron
 - Paper and a pen to take notes
 - *We will follow a set of given recipes. If you have allergies or specific dietary requirements, inform your tutor in the first session and we will do our best to accommodate.*
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How will my learning be assessed?

This is a non-accredited course with the intent to benefit lifelong learning. Your tutor will give you regular verbal and written feedback to support your progression. You will submit your course work and track your learning in Google Classroom. You will participate in group discussions and receive guidance.

To successfully complete the course your attendance should be a minimum of 85% and course work should be completed by the end of the course. **Please note that the first session is an induction to the course and the centre, so it is therefore essential that you attend.** If you for any reason are unable to attend, please let us know and ensure that you read through the induction slides located in your Google Classroom and complete any related tasks.

What can I do after completing this course?

- At the end of the course your tutor will advise you on your possible next steps.
 - You can call us to find out about upcoming courses on 020 8583 6000
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Information, advice and guidance for employment

- Call 020 8583 6174 to speak to an advisor
- Email work@hounslow.gov.uk
- Visit <http://www.hace.ac.uk/employment-support>

