

Macrobiotic Cooking for a Healthy Lifestyle

| Course Code | Venue & Contact Details | |
|-----------------|-------------------------|----------------------------------------------------------------------|
| MM699BLA | 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 | 06.11.2021 | 04.12.2021 | 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

This course introduces you to the concept of a macrobiotic diet and a few easy recipes that you can repeat at home. The gut microbiome plays a very important role in your health by helping control digestion and benefiting your immune system and many other aspects of health. An imbalance of microbes in the gut may affect your general health. The course will take place at our equipped learning 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:

- Identify what *microbiome* means and where does it come from
- Differentiate between probiotics and prebiotics and understand what difference it makes in your diet
- Know what foods to include in a macrobiotic diet and which ones to avoid
- Cook 5 quick and easy, gut friendly recipes
- Prepare, use and clean a kitchen space, tools and equipment for a healthy cooking environment

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
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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>
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