



## Course details

### Course title

Cooking for Wellbeing

### Course code

Q00016927

### Course date

Start: 16/01/25

End: 06/03/25

### Number of classes

7 sessions

### Timetable

Thu 16th Jan, 9:00 to 12:00

Thu 23rd Jan, 9:00 to 12:00

Thu 30th Jan, 9:00 to 12:00

Thu 6th Feb, 9:00 to 12:00

Thu 13th Feb, 9:00 to 12:00

Thu 27th Feb, 9:00 to 12:00

Thu 6th Mar, 9:00 to 12:00

### Tutor

Tracey Sweetman

### Fee range

Free to £88.20

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

## **Venue**

Mount Pleasant School (Southampton)  
Mount Pleasant Road  
Newtown  
Southampton  
SO14 0WZ

## **Level of study**

Beginners

## **Course overview**

Explore how cooking can improve your mental and physical health with this course. Learn nutritious recipes, meal planning, prepping techniques, and smart shopping tips. Discover how to make healthy, budget-friendly choices that enhance your wellbeing. Understand the connection between food and mood, and enjoy making healthy choices in a supportive environment.

## **Course description**

Welcome to Cooking for Wellbeing! This course is designed to help improve both mental and physical health through the art of cooking. You will learn a variety of nutritious recipes, essential meal planning skills, and fundamental cooking techniques aimed at promoting overall wellbeing. Throughout the course, we will explore the connection between food and mood, understanding how our food choices can affect how we feel and function. You will be amazed to learn about foods which promote feeling good as well as those foods that leave you feeling sluggish. You will discover practical tips for making healthy eating enjoyable and sustainable in your daily life, effortlessly. In our supportive environment, you will have the opportunity to engage actively, sharing experiences and learning from each other's culinary journeys from all around the world. Whether you are new to cooking or looking to expand your culinary skills, this course offers you a space in a calm amazing environment to cultivate a healthier relationship with food. Join us on this journey to discover the joys of cooking for wellbeing and empower yourself with the knowledge and skills to make informed and nutritious food choices for a healthier lifestyle.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/cookery/16-january-cooking-wellbeing>