



Course details

Course title

Cooking Practical: Cooking for Pleasure

Course code

Q00017179

Course date

Start: 07/01/25

End: 01/04/25

Number of classes

12 sessions

Timetable

Tue 7th Jan, 9:30 to 13:30

Tue 14th Jan, 9:30 to 13:30

Tue 21st Jan, 9:30 to 13:30

Tue 28th Jan, 9:30 to 13:30

Tue 4th Feb, 9:30 to 13:30

Tue 11th Feb, 9:30 to 13:30

Tue 25th Feb, 9:30 to 13:30

Tue 4th Mar, 9:30 to 13:30

Tue 11th Mar, 9:30 to 13:30

Tue 18th Mar, 9:30 to 13:30

Tue 25th Mar, 9:30 to 13:30

Tue 1st Apr, 9:30 to 13:30

Tutor

Rebecca Williams

Fee range

Free to £201.60

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

Sacred Heart Church Hall
8 Townsend Road
Minehead
TA24 5RG

Level of study

Beginners

Course overview

The purpose of the course is to promote your confidence and independence through cooking. The course is to teach that cooking can be fun and rewarding. The sessions will involve preparing and cooking various foods and dishes using a variety of techniques and methods. They will follow a range of recipes that use different methods to weigh and measure quantities using a combination of weighing scales, measuring spoons and measuring jugs. There will be an opportunity to try different ways to prepare and cook food such as, baking, boiling and grilling, together with using the hob, oven, grill, and a microwave.

Course description

The aim of the course is to teach that cooking can be fun and rewarding. You will be encouraged to work together and individually to prepare and cook a range of sweet and savoury foods. In the process, you will learn different skills and techniques to prepare and cook the foods and dishes. You will follow a range of recipes that involve a variety of ways to weigh and measure ingredients out. For example, you will be using weighing scales, cups, and measuring spoons. You will learn how to cook your food in different ways, such as using the oven, the hob, or the grill. You will also get to experience using a microwave to cook. During the course, you will discuss your choices with the tutor and the rest of the group. There will be the opportunity each week for the group and for individuals to suggest and choose what they would like to cook the next week. You will be asked what thought about each of your makes, considering the different textures and flavours of the foods and dishes, in order to say what you liked and did not like. You will need to give reasons behind your choices and which is your favourite.

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.

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