



## Course details

### Course title

Cooking Practical: Cooking for Summer

### Course code

Q00017180

### Course date

Start: 22/04/25

End: 22/07/25

### Number of classes

13 sessions

### Timetable

Tue 22nd Apr, 9:30 to 13:30  
Tue 29th Apr, 9:30 to 13:30  
Tue 6th May, 9:30 to 13:30  
Tue 13th May, 9:30 to 13:30  
Tue 20th May, 9:30 to 13:30  
Tue 3rd Jun, 9:30 to 13:30  
Tue 10th Jun, 9:30 to 13:30  
Tue 17th Jun, 9:30 to 13:30  
Tue 24th Jun, 9:30 to 13:30  
Tue 1st Jul, 9:30 to 13:30  
Tue 8th Jul, 9:30 to 13:30  
Tue 15th Jul, 9:30 to 13:30  
Tue 22nd Jul, 9:30 to 13:30

### Tutor

Rebecca Williams

### Fee range

Free to £218.40

## **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 this course is to promote your confidence and independence through cooking. This course is about learning what is meant by seasonal summer foods and dishes. The course will explore a range of savoury and sweet foods and dishes associated with the summer months. You will look at why these foods and dishes are seen as summer foods. For example, you will look at vegetables and fruit grown and harvested in the summer and why the fruit and vegetables work so well to be eaten at this time of year. There will be weekly opportunities to prepare summer dishes.

## **Course description**

This course is designed to explore the taste and textures of different summer seasonal foods, through preparing and cooking different foods and dishes associated with the summer months, both in Britain and around the rest of the world. Each week you will get a chance to prepare and cook. You will be encouraged to work in pairs, as a group, or individually to prepare and cook the foods and dishes. You will also research and learn about what is meant by seasonal summer foods. You will research what foods and dishes are associated with summer. You will have the opportunity to try the different textures and flavours of the foods and dishes you have prepared. For example, dishes made from vegetables and fruit that are grown and harvested in the summer months will be used in cooking. You will take part in researching what foods are grown and eaten during the summer months both in Britain and other countries around the world and to discuss the type of food and dishes you like to eat at this time of year and why you enjoy them. You will be encouraged to suggest different dishes to be prepared.

## **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/22-april-cooking-practical-cooking-summer>