

Course details

Course title

Cooking Practical: Introduction to Cookery

Course code

Q00017369

Course date

Start: 25/09/24

End: 11/12/24

Number of classes

12 sessions

Timetable

Wed 25th Sep, 10:00 to 13:00

Wed 2nd Oct, 10:00 to 13:00

Wed 9th Oct, 10:00 to 13:00

Wed 16th Oct, 10:00 to 13:00

Wed 23rd Oct, 10:00 to 13:00

Wed 30th Oct, 10:00 to 13:00

Wed 6th Nov, 10:00 to 13:00

Wed 13th Nov, 10:00 to 13:00

Wed 20th Nov, 10:00 to 13:00

Wed 27th Nov, 10:00 to 13:00

Wed 4th Dec, 10:00 to 13:00

Wed 11th Dec, 10:00 to 13:00

Tutor

Paul Keller

Fee range

Free to £126.00

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

Keyham Green Places (Plymouth)

163 Renown Street

Plymouth

PL2 2DT

Level of study

Beginners

Course overview

Cooking homemade food doesn't have to be difficult or expensive. Learn how to feed the whole family with tasty and affordable meals in this cooking on a budget course. This is an introduction session to cooking simple foods that are both healthy, nutritious and cost effective. This course is ideal for you if you'd like to learn how to cook homemade meals on a reduced budget. Join our friendly tutor at the Keyham Green Places in Plymouth for a course aimed at all levels. All equipment is supplied.

Course description

You may eat the food cooked, take home any food you make or donate it to our food bank!

We will:

*Prepare a low cost hearty meal while learning basic food and hygiene.

*Display cutting vegetables safely.

*Examine safe cooking temperatures.

*Evaluate and score food cooked.

*Understand about food that is good for your heart.

It is a chance to share cooking ideas, learn new things and chat with like minded people in a friendly atmosphere. A fun but practical cooking course without hundreds of expensive ingredients needed to cook!

Cooking tools are provided but bring a clean plastic container to take extra food cooked home to eat. Bring an apron if you have one but we have spare.

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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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