



## Course details

### Course title

Cooking Practical: Introduction to Cookery

### Course code

Q00017024

### Course date

Start: 18/09/24

End: 18/09/24

### Number of classes

1 sessions

### Timetable

Wed 18th Sep, 10:00 to 16:00

### Tutor

Paul Keller

### Fee range

Free to £25.20

### 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

Keyham Green Places (Plymouth)

163 Renown Street

Plymouth

## **Level of study**

Beginners

## **Course overview**

Begin your culinary journey with our Introduction to Cookery course. Learn fundamental cooking techniques and create delicious, nutritious meals. Ideal for beginners looking to develop their kitchen skills and confidence.

## **Course description**

Introduction to Cookery is designed for individuals with little or no experience in cooking who want to learn the basics of preparing delicious and nutritious meals. This course covers fundamental cooking techniques, including knife skills, basic cooking methods (such as boiling, frying, and roasting), and understanding ingredients. Participants will learn how to create simple dishes, understand flavour combinations, and follow recipes. The course includes hands-on cooking sessions, demonstrations, and practical tips for meal planning and preparation. Emphasis is placed on using fresh, seasonal ingredients and creating balanced, healthy meals. By the end of the course, participants will have gained the confidence and skills needed to cook a variety of dishes and enjoy the process of preparing food. This course is ideal for beginners looking to develop their culinary skills and create delicious meals at home.

## **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/18-september-cooking-practical-introduction-cookery>