

Healthy Adult Cookery 4 Medway Adult Edu

If you are aged 19 + and want to develop your cookery skills, then this is the course for you.



Join our tutor in our professional teaching kitchen at the medway Learning & Skills Hub.

All ingredients are provided, please bring your own apron and a container to take your cooking home

Start Date: 29 September 2025
Start Time: 13:00
Lessons: 1
Weeks: 1
Hours: 2.00

Venue

Medway Learning and Skills Hub
Unit 2
Britton Farm Street
ME7 1GX

What Will I Learn On This Course?

Learners will:

1. Develop food preparation skills
2. Follow a recipe
3. Create at least 1 dish

Is This Course Suitable For Me?

Suitable for independent adult learners

Is There Anything Else I Need To Know About This Course?

No open toed shoes in the kitchen.

Long hair must be tied back, please bring your own hair ties.

All tools and resources are provided for learner use. All ingredients are provided, please bring your own apron and a container to take your cooking home.

Will There Be Additional Costs?

All ingredients are provided, please bring your own apron and a container to take your cooking home.

What Could I Go On To Do After This Course?

Your tutor can talk to you about other subject related course available.

Medway Adult Education works with many partners locally such as medway School of Art and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide - range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester centre and again on Moodle. Your tutor will be able to talk through with you and your individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400.

What Is The Attendance Policy?

This is a single session.

If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

Health & Safety

Health and Safety Disclaimer

By participating in the cooking class, you accept that you understand that cooking involves potentially hazardous tools and equipment and that such activity carries the risk of injury. You understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a practical activity, and you will need to be suitably dressed, you will need protect your work surface and be mindful of the correct Health & Safety processes. MAE is not responsible for damage to your items.

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