

Cooking Skills - healthy eating - Support

Our aim is to develop supported learners' cooking skills alongside their independence in the kitchen. We will be looking at healthy living, balanced meals, kitchen hygiene and food safety. The course includes entry maths skills such as measuring, weighing, counting, shape and number.

This course is an excellent opportunity to improve your cooking, independent living and maths skills all at the same time. It is good for people who want to further develop their ability to prepare simple healthy recipes and improve skills in the kitchen. It is also good if you enjoy cooking or would like to become more independent in the kitchen.

Start Date: 07 October 2024
Start Time: 10:00
Lessons: 24
Weeks: 24
Hours: 48.00

Learners must have completed an initial assessment interview before enrolling.

Venue

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

What will I learn on this course?

Learners will:

1. Develop their ability to prepare at least 15 simple recipes.
2. Demonstrate how to effectively use measuring tools to prepare ingredients for at least 3 recipes.
3. Illustrate a good understanding of kitchen safety to identify hazards in the kitchen and how to keep the kitchen clean and hygienic.

Is this course suitable for me?

This course is suitable for adults with learning difficulties or disabilities.

Learners must be able to follow simple instructions and be ready to work as part of a group and individually. They must be able to cope in a classroom environment and a potentially busy centre. If learners have unpredictable behaviours or potentially aggressive or violent tendencies that can be triggered by the learning environment, then they may not be suitable for these courses.

An initial assessment will be needed for all learners to establish their best starting point and what support we can provide. Please call 01634 338400 and ask to book a Supported Learning pre-course meeting/ assessment.

Please note that it will be essential to have all relevant information from carers / support workers to be able to support learners. However, if we find that we are unable to support the learner safely we reserve the right to withdraw the learner.

Is there anything else I need to know about the course?

You will need to have had an initial assessment for 24/25 before you join this class to make sure that the class is suitable for you.

If you wish to have a carer or communication worker present in the classroom, then that will be fine, but we will need to know in advance so that we can make sure that there will be enough space for everyone in the classroom.

If you wear glasses, please remember to bring them with you.

Cooking can be a little messy so you will need to bring a clean apron with you to every session.

It is important that you don't mind getting your hands a little messy and you will need to wash your hands regularly.

You will be expected to take part in helping to clean up after yourself as this is an important part of being in the kitchen and working independently.

Please ensure that you and any accompanying carer wears closed toed shoes for health and safety reasons.

You will need to be able listen to your tutor and follow instructions about health and safety.

What could I go on to do after this course?

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

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.

Attendance Policy

In order to get the most out of your course you will need to attend as many sessions as possible. We recommend at least 85%. If you do have a holiday booked during term time, please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know.

Health and Safety

By participating in this class, you will need to listen to the tutor and learning support assistant and follow the rules of the kitchen to make sure you and everyone else is safe.

You must wear closed toed shoes and an apron when cooking. Long hair must be tied back.