

Course Description and Outline

Course Title	Healthy Cooking on a Budget		
Level of Course	All Levels	Course Code	C5095
Duration in Weeks	5 Weeks		
Brief Description of Course	<p>This course provides students with the guidance and instruction they need for making easy-to-cook meals that are full of flavour, nutritious and achieved on a budget.</p> <p>Each week you will cook healthy meals using fresh ingredients. We will help you discover that creating a healthy and balanced meal can be fun, cost effective and most importantly delicious.</p>		
Entry Requirements	<p>No entry requirements are necessary.</p> <p>You will discuss your own learning goals with the Tutor and what you want out of the course.</p>		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Use a range of kitchen equipment to cut, chop, mix, process, blend and beat to achieve effective results during the cooking process.		
2	Understand how to combine various ingredients appropriately to achieve good results in cooked product; as regards to taste, texture and flavour.		
3	Attempt to change behaviour to improve nutrition, e.g. eating fewer takeaways or ready meals, changing cooking habits to reduce salt, fat or sugar, and eating more fruit and vegetables		
4	Have the confidence, basic skills and techniques required to prepare and cook a range of nutritious meals using a recipe for guidance.		
5	Have a general understanding of good food hygiene and health & safety applicable to a kitchen environment and all preparation and cooking of food.		
Equipment Required What will I need to bring to class?	<p>Bring with you a large food safe container (size relevant to what is being made). Ask your Tutor for guidance. Do not forget to bring a large shopping bag.</p> <p>Bring a note pad and pen.</p>		
What courses can I go on to?	<p>Your tutor will be able to assist you with accessing local healthy eating/lifestyle programmes within the community.</p> <p>You may wish to enrol on other courses held at Idea Store Learning. Please see a course guide for further information or speak with your tutor.</p> <p>Your tutor will support you in researching these and other courses outside of Idea Store Learning.</p>		

What examination or assessment will there be and what will it involve?

At the beginning of the course an initial assessment takes place to identify your level of experience knowledge or current skills.

The tutor will carry out informal assessments to check your understanding, there is no exam.

You will complete a self-assessment at the beginning, middle and end of the course and you will participate in regular self assessment.

Your tutor will let you know how you are getting on throughout the course, to help you work to your full potential.

At the end of the course you will receive written feedback.

How will I know I am making progress?

You will have an 'Individual Learning Plan' where the course learning outcomes are shown and where you can set individual learning goals and monitor your own progress against these.

You will need to evaluate your own progress and manage your time.

Your tutor will give ongoing feedback and will keep you informed of your progress.

Is there anything else I need to know?

To maximise your chances of benefiting from the course fully we expect you to attend **all** scheduled sessions and that you do so **punctually** and are ready to start learning at the start of the class.

What if I want extra support?

Come and see one of our experienced and friendly advisors. For further information, email ideastore@towerhamlets.gov.uk and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

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