

## Course details

**Course title**

Fresh Family Food

**Course code**

Q00015012

**Course date**

Start: 23/04/24

End: 25/06/24

**Number of classes**

8 sessions

**Timetable**

Tue 23rd Apr, 9:30 to 11:30

Tue 30th Apr, 9:30 to 11:30

Tue 14th May, 9:30 to 11:30

Tue 21st May, 9:30 to 11:30

Tue 4th Jun, 9:30 to 11:30

Tue 11th Jun, 9:30 to 11:30

Tue 18th Jun, 9:30 to 11:30

Tue 25th Jun, 9:30 to 11:30

**Tutor**

Rupa Marwaha

**Fee range**

Free to £67.20

**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**

Nunsmoor Centre (Newcastle Upon Tyne)  
Studley Terrace  
Newcastle Upon Tyne  
NE4 5PA

## **Level of study**

Level 1

## **Course overview**

Mealtimes are a great way to bring the family together. They're also the perfect opportunity to build healthy habits as a family and teach future generations to make nutritious food choices. Learn to prepare tasty wholesome meals for all the family in this healthy cooking course. This course will teach you how to incorporate healthy options into your cooking plan. Get ideas for cooking fresh food and explore new ways to prepare vegetables and salads. Learn how to understand nutritional information so that you can make better choices when shopping.

## **Course description**

Healthy eating courses teach you practical tips to live and eat better. As a group, we will brainstorm simple recipe ideas that make use of fresh products. Learn how to store food correctly to reduce waste. Gain awareness of nutritional values when meal planning. Consider how batch cooking can help you reduce time spent in the kitchen.

This course is useful for anyone who wants to learn to cook healthy meals from scratch.

Depending on your needs, there are various study options after this course.

If you want to learn how to save money, you can take the cooking on a budget course. You can also take another cooking class if you want to expand your repertoire of nutritious recipes.

The WEA is a supportive learning environment. Your tutor will guide you through your learning and help you choose the right next steps for you.

You'll need access to the internet to take this course. Our tutors use the WEA's digital learning portal, Canvas, to send you important information and tasks.

Most of our courses are free for most of our learners. Please note that you need to get to the end of the enrolment process to see the discounts.

## **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/23-april-fresh-family-food>