

Course details

Course title

Cooking Practical: Learning to Cook-Life Skills

Course code

Q00017063

Course date

Start: 23/10/24

End: 11/12/24

Number of classes

7 sessions

Timetable

Wed 23rd Oct, 9:30 to 12:30

Wed 6th Nov, 9:30 to 12:30

Wed 13th Nov, 9:30 to 12:30

Wed 20th Nov, 9:30 to 12:30

Wed 27th Nov, 9:30 to 12:30

Wed 4th Dec, 9:30 to 12:30

Wed 11th Dec, 9:30 to 12:30

Tutor

Tracey Sweetman

Fee range

Free to £88.20

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

Mount Pleasant School (Southampton)
Mount Pleasant Road
Newtown
Southampton
SO14 0WZ

Level of study

Beginners

Course overview

Welcome to the Learning to Cook Life Skills Course! This course is perfect for beginners who want to learn essential cooking skills. You will learn how to prepare simple and healthy meals. We will teach you basic cooking techniques, such as chopping, boiling, and frying. You will also learn how to read recipes, measure ingredients, and use kitchen tools safely. Our friendly tutor will guide you through each step. By the end of the course, you will be able to cook delicious meals for yourself and your family. Join us and gain the confidence to cook at home! This course is only for those who are living in Southampton.

Course description

Learning to Cook -Life Skills Course is designed for beginners who want to gain essential cooking skills and learn how to prepare simple, healthy meals at home. In this course, you will start with the basics of cooking. You will learn essential techniques such as chopping, slicing, boiling, frying, and baking. We will teach you how to read and follow recipes, measure ingredients accurately, and use various kitchen tools and appliances safely. Throughout the course, you will practice making a variety of dishes, including breakfast, lunch, dinner, and snacks. You will also learn about meal planning, nutrition, and how to create balanced meals. Our tutor will provide tips on choosing fresh ingredients and how to store them properly. Each session will include a hands-on cooking activity where you can practice what you've learned. Our friendly and experienced tutor will guide you step-by-step, offering personalised tips and advice to help you improve your cooking skills. By the end of the course, you will have the confidence and ability to cook delicious meals for yourself and your family. You will also have a collection of easy and nutritious recipes to try at home. Join us and discover the joy of cooking!

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-october-cooking-practical-learning-cook-life-skills>