



Course details

Course title

Conversation with Cooking

Course code

Q00027624

Course date

Start: 12/11/26

End: 14/01/27

Number of classes

8 sessions

Timetable

Thu 12th Nov, 9:30 to 12:30

Thu 19th Nov, 9:30 to 12:30

Thu 26th Nov, 9:30 to 12:30

Thu 3rd Dec, 9:30 to 12:30

Thu 10th Dec, 9:30 to 12:30

Thu 17th Dec, 9:30 to 12:30

Thu 7th Jan, 9:30 to 12:30

Thu 14th Jan, 9:30 to 12:30

Tutor

Tracey Sweetman

Fee range

Funding available - £192.00

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

Clovelly Centre (Southampton)
60-68 Clovelly Road
Southampton
SO14 0AU

Level of study

Beginners

Course overview

This course is funded by the Department for Education and only open to residents living in non devolved authorities. Conversation with Cooking is a 12 session ESOL course designed to build confidence, wellbeing and communication skills through the theme of everyday cooking. Each two hour class focuses on speaking and listening activities where learners share cooking advice, explore healthy recipes and talk about food from different cultures. Learners practise useful vocabulary, follow simple instructions and take part in supportive conversations about ingredients, meal preparation and healthy eating. The course promotes social connection, confidence building and positive wellbeing by encouraging learners to share experiences, learn new dishes and enjoy communicating in English in a relaxed, friendly environment.

Course description

Conversation with Cooking is a 12 week ESOL course that supports adult learners to improve their English speaking and listening skills while exploring healthy, everyday cooking. Each session uses simple recipes, food vocabulary and real life kitchen language to help learners communicate more confidently. Learners take part in guided conversations, pair work and group discussions where they share cooking advice, describe ingredients, talk about healthy meals and explain simple cooking steps. The course encourages learners to explore nutritious recipes, discuss wellbeing through food choices and build confidence in expressing their ideas in English.

Reading and writing tasks are included in a supportive way to help learners understand short recipes, follow basic instructions and write simple notes or lists connected to healthy cooking. Learners also develop strategies for clearer communication, such as asking for repetition, checking understanding and using visual cues.

The course promotes wellbeing by creating a friendly, inclusive space where learners can connect with others, share cultural dishes and learn new cooking ideas that support healthy living. It is suitable for all ESOL learners and those preparing to progress to accredited ESOL Skills for Life qualifications. By the end of the course, learners will feel more confident using English in everyday situations and more aware of healthy cooking habits.

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/esol/12-november-conversation-cooking>