



Course details

Course title

Foundations in Healthy Living (Cooking & Nutrition)

Course code

Q00027622

Course date

Start: 10/09/26

End: 05/11/26

Number of classes

8 sessions

Timetable

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

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

Thu 24th Sep, 9:30 to 12:30

Thu 1st Oct, 9:30 to 12:30

Thu 8th Oct, 9:30 to 12:30

Thu 15th Oct, 9:30 to 12:30

Thu 22nd Oct, 9:30 to 12:30

Thu 5th Nov, 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. This course introduces you to the basics of healthy living through cooking and nutrition activities. You will learn how to make easy meals and snacks, understand healthy food choices, and use kitchen equipment safely. Each session includes step-by-step demonstrations, hands on cooking, and supportive guidance to build your confidence. By the end of the course, you will be able to prepare simple, healthy recipes, understand key food groups and make small changes for a healthier lifestyle.

Course description

Would you like to feel more confident in the kitchen and learn how to eat more healthily without spending a lot of money? This beginner's course is designed especially for learners who want to build everyday cooking skills and understand the basics of good nutrition. You don't need any previous experience, just a willingness to learn.

Throughout the course, you will explore what healthy eating means in simple, practical terms. Using easy-to-follow recipes, you'll learn how to chop, mix, cook, and prepare meals safely. We will look at the main food groups, how to spot healthier choices, and how small changes can make a big difference to your wellbeing. You will also learn basic kitchen safety, how to use common equipment, and how to prepare quick, balanced meals suitable for busy lives.

Each session includes demonstrations, hands-on cooking, and visual guides to help you learn step by step. You can take part online from your own home.

By the end of the course, you'll have the skills and confidence to make simple, healthy dishes and feel more comfortable cooking for yourself or your family.

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.

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