



Course details

Course title

Foundations in Healthy Living (baking)

Course code

Q00027568

Course date

Start: 07/09/26

End: 16/11/26

Number of classes

10 sessions

Timetable

Mon 7th Sep, 12:30 to 15:00

Mon 14th Sep, 12:30 to 15:00

Mon 21st Sep, 12:30 to 15:00

Mon 28th Sep, 12:30 to 15:00

Mon 5th Oct, 12:30 to 15:00

Mon 12th Oct, 12:30 to 15:00

Mon 19th Oct, 12:30 to 15:00

Mon 2nd Nov, 12:30 to 15:00

Mon 9th Nov, 12:30 to 15:00

Mon 16th Nov, 12:30 to 14:00

Tutor

Jane Perrin

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

Whitehawk
Whitehawk Road
Brighton and Hove
BN2 5NS

Level of study

Entry Level

Course overview

This course is funded by the Department for Education and only open to residents living in non devolved authorities. The course Foundations in Healthy Living (Baking) will help you develop healthier eating habits and greater confidence in preparing nutritious baked foods. It is suitable for all baking skill levels, and learners are encouraged to work at their own pace. You will explore how baking can support wellbeing by using balanced ingredients, reducing sugar and fat, and making simple, healthy swaps. The course promotes practical kitchen skills, improved food awareness, and confidence in creating healthier meals at home. By the end, you will have developed the knowledge and techniques needed to support a more balanced, health?focused lifestyle through baking.

Course description

Foundations in Healthy Living (Baking) is a practical, supportive course designed to help you build healthier eating habits through hands?on baking. Across six 4?hour sessions, you will explore how small changes in ingredients and techniques can make everyday bakes more nutritious without losing enjoyment. The course is suitable for all skill levels, and you are encouraged to work at your own pace.

You will learn how to reduce sugar, fat and salt in familiar recipes, how to incorporate wholegrains, fruits and vegetables, and how to make simple swaps that support long?term wellbeing. Alongside baking, you will develop a better understanding of food labels, portion sizes and how homemade food can contribute to a balanced lifestyle.

Sessions combine demonstrations, guided practice and group discussion, helping you build confidence in the kitchen while exploring how healthier baking can support mood, energy and overall wellbeing. By the end of the course, you will have developed practical skills, healthier routines and the confidence to create nutritious baked

foods at home.

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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