



Course details

Course title

Preparing Food Safely for Children and Young People

Course code

Q00027582

Course date

Start: 08/12/26

End: 08/12/26

Number of classes

1 sessions

Timetable

Tue 8th Dec, 9:30 to 15:30

Tutor

TBC T.B.C

Fee range

Funding available - £48.00

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

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. This short 6-hour course introduces adults to the essential principles of preparing food safely for children and young people. Across three practical sessions, learners explore how to store, handle and prepare food correctly, reduce the risk of illness, and create healthy, age-appropriate meals. The course covers kitchen hygiene, safe cooking temperatures, avoiding cross-contamination, understanding allergies, and adapting food for different ages and needs. Through demonstrations, discussion and hands-on activities, learners build confidence in preparing safe, nutritious meals that support children's health and wellbeing.

Course description

Preparing Food Safely for Children and Young People is a practical 6-hour introductory course designed to help adults understand how to prepare meals safely and confidently for children of different ages. Delivered over three 2-hour sessions, the course focuses on the essential food safety practices that reduce the risk of illness and support children's health.

Learners explore key topics such as kitchen hygiene, safe food storage, correct cooking temperatures, and how to avoid cross-contamination. The course also covers recognising and managing food allergies, understanding high-risk foods, and adapting meals for babies, toddlers and older children. Practical demonstrations and hands-on activities help learners apply safe techniques in real-life situations.

In addition to safety, the course introduces simple guidance on preparing healthy, balanced meals that support children's growth and wellbeing. Learners are encouraged to share experiences, ask questions and build confidence in their ability to prepare food safely at home.

By the end of the course, adults will feel more prepared to create safe, nutritious meals, understand common risks, and support the health of the children and young people in their care.

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.

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