



### Improve Your Cooking

#### What is the course about?

This course is a follow on course for those who have already attended the Learn To Cook course and want to further develop their confidence and skill in cooking, healthy eating & nutrition.

#### What will I learn?

Health & hygiene in the kitchen (storage, fridge temps etc)  
Further develop awareness of healthy eating  
Budgeting for meals  
Timing, accuracy alongside, more advanced kitchen skills  
Team work  
Follow more complex recipes  
Designing your own recipe

#### Entry Requirements

Learners will need to be confident in the kitchen and ideally will have attended the Learn To Cook course.

#### What will I need to bring with me?

A container to take your food home in, you may wish to bring your own apron.

#### How will I learn?

The focus will be on practical cooking sessions, working to a different recipe each week. What we cook will be agreed as a group and chosen to develop basic food preparation and cooking skills. There will also be discussion on healthy eating and cooking on a budget. You will work with the tutor to recognise your existing skills, self assess your progress and identify areas for improvement.

#### How will my learning be assessed?

Q&As, self assessment, questionnaires and observation

#### What qualifications will I get?

N/A

#### Are there any extra costs?

We ask you to contribute £1 per session towards the cost of ingredients.

#### What can I do next?

Certificates in food hygiene and general cooking are available from the Leicester Adult Skills and Learning Service. Courses in Catering and Hospitality are also taught at Leicester College. Please ask your tutor for more information..