



Learn to Cook

What is the course about?

The course is for people with very little confidence and experience of cooking. It focuses on teaching you the basic cooking techniques, learning “how to cook on a budget” and healthy eating. Practical sessions in the kitchen will enable you to create and bring home delicious nutritious meals on a budget.

What will I learn?

- A wide range of cooking techniques
- How to work in the kitchen in a safe way
- How to follow recipes, including accuracy in measuring and timing
- Budgeting for meals
- Awareness of healthy eating

Entry Requirements

No previous experience or qualifications required. Please let us know before you start if you have any allergies to food or special dietary requirements.

What will I need to bring with me?

A container to transport 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 introduce 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&A, self assessment 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?

You could progress to the Remit Improve Your Cooking course. 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.