

Who is the course for?



Do you have a learning Disability?

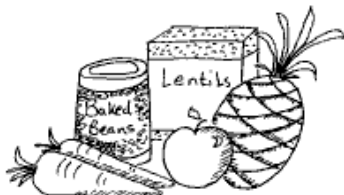
This is a negotiated course, which is non accredited. It is delivered in a community venue.

The time and length of class is flexible. The delivery of the classes will be based on the needs of the learners and entry to the course can be obtained by ringing the contact number below.

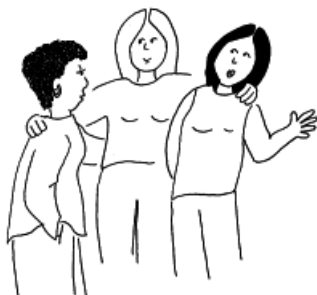
This course is suitable for people who are interested in learning about healthy eating and cooking skills.



Would you like to plan and prepare meals and snacks?

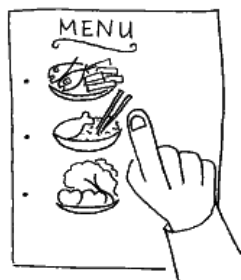


Learn about healthy eating?



Work as a group?

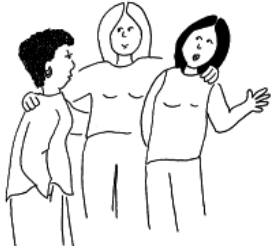
What will you learn?



How to plan and prepare healthy meals on a budget



Why a balanced diet is important

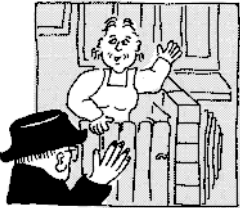


How to work together as a group

What you can do next:



Learn more about cooking and eating



Learn how to be safe in the home



Undertake a basic food hygiene qualification

Other:

A small weekly charge is made for ingredients

Learners will get the opportunity to eat what they have made at the end of the session

Additional information:

The Neighbourhood and Learning Service provides additional support and specialist equipment to learners, please discuss any additional learner support needs when you enrol.

'All pictures used are from CHANGE www.changepeople.co.uk.'