

Course Information Sheet 2025/26 Foundation Qualification Course

Course title:	Introduction to a Healthier Way to Cook.		Code: B201
Tutor:	Sarah Turnock		
Day & Time:	Tuesday 10.00am – 12.00pm		
Start & End Dates:	Term 1 07/10/25-21/10/25 04/11/25-02/12/25	Term 2 13/01/26-10/02/26 24/02/26-24/03/26	Term 3 21/04/26-19/05/26 02/06/26-30/06/26
Number of sessions:	8	10	10
Venue:	Bury Adult Learning Centre		Room No: 1
Learner numbers:	Minimum	Maximum	
	6	8	
Costs:	Full Fee	Discounted Fee	
	£245.40	Free	

What will I learn on this course?

This course is perfect if you want to learn about healthier ways to cook and eat. This course will motivate you to cook healthily using the new cookery methods and styles that you will learn.

By the end of the course, you will be able to:

- Know basic hygiene rules in the kitchen.
- Select ingredients and make a meal.
- Prepare ingredients.
- Be aware of safety measures using the utensils and cooker.
- Understand the benefits of healthy eating.
- Be aware of safety factors using different methods of cooking.
- Use different cooking methods and which are healthier and why.

The course is Entry Level 3 accredited by Open Awards.

Additional information

This is a course is ideal for learners with sensory, physical or learning impairments. The learners may be described as neurodivergent or with mental health conditions. Additional support will be within the class if needed. A pre course interview is required. Please contact Learner Services on 0161 253 5772 to arrange this.

Before you enrol on a course, advice and information is available to help you decide on the right course for you. Contact Learner Services on 0161 253 7501 or e-mail at learner.services@bury.gov.uk.

Please bring proof of identity to your first session – see page 3 for details.

What will be expected of me?

- Attend sessions and be willing to work as part of a group. programme. During the course you will build up a portfolio of work, which may include photos and video.
- A commitment to learn and regular punctual attendance.

What will I need to provide myself?

Please check the class is running before buying anything.

You will need a file, suitable writing materials and paper. You will need to bring a tub in to take your food home in and an apron, you must bring this every week.

What could I do next?

Your tutor will be able to advise on the options available to you in their subject. If you would like to speak to someone about moving on, please ask your tutor to refer you to Learner Services or contact them directly on 0161 253 7501 or email learner.services@bury.gov.uk.

Can I get extra help?

Support with English and Maths is available. Please ask for details when you attend your interview with Learner Services.

Help with paying for your course

This course **may** be free if you are unemployed and claim benefits and want to be employed or progress into more sustainable employment. You may also qualify for a free course if you are working and on a low wage. Please enquire at the time of enrolment.

Please see the course guide for more information or ask at the time of enrolment. You will be asked to produce evidence to qualify for free provision or sign to say what benefits you are claiming and that you are seeking work.

If you are enrolling on a course which leads to a qualification and are finding it difficult to pay your exam fees or need financial help with childcare, small items of equipment or some travel cost, you may qualify for help from the Learner Support Fund. Ask at the Bury Adult Learning Centre office for a form or ring Learner Services on 0161 253 7501.

If you have been mandated on to a course by Job Centre Plus you may not be able to get help from this fund.

How to enrol

Phone: 0161 253 5772

Call into: Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ

Please keep your copy of this information sheet. It will be useful throughout your course.

Proof of Learner Identity

All certificated courses require you to show proof of your personal identity. Please bring the relevant IDs on the **first day** of the course. Refer to the list below.

List of documents to show proof of learner identity

To comply with the new exam board regulation, you will be required to show proof of your identity before you could sit for a formal assessment.

All Learners must bring proof of identity to the first session.

You are required to provide either:

- **One** item from the first list; or
- **Two** items from the second.

List 1: One item required

- Passport.
- EC identity card.
- Full driver's licence (with photo).

List 2: Two of the following which are currently in use, are required

- Standard acknowledgement letter (held by people seeking asylum).
- Rent book/tenancy agreement.
- Current credit card or charge card.
- Bank or Building Society book.
- Letter showing home address.
- Full driver's licence (non-photo).
- ES40 and JSA agreement.
- Medical card.
- Services identity card.
- Household Utility bills.
- Bail sheets.
- Original birth certificate.
- Marriage certificate.
- Senior Citizen travel-pass with photograph.
- Any other form of ID.

If you have any questions, please discuss them with your tutor on the first session of the course.