

Course Information Sheet 2024/25 Foundation Non-Qualification Course

Course title:	Easy and Healthy Cooking				Code: B221Z		
Tutor:	Sarah Turnock						
Day & Time:	Tuesday 12:45 – 3pm						
Start & End Dates:	Term 1		Term 2		Term 3 22/04/25 - 01/07/25		
Number of sessions:					10		
Venue:	Bury Adult Learning Centre				Room No: 1		
Learner numbers:	Minimum			Maximum			
	6			8			
Costs:	Full Fee			Discounted Fee			
	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3	
			£72.00			Free	

What will I learn on this course?

On this course you will learn about which cooking methods are healthier than others and why, and how we can have little treats but keep healthy too.

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

- Understand about healthy cooking.
- Know which methods of cookery are healthier.
- Know what to look out for on packages to see if they are healthy.
- Make healthy meals.
- Recognise what we can add to meals to make them healthy.

Your progress will be tracked through an Individual Learning Plan and reviewed mid termly.

Additional information

You must provide your own apron for class every week and a tub to take home the food you have cooked.

This is a course for those learners who have sensory, physical or cognitive impairments, neuro-divergent or with mental health conditions. A pre course interview is required.

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.

What will be expected of me?

A commitment to learning and regular punctual attendance.

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 through our Skills for Life section. Please ask for details when you attend your interview.

Help with paying for your course

You may be entitled to a reduced fee for your course if you claim a benefit. Please see the website, course guide or ask at the centre for more details. You will be asked to produce evidence on enrolment.

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.