

**Course Information Sheet 2025/26
Foundation Non-Qualification Course**

Course title:	Cooking for a Healthier Mind		Code: HSFB201Y
Tutor:	Sarah Turnock		
Day & Time:	Tuesday 9.45am-12.00pm		
Start & End Dates:	Term 1	Term 2 13/01/26-10/02/26 24/02/26-24/03/26	
Number of sessions:		10	
Venue:	Bury Adult Learning Centre		Room No: 1
Learner numbers:	Minimum		Maximum
Costs:	Full Fee		Discounted Fee
	£74.25		Free

What will I learn on this course?

Learning Outcomes:

This 10-week course teaches cooking skills and simple mindfulness techniques to help improve mental wellbeing, plus build positive connections with others. Through easy, sensory-friendly recipes and guided activities, we will help you build confidence in the kitchen, reduce stress, and discover the joy of sharing food with others. Some support will be available for those new to adult learning who lack confidence within social spaces.

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

- Understand how to keep yourself healthy and safe in a kitchen environment.
- Recognise the value of collaboration and mutual support.
- Apply calming techniques to create a more relaxed kitchen environment.
- Create 2 different smoothies in pairs to flush toxins and improve mental clarity.
- Research and write a healthier recipe for your comfort food.
- Research the connection between food and mood and create own recipe.
- Prepare and eat a shared healthy breakfast to start the day more focused.

Inclusive Features:

- Teaching methods that respect and support different ways of thinking and learning.
- Visual aids and communication support.
- Sensory-friendly environment.
- Peer-led and tutor-supported activities.

