



Education & Skills  
Funding Agency



LEARNING  
IN FAMILIES

## COOKING FOR YOU AND YOUR FAMILY

### COURSE SUMMARY:

This course will help to support parents/carers to cook a balanced range of foods which appeal to children and to learn about why a balanced diet is important.

### ENTRY REQUIREMENTS:

- Aged 19 or over
- You can join this course if you are a parent, grandparent or carer



**AWARD:**  
Unaccredited

### WHAT WILL YOU DO ON THIS COURSE?

This course runs over a period of 5 weeks (5 sessions of 2 hours).

- ✓ **Understand the** importance of using a variety of foods to create a balanced diet
- ✓ **Understand some** basic rules relating to food safety and food hygiene
- ✓ **Show how** balanced meals can be made on a budget
- ✓ **Prepare and** sample a range of foods which can be cooked at home
- ✓ **Explore** different types of foods
- ✓ **Read recipes** and adjust quantities

### PROGRESSION FROM THIS COURSE:

We provide a wide range of courses that you can progress on to, to further develop your skills, for example:

- Community English or maths courses to gain a Functional Skills qualification
- English, IT or maths in a school setting.
- Skills for Hospitality



 **Suffolk**  
County Council

**REALISE  
FUTURE-S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY