



Department for Work & Pensions



LEARNING IN FAMILIES

FUN WITH FOOD

COURSE SUMMARY:

This course provides ideas and opportunities for you to take part in fun cooking activities which appeal to your child and to learn about a balanced diet.

ENTRY REQUIREMENTS:

- You can join this course if you are a parent, grandparent or carer of a child aged 2 years upwards. Children can attend with an adult



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

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

- ✓ **Make basic** recipes with your child
- ✓ **Discover the** importance of using a variety of foods to create a balanced diet
- ✓ **Follow 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

PROGRESSION FROM THIS COURSE:

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

- E-Safety for Parents and Carers
- English, IT or maths in a school setting
- Community English or maths courses to gain a functional skills qualification



**REALISE
FUTURE=**
Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY