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| Course Title: | | Cookery (Ages 9-13) | | | | | |
| Course Code: | | F4102FGF | Centre: | Wandle Valley | Tutor: | Polly Tyrer | |
| Day: | Thu | Start Date: | 13/01/11 | Length: | 12 wks | Time: | 16:00-18:00 |

Course Content/Syllabus

Family Education courses are **FREE** and are designed to provide parents/carers and their children an opportunity to learn together. **No more than two children per adult.**

Every Child Matters Outcome:

- o **Stay safe**
- o **Be healthy**
- o **Enjoy & achieve**
- o **Make a positive contribution**
- o **Achieve economic well-being**

This course will include the following topics:

- Healthy Eating
- National 5 a-day scheme
- Exploring new ingredients
- Dishes for after school and lunch boxes
- Improve cooking skills
- Prepare a selection of dishes to encourage children to eat a variety of foods including fresh fruit and vegetables such as:
Homemade bread
Leek and Potato Soup
Turkey Pilaff
Chicken Fajitas with salsa
Meatballs in Tomato Sauce
Apple Flapjack
Sultana and Oat Cookies

After completing the course, students should be able to:

- Prepare a selection of simple dishes they like to eat.
- Have an understanding of a healthy diet.
- Understand the basic rules of safety and hygiene in the kitchen.

Entry Requirements

N/a – all welcome

English, Maths & IT Entry Requirements

Ability to understand verbal instructions

Exam Fees

N/a

Additional Costs (eg course materials & textbooks)

- All materials provided free of charge.

You are advised not to purchase text-books or equipment until the course is confirmed.

For your first session, please bring:

- An apron
- A pen or pencil
- A plastic container to take cooking home in

Extra Help With Your Learning

For details of additional support, please request the learning support leaflet and indicate your needs on the enrolment form.

Assessment Methods

Continuous informal assessment.

Home Study

Attendance

Regular attendance is expected in order to get the most from your course.

Progression/Further Opportunities:

Other SCOLA Family Education Courses