

<b>Course Title:</b>		<b>Family Cooking (Ages 5-11)</b>								
<b>Course Code:</b>		F5103FGF	<b>Centre:</b>		St Pauls	<b>Tutor:</b>		Polly Tyrer		
<b>Day:</b>	Fri	<b>Start Date:</b>		24/09/10	<b>Length:</b>		11 wks	<b>Time:</b>		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