

<b>Course Title:</b>		<b>Cookery for the Family (Healthy Eating)</b>					
<b>Course Code:</b>		V3204FGS	<b>Centre:</b>	Carshalton Boys	<b>Tutor:</b>	Christine Pitman	
<b>Day:</b>	Wed	<b>Start Date:</b>	12/01/11	<b>Length:</b>	8 wks	<b>Time:</b>	19:00-21:00

### Course Content/Syllabus

This course will include the following topics:

- Stocks, soups, salads, dressing and accompaniments. For example, red onion and apple marmalade with burgers.
- Short crust pastry to make savoury and/or sweet items – a low fat pastry choice.
- Cakes and desserts – low fat cheese cake and lemon pudding, with surprise custard
- Low fat cakes – scones and rock buns
- Roux sauces
- Meat preparation – lean choice burgers and kebabs and healthy option meat balls
- Poultry – chicken curry and raita
- Fish preparation – fish pie using roux sauce, Fish cakes
- Vegetable dishes
- Menu planning and nutrition information
- Healthy eating details and current Government recommendations
- Encouraging children in the kitchen
- Cooking methods – healthier alternatives to frying
- Yeast cookery – fun pizzas
- ALL DISHES CAN BE ADAPTED TO SUIT VEGETARIANS AND OTHER DIETS.

**After completing the course, students should be able to:**

- Use recipe books with confidence
- To make dishes that are healthy, tasty and suitable for most members of the family
- To be able to adapt recipes to make healthy meals

### Assessment Methods

Continuous informal assessment.

### Home Study

### Attendance

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

### 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)

- Cost of ingredients

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

### For your first session, please bring:

- Ingredients (see list)
- Apron, tea towel and dish cloth
- Ovenproof dish

### Extra Help With Your Learning

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

### Progression/Further Opportunities:

Other cookery classes at SCOLA