

**Course Information Sheet 2022-23  
Family Learning Course (WFL)**

<b>Course Title:</b>	What's Cooking? Healthy Eating on a Budget for Busy Parents		<b>Code: FLB522P</b>
<b>Tutor:</b>	Sarah Turnock		
<b>Day &amp; Time:</b>	Friday , 12:30-14:30		
<b>Start &amp; End Dates:</b>	Term 1	Term 2 03.03.23-31.03.23	Term 3
<b>Number of Sessions:</b>		5	
<b>Venue:</b>	Bury Adult Learning Centre		<b>Room No:</b> Cookery
<b>Learner Numbers:</b>	Minimum		Maximum
	5		8
<b>Requirements:</b>	You must be a parent, grandparent or carer of one or more children aged 16 years old or younger to join this course.		
<b>Costs:</b>	This course is free for all participants. All ingredients on this course are provided free of charge.		

**What will I learn on this course?**

On this course, you will learn how to...

*Prepare and cook some quick and healthy meals for your family on a limited budget.*

By the end of the course you will be able to:

1. Identify the basic nutritional value of various foods
2. Recognise what constitutes healthy eating
3. Prepare a quick and tasty meal for your family
4. Cook a dish from scratch using basic fresh ingredients
5. Evaluate the cost of ingredients using budgeting skills

**Additional Information**

Family Learning courses aim to support parents, carers and grandparents to enable their children to achieve their full potential, both at school and at home, and for participants to gain the confidence to move into further learning or work, where appropriate.

Courses offer a great starting point from which to develop new skills, gain confidence, improve general wellbeing, and make friends and meet other parents, and are a great stepping stone to becoming more involved in your child's school or the local community.

Before you enrol, advice and information is available to help you decide on the right course for you. Contact Learner Services on 0161 253 7501 or send an e-mail to [learner.services@bury.gov.uk](mailto:learner.services@bury.gov.uk) for more information.

Due to the ongoing Coronavirus situation some of our courses may be either fully or partly delivered remotely, and this would be subject to change depending on current Government advice. This means that you may need to have suitable online access, but this will be discussed with you at your induction session. Please note that our buildings and classrooms have been fully risk assessed in line with Covid-safe principles.

***It is important that you provide us with information about any special dietary requirements that you may have, particularly if you suffer from allergies or food intolerances, before your course starts.***

### **What will I need to provide myself?**

You will need to bring something to write with and may find it useful to bring paper or a notepad if you wish to take notes. A file would be useful to keep your worksheets in.

We have a limited supply of aprons available, so you are advised to bring your own along with you on the day, if this is possible.

You should also bring an empty tub or food container, which you will use to transport your food home safely.

### **What could I do next?**

Depending on your personal needs, interests and future goals, after this course you could progress onto an English, Maths or IT course, either to brush up your skills or to gain new qualifications, or you could enrol onto another course within our Family Learning programme.

Many of those who have completed Family Learning courses in the past have decided to take up volunteering in their local school as a first step back into work, and some have gone on to become teaching assistants.

Your tutor will be able to advise you on the options available to you.

If you would like to speak to someone about your next steps, please ask your tutor to refer

you to Learner Services or contact them directly on 0161 253 7501 or by e-mail at [learner.services@bury.gov.uk](mailto:learner.services@bury.gov.uk)

### **Can I get extra help?**

Support with English and Maths is available through our Skills for Life section. For more information please contact Learner Services on 0161 253 7501.

If you feel you may need extra help because you are disabled or have a learning disability please contact Nikki Naylor on 0161 253 7287.

### **How do I enrol?**

Phone: 0161 253 5772

Call into: Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ

### **Contact**

If you would like to speak to the Programme Manager, contact Pete Cookson (Curriculum Quality Leader) on 0161 253 5079 or email [p.cookson@bury.gov.uk](mailto:p.cookson@bury.gov.uk).

**Please keep your copy of this information sheet.**

**It will be useful throughout your course.**