

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

Course Title:	What's Cooking? Healthy Eating on a Budget for Busy Parents		Code: FLB523P
Tutor:	Sarah Turnock		
Day & Time:	Friday , 12:30-14:30		
Start & End Dates:	Term 1	Term 2	Term 3 09.06.23-14.07.23
Number of Sessions:			6
Venue:	Bury Adult Learning Centre		Room No: Cookery
Learner Numbers:	Minimum		Maximum
	5		8
Requirements:	You must be a parent, grandparent or carer of one or more children aged 16 years old or younger to join this course.		
Costs:	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.

you to Learner Services or contact them directly on 0161 253 7501 or by e-mail at 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.

Please keep your copy of this information sheet.

It will be useful throughout your course.