



## Course Information Sheet

### Explore Cookery Skills

#### ***Introduction***

This course is hands on with small demonstrations and guidance as and where needed by the tutor for learners to produce the particular dish being made that day.

#### ***What are the course entry requirements?***

This course is suitable for learners who may have seen or heard about the subject, but have no practical experience in the subject or technique and who wish to work at a gentle pace, in a small group, with step by step instructions from the tutor. In order to successfully undertake this course learners require basic speaking and listening skills. You may need to know what ingredients are needed for the first session so if unsure please ask at reception for guidance.

#### ***How long is the course?***

Please see course dates as advertised.

#### ***What will the course involve?***

Whole and small group work, some pair work and some individual work. Practical, discussion and observation.

#### ***How will I be learning?***

An initial assessment will inform the rest of the course where practical tasks, observation, discussion and feedback will take place.

#### ***What equipment will I need?***

Basic equipment including apron, pots etc to carry dish home in and the ingredients for each session.

#### ***How will I know if I am making progress?***

Feedback from tutor & peers, comments in portfolio, results of practical work

#### ***What course work will I be expected to complete?***

Learning portfolio.

***What can I expect to learn from this course?***

- Be aware of key H&S issues relating to the particular subject and maintain a safe working environment by using tools and equipment correctly
- Wear/use as appropriate, suitable clothing, protective items, equipment relevant to the subject
- Recognise some tools, equipment and materials commonly used in the subject
- Follow simple step by step instructions to practice basic techniques
- Be willing to share their work with the group
- Identify progression opportunities

***Will I need to cover anything in addition to the course fee?***

Ingredients to produce the dish of the day.

***What other training programmes and progression opportunities are there?***

There are a variety of cookery demonstrations, practical or master class courses available. Progression is possible from Explore to Introduction to Improvers level.

If you require in-depth advice on progression opportunities or guidance on career choices please contact our Information Advice and Guidance Officers on 0845 600 1331. For general information about other courses, contact us on the same number or check out the website [www.lancashire.gov.uk/adultlearning](http://www.lancashire.gov.uk/adultlearning)