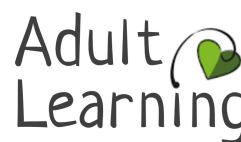


# Adult Learning - Course Information Sheet



## XOA8XR16 - Healthy Eating on a Budget for Families

### Course aim

To find out about healthy eating in a fun way. This course is suitable for all levels.

### Course Outcomes

- Find out about healthy eating in a fun way.
- Weighing and measuring ingredients.
- Find out how to use everyday activities to help children learn at home.
- Gain new skills, knowledge and confidence in a positive learning environment.

### How will the course be taught?

The workshop will be taught online using Google Classroom and will be taught with lots of practical elements including group and individual work.

### What do I need to bring / have ready?

Saucepan or shallow frying pan, chopping board, large bowl, sharp knife, bowls, plates/spoons and resources for week 1 from the parcel given to you.

### Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01604 368023 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://www.northamptonshire.gov.uk/course-info) for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

### Health and Safety / Online Safety

Your tutor will give you information about Health and Safety at the session. For information on how to keep safe online, go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

