

# Adult Learning - Course Information Sheet



## ADE6DA15 - An Introduction To Italian Cookery

### Delapre Community Rooms

Delapre Community Rooms  
Alton Street  
Northampton

NN4 8EN

Room Kitchen

Start Date: 02 December 2023  
End Date: 02 December 2023  
Start Time: 10:00AM  
End Time: 2:00PM  
Day: Saturday  
Sessions: 1  
Tutor: Mrs Rashmita Shah

### Course Aim

Learn how to recognise the characteristics of Italian food and cook your very own Italian dishes based on simple and easy to follow authentic recipes.

### Course Outcomes

1. Recognise and select the herbs and spices that are used in preparing Italian dishes.
2. Use techniques for getting the best flavour out of each dish.
3. Follow the demonstration and prepare variety of dishes using knowledge gained.
4. Cook an Italian meal which can be served up at the end of the session.
5. Understand how participating in learning can increase personal confidence and a sense of wellbeing.

### How will the course be taught?

The course will be a live, face to face, class including demonstrations of key skills, group discussion, individual practise and supervision.

### What do I need to bring?

Course instructions, apron, dish cloth, tea towel, paper towel, washing up liquid, pen and paper, ingredients as specified on the recipe, utensils and equipment as specified on the recipe. A list of ingredients will be emailed to learners ahead of the session.

### Further Support or 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

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. 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 get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

### Further Information

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/>

