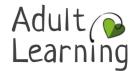
# **Adult Learning - Course Information Sheet**



# **ADE6DA43 - An Introduction To Spanish Cookery**

Delapre Community Rooms

Start Date: 12 October 2024
End Date: 12 October 2024

Delapre Community Rooms Start Time: 10:00AM
Alton Street End Time: 2:00PM
Northampton Day: Saturday

Sessions: 1

NN4 8EN Room Delapre Community Rooms Tutor: Mrs Rashmita Shah

#### **Course Aim**

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

## **Course Outcomes**

- 1. Recognise and select the spices that are used in preparing Spanish 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 a Spanish banquet 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 interactive class.

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

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 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 or call 01536 535809 (answerphone available). Visit our website <a href="https://www.northamptonshire.gov.uk/course-info">www.northamptonshire.gov.uk/course-info</a> 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 on the first session. For information on how to keep safe online, go to <a href="https://safety.lovetoknow.com/Internet\_Safety\_Adult">https://safety.lovetoknow.com/Internet\_Safety\_Adult</a> and <a href="https://takefive-stopfraud.org.uk/">https://takefive-stopfraud.org.uk/</a> 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 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 <a href="https://nationalcareersservice.direct.gov.uk/">https://nationalcareersservice.direct.gov.uk/</a>



