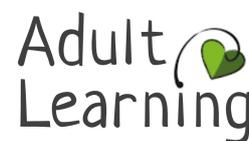


# Adult Learning - Course Information Sheet



## AKU4SN01 - Cooking on a Budget

### KCU

51 Gold Street

Kettering

NN16 8JB

Room KCU

Start Date: 03 October 2024

End Date: 10 October 2024

Start Time: 10:00AM

End Time: 12:00PM

Day: Thursday

Sessions: 2

Tutor: Mrs Rashmita Shah

### Multiply

Our free numeracy courses are for individuals:

- resident in North Northamptonshire, aged 19 and over
- that have not achieved a maths GCSE of at least a Grade C or equivalent
- who may want to develop numeracy skills for work or progression
- that want to brush up and develop their numeracy skills for everyday life.

### Course aim

You will explore how to create healthy, delicious meal whilst sticking to a budget. Whilst also learning about how to measure accurately the ingredients and identify good deals for ingredients, you will also learn about how to effectively budget for meals and understand how to budget when planning and cooking meals. The course will cover a range of valuable tips and tricks to support your cooking whilst also developing your knowledge and confidence in a wide range of Maths concepts.

### Course outcomes

You will also develop your confidence and skills working within a selection of Mathematical topics relevant to this course including:

- Money and understanding how to budget
- Portioning
- Measuring accurately
- Converting between units

### How will the course be taught?

This course is delivered in a face to face setting.

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

You won't need to bring anything with you. You may choose to bring a notepad and pen to record notes if you would like.

### 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 01536 535809 (answerphone available). Visit our website <https://www.northnorthants.gov.uk/adult-learning/fees-and-refunds> 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 day. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

## AKU4SN01 - Cooking on a Budget

### Further Information

Feeling confident with numbers helps in every aspect of life, from measuring food ingredients, mixing hair dye and checking invoices, to helping the children with their homework or even setting up in business. There is no such thing as someone who 'can do maths' and someone who cannot. It's learning in the right way for you that will help you get on in life. This could be applying for a new job, improving career prospects, budgeting at home, helping the kids or saving for the future. You don't need to become a maths expert to do this.

With the current increase in the cost of living, it adds up that now is time to improve your own skills in working with numbers. Those who improve their numeracy skills are more likely to be in employment, have higher wages and better wellbeing.

This course may open up other Maths opportunities for you including other Maths courses such as Functional Skills Maths.

**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/>**