

Adult Learning - Course Information Sheet



AZY4TA19 - Healthy Eating on a Budget for Families

Virtual Classroom - Google Classroom
classroom.google.com

Start Date: 05 November 2020
End Date: 03 December 2020
Start Time: 10:00AM
End Time: 12:00PM
Day: Thursday
Sessions: 5
Tutor: Mrs Emily Wright

Room Google Classroom kd7z6hz

Course Description

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

Course Outcomes

- To find out about healthy eating in a fun way.
- To find out how weighing and measuring can support your child's learning.
- To find out how to use everyday activities to help children learn at home.
- To gain new skills, knowledge and confidence in a positive learning environment.

How will the course be taught?

The course will be taught with lots of practical elements including group, pair, and individual work.

What do I need to bring?

Saucepan or shallow frying pan, chopping board, large bowl, sharp knife, bowls, plates and spoons.
Ingredients for the course will be delivered to you in week 2.

Further support or progression

This course is a good foundation for food and nutrition and AIM qualifications. You will find further learning opportunities and careers and guidance as appropriate through this 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 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

www.lovefoodhatewaste.co.uk gives good advice and meal plans.
<https://www.nhs.uk/change4life>

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/>

Adult Learning Service
Support Service Team
Email - AdultLearning@northamptonshire.gov.uk



Northamptonshire
County Council