

# Adult Learning - Course Information Sheet



## SDE6DA67 - An Introduction To Healthy Eating

### Delapre Community Rooms

Delapre Community Rooms  
Alton Street  
Northampton

NN4 8EN

Room Kitchen

Start Date: 04 February 2023  
End Date: 04 February 2023  
Start Time: 10:00AM  
End Time: 2:00PM  
Day: Saturday  
Sessions: 1  
Tutor: Mrs Rashmita Shah

### Course Description

To change your perception of what it means to be healthy and explain how you can achieve a healthy weight without dieting.

### Course Outcomes

- Identify foods, herbs and spices that will help you achieve a healthy weight and improved health
- Prepare great tasting dishes, high in nutrients and low in calories
- Construct menu plans and recipes to help you lose weight and increase health and well being

### How will the course be taught?

Demonstration, 1:1 tuition and practical work.

### What do I need to bring?

You will be required to purchase all your ingredients for 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

You will be required to purchase your own ingredients and may also be required to bring in some equipment.

Suitable for anyone who enjoys cookery and wishes to broaden their knowledge of nutrition.

**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/>**

