

Cooking Skills

Foundation Learning



What will I learn?

How to:

- Make healthy recipes such as pasta salad, chilli and smoothies.
- Read the traffic light system on food packaging as well as focusing on how much sugar, fat and salt some foods can contain.
- Basic food hygiene.

Who is it for?

Anyone aged 19+, who would like to learn a variety of cookery skills within a structured programme of learning.

Where and when will it take place?

Courses start throughout the year at various locations across the Wakefield District. Please contact Manygates Adult Education Centre on the number below for further information.

What do I need to bring with me?

- An apron, a pen and a container to take your food home in
- A basic folder to keep your work in order
- All other materials are provided for the course

Important Information about your Course:

- You are expected to attend every week/session
- You may be entitled to a free course

How do I enrol?

For further information or to book on this course please contact:

Manygates Adult Education Centre

Telephone: 01924 303302

E-mail: Manygates@wakefield.gov.uk



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