

Course Information sheet

Cooking on a Budget

Course introduction:



Do you have a learning disability?

Would you like to plan and prepare meals and snacks?

Would you like to learn about healthy eating?



What will I learn?



How to plan and prepare healthy meals on a budget

Why a balanced diet is important

How to work together as a group



What are the requirements to get on the course?

Courses are for adults aged over 19 with a learning difficulty and/or disability

Course details:

The course takes place at Bank Top Neighbourhood Learning Centre, Blackburn.
Learners pay a contribution of £2 each week towards the cost of the ingredients
Each session starts at 10pm and finishes at 12.30pm
Learners prepare and eat their lunch at the centre

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How will I be learning?

- Watching demonstrations
- Listening to advice
- Practicing new skills
- Asking and answering questions
- Reading and following recipes(if appropriate)
- Following instructions

How will I know if I am making progress?

Each week your teacher will give you fun tasks to complete so that you can show what you have learnt. You will also complete an Individual Learning Plan (with help) showing your progress from the start of the course to the end of the course.

Additional information:

This course also gives you a chance to:

- Make new friends
- Become more independent
- Practice reading and writing
- Become more confident
- Work with others
- Try new foods
- Contribute to a safe and happy learning environment
- Lead a healthier lifestyle with a better diet
- Share ideas
- Make choices

What can I do next?

- Independent practice and learning
- Teach others what you have learnt
- Another course
- Voluntary work
- Employment

Contact Information:

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