

Course title: Vegan Practical Cookery		Course ID: C2342473
Start date: 21/01/2020	End date: 25/02/2020	Day(s)/time(s): Tue 10:00
Number of sessions: 6	Hours per session: 4	Tutor Rebecca Derry
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 1
Fee: £96.00 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable): £.00		
Venue: Nottingham YMCA, YMCA, 4 Shakespeare Street, Nottingham, Notts, NG1 4FG		
<p>Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <ol style="list-style-type: none"> 1. Health and Wellbeing 2. Community Engagement 		

Course Aim

Low cost plant based cooking for health and well-being. Travel the globe to infuse spice into British dishes and learn how to preserve discounted or foraged food. Plus practical tips on working in a commercial kitchen.

Course Description

This course will inspire creative cooking on a budget. Packed full of tips and techniques for creating nutritious and delicious meals that wont cost the earth or your pocket. We will explore how to spice up your everyday cooking taking our inspiration from around the world and how to make your pennies go further with foraging and preserving tips and recipes. We will also introduce the essential cooking formulas that can be recreated with whatever fruit and veg you have. All this whilst learning the basic tips of working in a commercial kitchen with a world of catering jobs within your reach.

Do I need any particular skills or experience?

What will I achieve?

By the end of the course I will be able to:

1. Learn practical food hygiene, knife skills and safety, cross contamination, key allergens etc with a view to opening up doors for employability.
2. Learn formula cooking essentials, white sauce, burgers, dahl, pesto, fritters, crumbles etc that

you can make your own with whatever fruit and veg you have.

3. Travel the globe and embrace other cultures through the uses of spices.
4. Learn skills to cook on a budget, using supermarket waste and canned foods to make delicious and nutritious plant based dishes.
5. Use discounted and foraged fruit and vegetables to make chutneys and jams.

What teaching methods will be used and will there be work outside of the class?

- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning
- You may be asked to undertake additional work in your own time to support your learning

What kind of feedback can I expect from the tutor?

- A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussion
- You will have opportunities to discuss your progress with your tutor
- You will be encouraged to share your work with the group and discuss your learning
- You will be encouraged to consider other students work and give your opinions and suggestions
- A file of work will be kept which will help to record your progress
- There will be a number of tasks appropriate to your course such as written work, creating art or craft, video, photography or small projects. Some of these may be marked to help you progress

What else do I need to know? Is there anything I need to bring?

- Nothing else is needed
- All materials will be provided
- A selection of materials and basic equipment will be provided but you are welcome to bring additional materials with you
- It would be helpful if you had access to the internet (Mobile phone, tablet or computer at home or through a library etc.)

Pre-course work, reading and information sources

- No pre reading or pre course work is required
- No pre reading is required but research on the subject on the internet or in the library may be helpful

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course
- Progress to a course with another provider
- This course could lead to a range of job opportunities. Follow link to National Careers Service for more details <https://nationalcareersservice.direct.gov.uk/>
- Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member
- Become involved as a volunteer for a WEA partner or another organisation
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>

Learning with the WEA

WEA courses increasingly make use of the rich variety of educational tools and material available on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an

increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. It is helpful, although not essential if you have access to a computer or smartphone to support your course.

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/policies>. This applies to all courses you take in this academic year.

You can enrol online for some courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB
Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk



Education & Skills
Funding Agency



European Union
European Social Fund

The Workers' Educational Association (WEA) is a charity registered in England and Wales (number 1112775) and in Scotland (number SC039239) and a company limited by guarantee registered in England and Wales (number 2806910). Registered Office: Workers' Educational Association, 4 Luke Street, London, EC2A 4XW