

WEA Course information sheet 2020-21

Course title: Run Your Kitchen Like a Restaurant! - Introduction to Cooking and Batch Cooking		Course ID: C3678438
Start date: 08/09/2020	End date: 22/09/2020	Day(s)/time(s): Tue 19:15
Number of sessions: 3	Hours per session: 2	Tutor: Alistair Donnell
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 2
Fee: £19.20 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Online Learning, Online, ZZ99 9ZZ		
<p>Theme(s): The WEA has four themes it uses for planning its provision.</p> <p>Employability – helping students to get a job or to make progress in their employment</p> <p>Health and Wellbeing – making a positive contribution to their own or others health and wellbeing</p> <p>Community Engagement – encouraging students to be positively involved in their communities</p> <p>Culture – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. Health and Wellbeing 2.</p>		

Course Aim
A ground breaking cooking programme that teaches you how to run your kitchen like a restaurant, save massive amounts of money and improve your diet.

Course Description
For people who have never held a knife to more advanced cooks there is something in this course for you. You will be learning the core components of what makes food taste amazing no matter where you are in the world. Combining this knowledge, along with the use of your fridge and freezer means you always have these core components to hand and ready to whip up quick home cooked meals every day of the week. You will be learning how to make, portion and freeze batches of sauces, how to slice and dice aromatics, how to blend spices and marinade. From Moroccan to French to Italian to Indian when you organise your kitchen like a restaurant you can have it all to hand with ease. You will also be learning how to have fresh Subway style salad bars on hand for tasty lunches and nutritious snacks.

Do I need any particular skills or experience?

What will I achieve?
By the end of the course I will be able to:
1. Sharpen and use a knife properly and safely.

2. Slice and dice aromatics.
3. Cook in large batches.
4. Portion and freeze.
5. Cost ingredients and improve budgeting skills.

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

- The WEA's digital learning platform, Canvas will be used to provide resources or to support lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>
- 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
- You will be expected to carry out a range of activities in your own time
- Delivery will be online using Zoom and Canvas. You will experience a range of teaching methods including direct explanations, demonstrations, quizzes and class discussion. Activities will be set between sessions to enhance your learning and improve your skills. Wider reading will be available.

What kind of feedback can I expect from the tutor?

- You will be able to keep a record of your progress and achievement using photos, audio, text or documents uploaded into the WEA's digital learning platform, WEA Canvas.
- Your tutor will provide written, text and audio feedback recorded in WEA Canvas, WEA's digital learning platform.
- You will be able to keep a digital portfolio of your work on WEA's digital learning platform, Canvas.
- 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
- 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?

- What you need: You will need an internet connection, speakers, a microphone and a webcam so that you can use our video learning platform, Zoom. If you'd like to understand more Zoom please visit: <http://bit.ly/ZoomSpec>
- You will also need access to the internet outside of your sessions. You could do this using a smart phone, tablet, laptop or a desktop computer (at home or through a library etc.).
- You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>
- It would be helpful if you had access to the internet (Mobile phone, tablet or computer at home or through a library etc.)
- The minimum you will need to get the most from the course will be a knife, some pots and pans, a hob, a fridge and a freezer. A wider range of affordable kitchen utensils and some equipment will

be recommended but these will not be absolutely essential and can be acquired over a period of time.

Pre-course work, reading and information sources

- Pre-course reading is required: resources will be made available to you using the WEA's digital learning platform, Canvas: <http://bit.ly/WEAonline>
- You will have access to course resources and links to wider learning through the WEA's digital learning platform, Canvas: <http://bit.ly/WEAonline>
- You are strongly encouraged to have a note pad and pen both for your online class and also to record progress, achievements and questions that may arise outside of class.

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
- You could progress to Higher Education courses. Follow link to the PEARL website for information <http://pearl.open.ac.uk/>
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>
- The course will serve as an excellent first step towards becoming a chef. You will also be in a good position to become involved in community activities that require any aspect of catering.

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 most 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

