

WEA Course information sheet

2020-21

Course title: BBO Money Sorted in D2N2: Cooking on a Budget		Course ID: C2344585
Start date: 19/03/2021	End date: 19/03/2021	Day(s)/time(s): Fri 12:00
Number of sessions: 1	Hours per session: 2	Tutor: Rupert Aikman
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements: Session is only for participants engaged on the BBO project called Money Sorted in D2N2 as funds are paid for by Lottery Community Fund and ESF. If you are interested in joining the project, please go to http://moneysortedind2n2.org/ to find out more.		
Awarding body (if any): Title of qualification to be gained:		Level: Entry 1
Fee: £.00 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		
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 The Theme(s) used in planning your course is/ are: 1. Community Engagement 2. Health and Wellbeing		

Course Aim

Students will learn how to cook healthy meals on a budget, learn healthy eating tips and nutritional information in addition to learning how to cook recipes that will reduce risk to dietary-related illnesses.

Course Description

A cooking demo delivered by a nutritionist is a great way to learn how to cook foods that will benefit your health. People frequently want to cook healthy food, but may assume doing so is difficult, or expensive. Our nutritionist will clearly show you that healthy cooking is easier than you might think, doesn't have to be costly and doesn't have to take hours to prepare.

The demonstrations won't solely be on how to prepare dishes. It will also serve as an opportunity for you to ask healthy eating questions and learn about which ingredients you should be cooking with daily and why.

Do I need any particular skills or experience?

What will I achieve?

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

1. Identify some benefits of cooking from scratch
2. Identify at least 2 healthy eating tip
3. Identify how diet impacts on health

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

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

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>
- Nothing else is needed

Pre-course work, reading and information sources

- No pre reading or pre course work is required

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

- Progress to another WEA course
- Progress to a course with another provider

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



Education & Skills
Funding Agency



European Union
European Social Fund

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