



Education & Skills
Funding Agency



CONFIDENCE IN USING A SLOW COOKER

COURSE SUMMARY:

This 10 hour course will introduce you to using a slow cooker, its benefits in reducing costs in energy use, and suitable ingredients.

ENTRY REQUIREMENTS:

- Aged 19 or over
- Able to take part in a discussion in a small group and to follow verbal prompts (via a signer or other communicator if required)

WHAT WILL YOU DO ON THIS COURSE?

You will look at the difference between using a conventional oven and slow cooker and how to find or adapt recipes. As the cost of living increases this course will highlight an alternative way to cook family meals in a cost effective way. The aim of this course is to:

- ✓ Identify what a slow cooker is and its uses
- ✓ Understand the Kwh difference between the cost of using a slow cooker against a conventional oven
- ✓ Demonstrate how to price the ingredients for a recipe
- ✓ Write out a recipe, step by step including costs
- ✓ Identify five positives of using a slow cooker
- ✓ Identify three negatives of using a slow cooker
- ✓ Identify three recipes, two savoury and one sweet
- ✓ Know where to source recipes for a slow cooker
- ✓ Following class discussion, choose a recipe that will be cooked in a slow cooker and have the opportunity to taste this
- ✓ Have a better understanding of Information, Advice and

Guidance (IAG) and Careers Information Advice and Guidance (CIAG) and know where to source these from



AWARD:
Unaccredited

PROGRESSION FROM THIS COURSE:

When you have completed this course, you could enrol on the 'Confidence in everyday household budgeting' workshop, or your tutor can advise you about other Health & Wellbeing courses we offer.



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THE GATEWAY TO LEARNING IN YOUR COMMUNITY