



Education & Skills
Funding Agency



HEALTH &
WELLBEING

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)



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

On completion of this course you will be gifted a slow cooker!

This will give you the opportunity to keep practicing at home and building on knowledge and skills gained on the course including:

- ✓ **Explaining how** to use a slow cooker and the great benefits it can bring to regular use in your daily life
- ✓ **Demonstrating the** cost benefits of a slow cooker and how it can help to save you money
- ✓ **Identifying the** fantastic health and wellbeing benefits that using a slow cooker can bring
- ✓ **Exploring healthy** recipes through group discussion that you could try yourself at home on completion of your course and receipt of your slow cooker – yummy!

PROGRESSION FROM THIS COURSE:

When you have completed this course you could book onto a Confidence in Everyday Budgeting course, a Multiply workshop or your tutor can advise about the other Health and Wellbeing courses we have on offer.



 **Suffolk**
County Council

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THE GATEWAY TO LEARNING IN YOUR COMMUNITY