



Education & Skills
Funding Agency



HEALTH &
WELLBEING

CONFIDENCE IN USING A SLOW COOKER WORKSHOP

COURSE SUMMARY:

This initial 3 hour workshop will introduce you to using a slow cooker, its benefits in reducing costs in energy use and ingredients.

ENTRY REQUIREMENTS:

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



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

During this workshop you will look at the difference between using a conventional oven and slow cooker and how to find or adapt recipes. The aim of this workshop is to:

- ✓ **Learn what** a slow cooker is
- ✓ **Learn how** to use a slow cooker
- ✓ **Identify one** recipe and the difference in cost between cooking this recipe in a slow cooker compared to a conventional oven
- ✓ **Have the** opportunity to try the identified recipe which has been cooked in a slow cooker and give feedback
- ✓ **Have a** better understanding of Careers Education Information Advice and Guidance (CEIAG) and know where to source these from

PROGRESSION FROM THIS COURSE:

When you have completed this workshop you can develop your knowledge and skills by progressing onto the 10 hour course 'Confidence in using a slow cooker'.



**REALISE
FUTURE-S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY