

Introduction to Healthy Cooking

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Campus: Rotherham College

Code: RACCL007#

About This Course

This short course is for those who would like to gain confidence and skills in being able to produce a Healthy meal to then take home and enjoy with their families and repeat at home.

What Will I Study?

You will learn how to make a dish from scratch using fresh healthy ingredients. How to follow a recipe and work out calorie contents of foods. Also following food hygiene standards when cooking. You will make your own meal to take home to share with your family.

Why Study Here?

This course will help you gain the basic skills and confidence needed to produce your own healthy meals

The course is delivered in a relaxed, informal setting encouraging you to develop your confidence as well as acquiring a new skill.

Entry Requirements

Interest in Healthy Cooking

How To Apply

You can apply using our online application form and clicking the **Next Step** button at the top of this page.

For more information support with your enquiry or application please contact Student Services by emailing ucr@rotherham.ac.uk [mailto:ucr@rotherham.ac.uk] or by calling **01709 722806**.

Tuition Fees

This course is free

Additional Information

1 day workshop for 2.5 hours – Thursday 3rd August 12.30 – 2.00pm

PLEASE NOTE

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2023-24. However, we do reserve the right to make changes if necessary.

Last updated: 31st July 2024