

# Affordable Family Feasts



**Learn to cook recipes that fill the tank but don't break the bank!**

## Course aims and objectives:

- To increase the range and variety of meals for a balanced diet
- To gain knowledge and understanding of a range of ingredients
- To use effective budgeting skills when shopping
- To gain knowledge of different cooking methods to save energy
- To develop creative skills for using left over food and reduce waste
- To promote healthy life style choices



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Each session will run for 2 hours. Using a mix of theory and hands-on practical work, participants will develop cookery knowledge and skills to produce a range of simple, everyday, family meals that are nutritious and cost-effective. Each session, learners will have a meal to take away and enjoy at home.

At the end of the session participants will complete a learner diary to record what skills or knowledge they have learnt.

Topics to be covered include;

- Health and safety in the kitchen, & food hygiene
- Safe and correct use of knives [the starting point for all cooks]
- Meal planning
- Selecting and using a variety of ingredients
- Various cooking methods including boiling, baking, roasting, frying, grilling and poaching
- Budgeting, shopping tips and costing meals.
- Store cupboard meals and using left overs
- Correct food storage to reduce waste
- Batch cooking to reduce fuel costs
- Diet and nutrition. Five a day using the 'Eat Well' guide!



Various  
locations  
TBC

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