

# 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) [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