

Development of Maths skills

Advanced Cookery



Day:  Time:  4 to 6 at



St Giles School

Who is this course for?

This course is for learners who would like to develop their cookery skills to enable them to cook independently.



What will I learn?

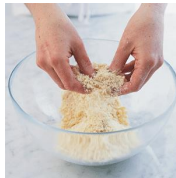
You will learn how to:

- Use different practical skills

Creaming



Rubbing in



All in One



Make a Sauce



Bread Making



- Use different cooking methods

Boiling



Baking



Frying



Grilling



- Cook fun and tasty dishes for yourself, friends and family



Development of Maths skills

- Plan your own balanced diet



- Be safe and hygienic in the kitchen



- Evaluate your dish



How will this course benefit me?

You will:

- Be able to transfer your skills to the home and cook for yourself
- Develop your confidence in cooking
- Realise how cooking can be fun and relaxing
- Build friendships with other learners



Entry Requirements

To be considered for this course you must be able to:

- Work with sharp knives and equipment safely
- Make a sandwich on your own



- Follow 2 steps of a recipe independently



- You must bring these every week -**

Folder

Apron

Tea Towel

Ingredients

