

Learning Together - You and Your Child

Cookery Skills

We would like to invite all parents and their children to short, fun cookery classes at our Surestart centre on Fountains Road. Find out how to cook and taste new foods together by using simple store cupboard and freezer ingredients.

You will be able to use a beautiful, pristine kitchen to build your confidence and set your child up with skills for life!

Other opportunities available for adults only are:

Extra Maths and English support

IT Skills

Get Fit and Healthy

Mindfulness

Beauty

Photography

Flower Arranging

Courses are free if you are in receipt of certain benefits, and learners have to be 19+ to join a course.

Please return the slip below to register your interest and to receive further details.

Thank you,

Mrs Nicol

Parental Involvement Coordinator

I would like further details of the following Adult Education Courses available:

Cookery

Extra Maths and English support

IT Skills

Get Fit and Healthy

Mindfulness

Beauty

Photography

Flower Arranging

My name is _____

My child's name is _____

My child's class is _____

The course will include the following activities:

- How to make healthy and nutritious food
- How to prepare and cook what you already have in your cupboard and freezer.
- Day to day food and alternative to sugar options eg cakes, biscuits
- Discuss ways to improve health and wellbeing in a family setting.

You will work with a specialist tutor to build confidence, improve your technical skills and knowledge around food, and encourage children to eat healthily.

This is a great way to meet and talk to other parents and find out more about school activities. You will be inspired by the session celebrating international, cultural and world cuisine. The children will have fun and they will continue to cook together and share ideas at home.