

## Aim

To engage with participants in a supportive partnership, empowering them to gain the knowledge, skills and confidence needed to live a healthy, rewarding, independent life.

## Objective

By the end of the course, participants will have:

- Developed effective skills and confidence in cooking, nutrition, personal hygiene, food hygiene etc.
- Gained practical skills in financial planning, budgeting and meal planning.
- Prepared a range of food, following simple recipes.
- Worked co-operatively as a member of a team.
- Raised awareness of healthy living and nutrition and the effects they have on behaviour, fitness, and general well-being.



## Method

Each session of the course is built around the planning, preparation and consumption of dishes cooked by the participants. This practical activity is used to deliver a range of skills, knowledge and experience:

- **Basic cooking** (Hands on, practical individualised support, confidence building, raising expectations, developing knowledge & self worth) Using quick, simple and tasty recipes and working in small teams.
- **Eating together.** (Emotional, Social & Relationship Skills) Sitting at the table, engaging in conversation, the social and cultural importance of sharing food.
- **Food Awareness.** (Developing healthy eating awareness and understanding, food structures/ ingredients and their effects) Discussing what is in certain foods and where they come from, what is good for you, what we like and what should be enjoyed in moderation. Looking at the effects certain foods may have on health, behaviour and functioning etc.
- **Financial awareness** (Using menu planning, budgeting and shopping) Highlighting the benefits of cooking your own food, menu planning and budgeting as examples of the practical benefits of numeracy & literacy skills.

## Implementation

Equipment, recipes and ingredients will be supplied by the Real Food Works – ‘What’s Cooking!’ project.

The sessions can be delivered to groups of up to 8 participants, where suitable facilities are available; we would require:

- Up to six large tables & appropriate seating for the group size



- Access to at least two electric points
- Access to hot water & a sink
- Access to the room 30mins before and after for set-up & clear away.

Alternatively, we can work with smaller numbers of participants within their own living setting.

**Timing** – 2.5 hours per session, plus set up and clearing away time.

The courses will be based around a number of sessions and each will comprise a mixture of knowledge based activities and practical work, each will start with an activity introducing a different aspect of independent living e.g.

- **'The Eatwell Plate'** - looking at the health benefits of eating 'Five a Day' and the importance of dairy, protein and energy foods in a balanced diet.
- **Fancy a takeaway?** - understanding the health implications of foods high in salt, sugar and fats and calories, take away food and portion size
- **Stretching your budget!** - Don't 'Shop till You Drop' – make the supermarkets work for you and save pounds every week

This will be followed by a practical activity preparing two simple dishes, using microwave cooking for example:

- Stir fry wraps
- Pasta Bolognese
- Four quick soups
- Creamy vegetable curry



Recipes for the sessions will be directed by those attending the session, with advice from the course leader.

The group will then sit down and share the food they have prepared, providing an opportunity to explore their knowledge and experiences of food.

Participants will create a portfolio comprising recipes, information, quizzes etc.

### **Food Hygiene Qualification -**

There will be an option for participants to gain a nationally recognised Level 1 Award in food safety.

### **Evaluation**

- Number of individuals engaging with the sessions.
- Specific feedback from participants to direct future sessions – verbal, written (whatever is appropriate for each individual).
- Have a wider and more varied menu of meals been home cooked?
- Have the sessions developed skills and confidence?
- Successful completion of food safety qualification.

