

## Course Description and Outline

<b>Course Title</b>	Vegan Cookery		
<b>Level of Course</b>	All levels	<b>Course Code</b>	C5175
<b>Duration in Weeks</b>	5		
<b>Brief Description of Course What will the course cover?</b>	<p>The course is aimed to people who eat vegan and are keen on learning new various vegan recipes. You will acquire new techniques and skills to prepare diverse recipes with different ingredients. During the course you will learn about the variety of ingredients that can be used for vegan recipes; you will learn how to mix and match diverse ingredients to create new flavours and to vary your meals: from herbs and spices, vegetables and fruits.</p> <p>You will acquire the basic and advanced knowledge to become independent and confident cooking vegan; you will be able to cook simple and more elaborate recipes, like homemade pasta, vegan soups, stuffed vegetables and vegan cakes.</p> <p>You will learn technical terms associated with this type of cookery, as you will have to read recipes and other handouts written in English and discuss them with the tutor and other learners. You will also use digital scales to measure quantities of ingredients and to adjust the quantities accordingly, based on the requirements of the recipe and the number of people you will be preparing it for. Everyone will be treated equally and every opinion counts. You will be encouraged to discuss ingredients and recipes from your country or cultural background similar to the ones used in your classes.</p>		
<b>Entry Requirements</b>	You will need to have basic cooking skills.		
<b>Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course <u>you</u> will be able to:</b>			
<b>1</b>	Prepare a variety of vegan recipes;		
<b>2</b>	Learn how to vary recipes to create new flavours;		
<b>3</b>	Make changes to recipes in order to meet your own personal taste;		
<b>4</b>	Use different cooking methods to produce different flavours and textures.		
<b>5</b>	Learn about and practise good health, hygiene and safety in the kitchen.		
<b>Equipment Required What will I need to bring to class?</b>	A notebook or sketchbook, pen and pencil to take notes during demonstrations.		
<b>What courses can I go on to?</b>	The tutor will advise you of further courses at Idea Store Learning or elsewhere. The course could possibly have a continuum at Idea Store upon request of learners.		

### What examination or assessment will there be and what will it involve?

At the beginning of the course an initial assessment takes place to identify your level of experience knowledge or current skills, and you will be asked to complete and sign a health screening questionnaire.

The tutor will carry out informal assessments to check your understanding, there is no exam.

You will complete a self-assessment at the beginning, middle and end of the course and you will participate in regular self assessment.

Your tutor will let you know how you are getting on throughout the course, to help you work to your full potential.

At the end of the course you will receive written feedback.

### How will I know I am making progress?

You will have an 'Individual Learning Plan' where the course learning outcomes are shown and where you can set individual learning goals and monitor your own progress against these.

You will need to evaluate your own progress and manage your time.

Your tutor will give ongoing feedback and will keep you informed of your progress.

Video recording might be used as a reflective tool.

### Is there anything else I need to know?

Your tutor will let you know what ingredients you will need to bring to each class the week before.

In general, we will not allow late entries to any course after the first two weeks.

To maximise your chances of benefiting from the course fully we expect you to attend **all** scheduled sessions and that you do so **punctually** and are ready to start learning at the start of the class.

Please note that if you are more than **10 minutes late** for a class you will not be allowed to participate practically in the session. This is for your own safety as by missing the warm up you will be risking an injury. Being late also disrupts the rest of the group.

### What if I want extra support? Contact the Learner Support & Advice Team

Come and see one of our experienced and friendly advisors. For further information, email [ideastore@towerhamlets.gov.uk](mailto:ideastore@towerhamlets.gov.uk) and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

Course Outline V.7.1