

## Course Description and Outline

<b>Course Title</b>	Thai Cookery		
<b>Level of Course</b>	All Levels	<b>Course Code</b>	A5176, B5177, C4668
<b>Duration in Weeks</b>	10		
<b>Brief Description of Course What will the course cover?</b>	<p>Learners will be guided step by step into producing healthy and creative Thai dishes. You will learn food preparation techniques and a good selection of dishes to keep you interested in economical and nutritious food. The course also covers basic health and safety in the kitchen.</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. Ideally, you should have done the Thai Cookery – Beginners or any other Cookery Beginners course.		
<b>Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:</b>			
<b>1</b>	Prepare and cook a selection of Thai dishes.		
<b>2</b>	Students will learn different storage conditions for perishable and non-perishable foods.		
<b>3</b>	Apply recipe ideas including interesting presentation of dishes.		
<b>4</b>	Use different cooking methods in producing different Thai flavours.		
<b>5</b>	Become aware of practice that ensures good health, hygiene and safety in the kitchen.		
<b>Equipment Required What will I need to bring to class?</b>	Bring a notebook and a folder to keep your notes and handouts in good order. You must wear shoes that are appropriate for the kitchen; low shoes that resist slipping and also cover your feet to protect you from dropped knives, hot fluids, etc.		
<b>What courses can I go on to?</b>	The tutor will advise you of further courses at Idea Store Learning or elsewhere.		

### **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.

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.

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

You must wear shoes that are appropriate for the kitchen; low shoes that resist slipping and also cover your feet to protect you from dropped knives, hot fluids, etc.

You will have to buy the ingredients for the dishes you will be preparing and you will have to bring in plastic sealable containers to take the food home with you after the preparation.

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.

### **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.