

Course Description and Outline

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| Course Title | Vegetarian Cookery – All Levels | | |
| Level of Course | Mixed Level | Course Code | A5076 |
| Duration in Weeks | 5 | | |
| Brief Description of Course What will the course cover? | <p>The course will give students a brief guide on vegetarian recipes using a wide selection of vegetables and meat free products covering flavours and cooking techniques from across the world.</p> <p>You will learn technical terms associated with this type of cookery, as you will have to read recipes and other hand-outs 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.</p> <p>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> | | |
| Entry Requirements | None, just a willingness to cook vegetarian dishes. | | |
| Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to: | | | |
| 1 | Gain knowledge on food preparation and different cooking methods; | | |
| 2 | Learn how to mix ingredients to create authentic flavours; | | |
| 3 | Select fresh ingredients to follow a recipe and prepare a healthy meal; | | |
| 4 | Become aware of good practice to ensure health, hygiene and safety in the preparation and cooking of vegetarian dishes; | | |
| 5 | Cook at least 4 different vegetarian dishes. | | |
| Equipment Required What will I need to bring to class? | 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. Bring a notebook, a pen and a folder to keep your notes and handouts in good order. | | |
| What courses can I go on to? | Other cookery courses on offer in our Service or elsewhere. | | |

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| What examination or assessment will there be and what will it involve? |
| No formal exam/assessments Your tutor will ensure that you have understood all the matters raised during the course. |
| How will I know I am making progress? |
| You will be encouraged to monitor your own progress You will be taught as part of a group, your tutor will give demonstrations and you can work individually or in groups. <ul style="list-style-type: none"> You will be given handouts and recipes. Your tutor will always check that everything is going well with your cooking and answer any questions you might have about your work. Your tutor will give you plenty of feedback as you work and discuss with you how to make the best of your course. |
| Is there anything else I need to know? |
| You will have to buy the ingredients you will use to prepare the dishes. |
| What if I want extra support? Contact the Learner Support & Advice Team |
| The Learner Support & Advice Team can support learners achieve their education and employment goals. Information, advice & guidance is given on a range of issues including, financial support and support available for learners who are disabled and learners with learning difficulties, Come and see one of our experienced and friendly advisors who can help you make the next step. For further information, text IDEA and your name to 07950 080 341 or email ideastorelearning@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.3