

## Course Description and Outline

<b>Course Title</b>	Italian Cookery		
<b>Level of Course</b>	Beginners	<b>Course Codes</b>	A5091, A5181, A5184, A8474
<b>Duration in Weeks</b>	5		
<b>Brief Description of Course</b>	<p>During this course you will learn about and make traditional Italian recipes, experiment with flavours and food presentation, familiarise yourself with Italian culture and style. You will also make friends whilst discussing and exchanging recipes, working as a team member and tasting delicious food.</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.</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 class.</p>		
<b>Entry Requirements</b>	This is a course open to anyone who has an interest in Italian cooking and culture, is willing to work as part of a team and likes experimenting with food. All welcome in our friendly and safe kitchen!		
<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>	Demonstrate good: basic knife skills, health & safety, general food hygiene knowledge; Learn how to make, knead and use pizza dough;		
<b>2</b>	Prepare a classic Italian dessert from scratch and learn about food presentation;		
<b>3</b>	Make a traditional sauce from scratch to be served as part of a main course;		
<b>4</b>	Cook a delicious fish dish and a vegetarian side to accompany it;		
<b>5</b>	Prepare an authentic Italian meal to share with friends and family.		
<b>Equipment Required What will I need to bring to class?</b>	A pen and a note pad to take notes. A bottle of olive oil always at hand.		
<b>What courses can I go on to?</b>	<p>You may wish to enrol on other courses held at Idea Store Learning. Please see a course guide for further information or speak with your tutor.</p> <p>Your tutor will support you in researching these and other courses outside of Idea Store Learning.</p>		

### **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 will have to **buy and bring to class** the ingredients for the recipes that you will be preparing.

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?**

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