

Come and create delicious and healthy meals for yourself or your family

Basics is a pre-accredited program and is suitable for beginners and anyone seeking to polish-up on life

Classes are fun, supportive and a great place to learn how to cook food safely

Learn a new recipe

Shopping for recipes

Store food

Cooking skills for everyday

Serve food to your mates and family

Classes will start with a settling-in time and planning the menu

During the class we will do some cooking and creating; after we

finish we will clean up and chill-out while we eat our delicious food

At the end of the class we will tidy up then a quick reflection on the day and

prepare for the next class.

Length:

1 session x 2.5

hours per week over 8 weeks



Learn Local



Our pre-accredited training is recognised as an 'Other Government Program' and will count towards your community service provider's monthly points requirement for accreditation under the Community Service Providers Act 2011 (force Australia).

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will clean up. The class can chill-out while sampling the delicious food they made, follow the day and planning for the next class. This class will use a blended learning approach with some content being completed in the learner's own time.

What you will learn

- Basic kitchen safety
- Food hygiene
- Recipes explained
- Measurements; conversion of temperature, weight, imperial to metric
- Shopping lists
- Safe food storage
- Food allergies & intolerances
- Planning meals on a budget
- Adapting quantities from recipes
- Reading labels on food
- Serving sizes—what constitutes a serve?
- Handy hints for shopping

Calling us on 5303 0507

Email us on reception@wnc.org.au

Is this a funded position?

For full details about eligibility please give us a call on 5303 0507

Funded \$45.00

Funded Concession \$25.00

Non-Funded \$295

What will you receive on completion of the course, the Learner

A Certificate of Participation



Our pre-accredited training is an 'Other Government Program' and counts towards Job Seeker's requirements required by Workforce Australia.

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