

## Cookery

Some cookery programmes are accredited through the Open College Network. They include:

**Cookery for Independent Living** (OCN entry level)

**Cookery for Beginners** (OCN level 1)

**Cooking with Confidence** (OCN level 2)

*These courses last 2 hours and are held weekly over 10 week terms.*

**Who is this course for?**

**Accredited:**

**Cookery for Independent Living** is suitable for those who are working towards being more independent and want to learn how to prepare meals for themselves.

**Cookery for Beginners** is for those who wish to learn the basic skills and methods of cookery.

**Cooking with Confidence** is offered to those who wish to learn more advanced skills and methods of cookery.

**What will I learn?**

The following aspects are common to all the above courses.

By the end of the course you will be able to

- Prepare yourself and your work space for handling and preparing food
- Work in a safe and hygienic manner whilst handling food
- Read and adapt recipes
- Select and use equipment appropriately, correctly and safely
- Select a range of ingredients for preparing a variety of dishes
- Weigh out and measure ingredients
- Use a variety of methods to prepare and cook meat and vegetables
- Evaluate your prepared dish and identify ways to improve

**How will I learn?**

Your tutor will demonstrate the relevant techniques and offer opportunities for you to prepare your own dishes. You will be given guidance, regular feedback on your progress and advice on how to improve. You may wish to take notes; recipes will be provided.

Teaching methods and materials will be varied in order to support different learning styles and preferences. The first lesson will be a demonstration.

**How long is the course?**

Each weekly session will last 2 hours.

**How much does it cost?**

Please see ACES Access brochure, or ask your centre, for the fee which will include the accreditation cost.

You may be eligible for a reduced fee – ask your centre for details.

**Are there any entry requirements?**

The Cookery for Independent living class has no entry requirements other than an interest in cooking and a willingness to listen, learn and enjoy.

The other classes are more advanced and involve basic as well as advanced methods of cooking and food preparation. Although there are no entry requirements you will find them easier if you have some prior knowledge and skill.

## Wakefield Adult and Community Education Service

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### ***What happens in the first class?***

The first class is usually a demonstration though you might wish to bring a notepad (A4) pen and pencil. It will include induction to the programme (including a brief course outline and health questionnaire), finding out the importance of the course to you and your existing level of knowledge and experience in this area. It will offer opportunity to discuss and plan your own outcomes and learning.

### ***Do I need to do additional work outside the class?***

Entry-level class: not really but you will surely want to try out your cooking and possibly prepare the same dish(es) again at some later stage. The level 2 class entails homework exercises based on the work done in class.

### ***Can I get extra help?***

Support with English and maths is available through our network of literacy and numeracy workshops, along with general study skills support through our Study Skills Workshops.

If you feel you may need extra help because you are disabled or have a learning disability, please discuss this with the centre organiser before the start of the course: more information is available in our disability statement.

### ***How will my learning be assessed?***

Your tutor will use a range of assessment methods including question and answer sessions and short written assignments. You will be asked to put together a portfolio of your learning, which will be assessed by the tutor as well as the internal and external verifiers. Both Internal and External Moderators visit classes to ensure quality and standards.

### ***Recognising and Recording Progress and Achievement (RARPA)***

All ACES programmes work to the RARPA quality standard. This means that your tutor will: (1) set clear programme aims; (2) find out what you already know and what you want to achieve; (3) work with you to agree learning outcomes for you; (4) assess your progress during the course and give you feedback on this; (5) assess your achievement with you at the end of the course. Your tutor will explain this more fully during the course.

### ***Is there anything else I need to know about this course?***

It is expected that you will attend for a minimum of 90% of the lessons and inform your tutor or centre manager should you be unable to attend at any time.

For accredited courses, an A4 folder with dividers to hold your finished assignments is recommended; it will eventually become your portfolio of work.

### ***Where next?***

Further advice regarding progression from one course to the next can be obtained from your tutor or the centre at which you are studying.

We are committed to ensuring that all members of the community have equal access to our programmes and an equal chance to succeed within them.

The Adult and Community Education Service reserves the right to close or cancel courses at their discretion, owing to for example, unavailability of tutors, facilities, or insufficient enrolment. If an entire course is cancelled, your fee will be refunded in full unless we can offer you a reasonable alternative.

Wakefield Adult & Community Education Service recognises the increasing importance of appropriate Maths and English qualifications to enable learners to take full advantages of the opportunities offered by further studies, improved employment prospects and increased community involvement. All learners who do not already have such qualifications will be offered the opportunity to improve their skills in these areas either through activities embedded within their vocational courses or through signposting to appropriate Skills for Life provision. Some vocational courses may have a requirement for such accreditation to be gained before completion of the course or before progression to the next level.