

## Cookery Club



Are you a budding Masterchef or just interested in cooking and tasting great food? Then join the Cookery Club after school in 1He.

Participating students will pay £20 and all ingredients will be provided. All you have to do is come along, have some fun and enjoy some delicious food.

[Some recipes: Fish goujons and sweet potato chips, carrot cake, soda bread focaccia](#)

**To join, come to the meeting in 1He. You will be told of this meeting during registration so listen out!**

### ***Aims:***

- To promote the advancement of education in the field of cookery and nutrition.
- Increase awareness and understanding of the importance of a balanced diet and food hygiene and safety.
- To enhance knowledge and understanding of practical food skills
- To encourage and inspire pupils who want to know more about food
- A fun way to improve young peoples' cooking skills and knowledge about nutritionally balanced diets.

### ***Objectives:***

By the end of the session the participants should be able to:

- Adapt their cooking methods in line with current dietary recommendations
- Prepare a wider range of foods including a four-course meal
- Apply food hygiene and healthy eating messages
- Understand what a healthy balanced diet is and how to achieve it.
- Plan meals and shop for ingredients
- Increase practical skills to prepare a variety of dishes to help achieve a healthy diet
- Know and understand the principles of food safety.

### ***Ideal participants:***

- Keen and enthusiastic
- Interested in healthy eating
- Open to new ideas and tastes
- Able to attend all sessions