Good Grub

Course Name	Start Date	End Date	Site	Total Fees
Good Grub	08/09/2026	29/09/2026	Cedarwood	50.00
Good Grub	05/01/2027	26/01/2027	Cedarwood	50.00
Good Grub	04/05/2027	25/05/2027	Cedarwood	50.00
Good Grub	13/10/2026	10/11/2026	Cedarwood	50.00
Good Grub	09/02/2027	09/03/2027	Cedarwood	50.00
Good Grub	15/06/2027	06/07/2027	Cedarwood	50.00
Good Grub	24/11/2026	15/12/2026	Cedarwood	50.00
Good Grub	16/03/2027	20/04/2027	Cedarwood	50.00

Who Is This Course For?

This course is designed for those wanting to learn how to cook healthy, seasonal meals and learn about adapting recipes and energy efficient methods.

What Can I Learn On This Course?

Topics and themes covered include (but are not limited to):
Making seasonal meals such as soup, tomato pasta sauces with homemade pasta, chicken biriyani and roast vegetable tart, savoury mince beef cobbler with a healthy twist

Basic food hygiene and safety

Consider how you can adapt recipes with different ingredients, using store cupboard ingredients, and understand basic nutrition.

How Is This Course Delivered?

This course is delivered in an industrial kitchen with an experienced, specialist tutor.

What Will I Need To Bring With Me?

You will need to ensure you are appropriately dressed to participate in practical kitchen tasks, with comfortable footwear. Please also bring an apron, if you have one. There is an on-site café, but you are welcome to bring your own refreshments. You may also wish to bring a pen and notepad to take notes.

What Skills Or Experience Do I Need?

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No prior skills, knowledge or experience will be needed or expected.

How Will My Work Be Assessed?

There are no formal exams or assessments. Your activities and work will instead be assessed by your tutor, and feedback will be discussed to ensure you achieve your learning objectives.

What Can I Do After The Course?

You may wish to explore your interests and build confidence further on our Bake and Take course or take the first steps towards employment by enrolling on Hospitality Foundations course which includes a level 1 certificate in Hospitality, L2 certificate in food safety, work experience at the Cedarwood café, as well as employment and digital support.