

Introduction to Nutrition & Cookery

2 week course: Starts Tuesday 25th January

1:30pm-4:00pm

Gannow Community Centre, Adamson Street, BB12 6RB

It may seem like a lot of work to prepare healthy meals at home, however, you may be surprised at how quickly home prepared meals can come together. On this short course you will learn how to prepare tasty and healthy meals from scratch using fresh ingredients and discuss the health benefits of doing so. You will also discover shortcuts that will save you time and money, as well as tips for how to make your meals healthy following NHS guidance. This course involves practical cookery.

To book a place call:

Steven: 07776181692 or Mel: 07776183012



admin.lal@nelsongroup.ac.uk



www.lal.ac.uk



0333 003 1717