

**Wellbeing: International Budget Meals – NorthAfrica**  
**International Budget Meals – Caribbean**  
**International Budget Meals – India**  
**International Budget Meals – Mediteranian**

### **Course overview**

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These courses explore food and meals from a variety of regions. Each one will focus on preparing an inexpensive meal from a specific area.

### **What will I study?**

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- Typical foods associated with that area
- Ingredients for a specific recipe
- How to create the recipe

### **Assessment method**

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- You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout.

### **Entry requirements**

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This course is open to all. You will need to understand English.

### **What should I bring with me?**

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You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

PLEASE MAKE SURE YOU INFORM THE TUTOR OF ANY ALLERGIES AT THE START OF THE CLASS.

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other wellbeing courses or signposted to another course suitable for you.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722