

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

Course overview

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?

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

Assessment method

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

Entry requirements

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

What should I bring with me?

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

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

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722