

LLDD Health: Good Food, Good Health

Course overview

This course looks at eating well to keep well. Part of being healthy is making sure you are eating a well-balanced diet that is prepared safely using good ingredients. This course looks at what makes a balanced diet and how we can help ourselves to be healthier.

What will I study?

You will:

- discuss different food types and why you need to have a mixture
- how different food types help to keep you healthy
- learn about how to store and keep food fresh at home
- identify what utensils you need to prepare food safely
- identify how to be hygienic in the kitchen
- plan a well-balanced meal
- try new foods

Assessment method

- You will take part in Q&A sessions and discussions to confirm your understanding
- There will be classroom activities and role play
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

You should be able to:

- take part in group discussions
- read simple sentences and recognise signs & symbols

- write simple sentences independently

What should I bring with me?

An A4 folder, A4 notepad and a pen. You may want your own set of colouring pens / pencils.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
8703CP	Wednesday 16 September 2020 to Wednesday 9 December 2020	1pm to 3pm	Dagenham	£12.00	£12.00

Possible next steps

You will be supported to enrol on to the most suitable course for you following the successful completion of this course.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722