

# Simple Healthy Cooking

## **Broad Aim:**

To provide care workers with information which will enable them assist their clients to plan and prepare simple healthy meals.

## **Learning Outcomes:**

Following this series of sessions, the health care worker will be introduced to:

- Shopping on a budget
- Choosing the healthy option
- Simple meal preparation
- Safety and hygiene in the kitchen

## **Target Group:**

Individuals responsible for cooking for service users

## **Duration:**

Three days / six half days or evenings (*taught within Coatbridge College*)

## **Key Contact:**

For further information or to arrange an appointment, contact

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## **How to Book:**

Contact Tracey Reid, Commercial Development Officer,  
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