

Multiply: Cooking on a Budget for Families



Course Level: Entry Level

Campus: Stafford

Subject Type: Science & Maths

Course Overview:

Would you like to learn how to cook healthy and budget-friendly meals for your family? This FREE course is a series of friendly and supportive sessions to develop yours and your children's numeracy skills and understanding through exploring cooking on a budget.

What's Covered:

Culinary maths begins with the basics of addition, subtraction, multiplication, and division along with ratios, and percentages. The main aim of this course is to help parents/carers to interact with their children by sharing new skills in the kitchen which can be applied to everyday life.

The course will include give you advice on the following areas:

- counting portions
- increasing a recipe
- determining a ratio for preparing a stock
- calculating a plate cost
- or establishing a food budget.

On full completion of the course each learner will receive a £25 supermarket voucher.

Entry Requirements:

There are no entry requirements, however you will need to be 19+ and reside in Staffordshire.

Assessment Information:

There are no formal assessments, but we will track your progress. To help us get a better understanding of your maths needs you will complete an initial assessment at the start of the course.

Fees and Financial Support:

This course is FREE to adults aged 19+ who reside in Staffordshire.

Progression:

Once you have completed the course, you will have the option of progressing to a maths qualification or further learning to support you.

What else do I need to know?

This course has been funded by the Government's Multiply Project and is aimed at Staffordshire residents aged 19+. Please note that courses run subject to minimum viable class sizes.

How do I find out more?

For further information, please contact Lucy Hancock or 01782 254127 or lucy.hancock@nscg.ac.uk