

SEND: Practical Healthy Eating

Course overview

This course explores what healthy food is and how to eat healthily. We learn about putting together a healthy meal and how to prepare food safely.

What will I study?

You will:

- Discuss different food types and why you need to have a mixture
- Plan a healthy meal
- Choose foods to create a balanced diet
- Identify what utensils you need to prepare food safely
- Identify how to be hygienic in the kitchen
- Try new foods

Assessment method

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

Entry requirements

- Be able to take part in group discussions
- Be able to read simple sentences and recognise signs & symbols
- Be able to write simple sentences

What should I bring with me?

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

Key information

Please make the access facilitator and the tutor aware of any allergies before the start of the course.

Possible next steps

During this course, you will be given advice and guidance on other courses suitable for you and your personal goals.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722