

Cooking Skills - healthy eating - Support

Medway Adult Education, in collaboration with Medway Council, offers a Supported Learning programme for residents with learning difficulties and disabilities, featuring creative and practical subjects aimed at empowering learners.

Our aim is to develop supported learners' cooking skills alongside their independence in the kitchen. We will be looking at healthy living, balanced meals, kitchen hygiene and food safety. The course includes entry maths skills such as measuring, weighing, counting, shape and number.

This course is an excellent opportunity to improve your cooking, independent living and maths skills all at the same time. It is good for people who want to further develop their ability to prepare simple healthy recipes and improve skills in the kitchen. It is also good if you enjoy cooking or would like to become more independent in the kitchen.

Start Date: 06 October 2025
Start Time: 13:00
Lessons: 24
Weeks: 24
Hours: 48.00

Each course includes a Learning Support Assistant to assist the tutor, and enrolment requires completion of an Initial assessment interview within the current academic year.

Venue

Medway Learning and Skills Hub
Unit 2
Britton Farm Street
ME7 1GX

What Will I Learn On This Course?

1. Develop their ability to prepare at least 15 simple recipes
2. Demonstrate how to effectively use measuring tools to prepare ingredients for at least 3 recipes
3. Illustrate a good understanding of kitchen safety to identify hazards in the kitchen and how to keep the kitchen clean and hygienic

Is This Course Suitable For Me?

This course is suitable for adults with learning difficulties or disabilities. An initial assessment will be needed for all learners, new and returning, to establish their best starting point and to identify what support we can provide.

Please call 01634 338400 and ask to book a Supported Learning initial assessment for the SL Art and Craft courses.

Is There Anything Else I Need To Know About This Course?

- No open toed or fabric shoes in the kitchen (learners and carers / support workers)
- Long hair must be tied back (learners and carers / support workers)

Please be aware that whilst this course is practical in nature some sessions will include theory and professional related training such as H&S, risk assessments, public liability etc

Will There Be Additional Costs?

- A clean apron each week, to be taken home each week and washed (learners and carers / support workers)
- A suitable container to take home cooked items – your tutor will advise in week 1
- All other materials and equipment are included in the price.

What Could I Go On To Do After This Course?

Your tutor can talk to you about other subject related course available. Your progression course is Cooking Skills independent living on a budget

Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide-range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through your individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400.

What Is The Attendance Policy?

To get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%. If you do have a holiday booked during term time, please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

Health & Safety

By participating in the live class, you accept that you understand that Cookery involves potentially hazardous tools and equipment and that such activity carries the risk of injury. You understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a cooking activity, and you will need to be suitably dressed, you will need protect your work surface and be mindful of the correct Health & Safety processes when working with Food. MAE is not responsible for damage to items in your house / home or person.

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