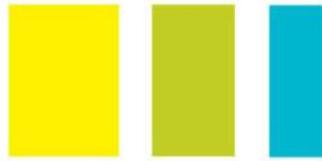


Cook it!

fun, fast food for less



TUTOR TRAINING

Cook It!

Course Information

What is Cook It!?

The *Cook It!* programme is a six week “hands on” nutrition education programme based on the Eatwell Guide and is delivered by *Cook It!* trained Tutors. It is designed to support individuals within local communities to enhance their practical cooking skills and learn about eating a healthy balanced diet on a limited budget.

How can I become a Cook It! Tutor?

Anyone can attend a **free** two day training course to become a *Cook It!* Tutor and deliver the *Cook It!* programme. On completion of the two full days training you would then deliver the six session *Cook it!* programme to your group (each session lasting 2-2.5hours). The sessions are designed to be practical and fun and the course content is as follows:

- Session One:** **Health on a Plate**
- Session Two:** **Find out about Fibre**
- Session Three:** **Fabulous Fruit and Vegetables**
- Session Four:** **Counting on Calcium**
- Session Five:** **Protein Providers**
- Session Six:** **A little bit of what you fancy!!**

Who is Cook It! for?

- | | |
|--|--|
| <input checked="" type="checkbox"/> Women’s and Men’s groups | <input checked="" type="checkbox"/> Young/Single parents |
| <input checked="" type="checkbox"/> Older people in sheltered accommodation or day care groups | <input checked="" type="checkbox"/> Youth clubs |
| <input checked="" type="checkbox"/> Residents in homeless hostels | <input checked="" type="checkbox"/> Offenders during rehabilitation programmes |
| <input checked="" type="checkbox"/> Mother and toddler groups | <input checked="" type="checkbox"/> Adults with mental health problems |
| <input checked="" type="checkbox"/> Young people leaving resident care | <input checked="" type="checkbox"/> And more... |

The nutritional information in Cook It! is suitable for the general population. Additional information is provided for those working with elderly, parents with children under 5 or those with conditions requiring specialist dietary advice.

**Contact The *Cook it!* Team for further information
or to apply for *Cook It!* Tutor Training**