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| Course title | Cook and eat sessions |
| Provider | Age Concern Support Services |
| Synopsis of course | <p>The course will aim to give the learner :</p> <ul style="list-style-type: none"> • An awareness of healthy eating recipes and alternatives • An opportunity to prepare and eat a nutritious 3 course meal based on the 5 a day guidelines • Increased knowledge of recommended daily amounts of nutritional requirements as legislated by the food standards agency |
| Duration | 3-4 hours |
| Accreditation / level | Certificate of attendance |
| Location | Can be delivered anywhere to a minimum of 3 people |
| Numbers | max 6 |
| Contact details | Lee Thompson, 07717816589, leefaf@googlemail.com |
| Cost | £1 -2 to cover ingredients |