

# BTEC HOME COOKING SKILLS

Our BTEC Home Cooking Skills course (Level 1/2) is a hands-on, practical journey designed to empower students with the essential life skills needed to prepare healthy, nutritious food from scratch. Set in a supportive and nurturing kitchen environment, this course is designed specifically to build confidence, independence, and sensory enjoyment, reducing reliance on pre-prepared foods.



## What We Do:

- **Master the Basics:** Learn to safely use kitchen equipment, manage food hygiene, and master foundational cooking techniques (chopping, mixing, heating).
- **Cook Healthy & Budget-Friendly:** Learn to plan and prepare delicious, nutritious meals on a budget.
- **Build Confidence & Autonomy:** Gain the skills to prepare your own food, fostering independence for adulthood.
- **Sensory & Practical Learning:** Experience the joy of cooking through tactile, hands-on lessons tailored to individual needs.

