

# Home Kitchen – Healthy Living Course



**Gateway to increased independence, worthwhile occupation and employment opportunities within catering**

**A practical approach to help you understand how to make healthy eating choices**



**Planning and budgeting for meals by shopping at local stores for fresh, seasonal produce**



**Working as part of the team to cater for a range of events throughout the year**

**Considering the health and safety aspects involved in food preparation**

**Weekly group exercise sessions**



**Learning to prepare food and cook safely in a modern kitchen**



# Home Kitchen – Healthy Living



**Each Friday**



**At the Mencap Centre in Portswood**



**9.30 am – 4.30 pm**

**Cost £59 per day**



# Home Kitchen – Healthy Living

## Course Content

### Food Groups



- Awareness of different food groups for healthier choices
- Creating a balanced meal
- Practical cooking activities
- Achieved through verbal prompts and questions and answer sessions
- Interactive games
- Understanding the functions of the food groups in our body



# Home Kitchen – Healthy Living

## Course Content

### Food Portions



- How much we should eat per day?
- How can we control how much we eat?
- Simple exercises through practical activity
- Understanding food pyramids
- Awareness of how to Improve diet



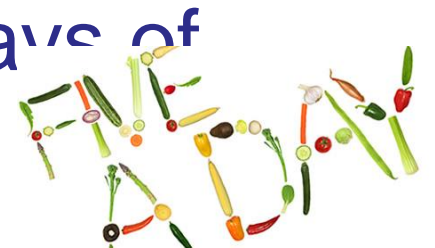
# Home Kitchen – Healthy Living

## Course Content

### '5 A Day'



- Understanding what 5 a day means
- Recognising different foods that count as 5 a day
- How much is a portion
- Practical fun based activities
- Recognising the rainbow effect
- Raised awareness of simple ways of improving diet



# Home Kitchen – Healthy Living

## Course Content

### Food Labelling



- Making informed choices when shopping
- Recognising different kinds of food labelling
- Traffic lights
- Colour coded
- Reading and comparing different food packaging
- Using simple computer based activities



# Home Kitchen – Healthy Living

## Course Content

### Safety in the Kitchen

- Basic kitchen hygiene and recognising the hazards
- Presence of bacteria and ways of dealing with them
- Practical hands on activity
- Importance of personal hygiene



# Home Kitchen – Healthy Living

## Course Content



# Vitamins and Minerals

- Importance of nutrients in our diet
- Effect of nutrients [and lack of] on our body and healthy lifestyles
- Raised awareness of nutrients in the foods we use to cook our meals
- Practical cooking based activities





# Home Kitchen – Healthy Living

## Healthier Alternatives



- Understanding what healthier choices are and how to make informed choices
- Understanding the effects of healthier choices on our health
- Using healthy alternatives
- Reducing fat, sugar and salt and increased awareness of benefits on our health



# Home Kitchen – Healthy Living

## Food Allergies



- Recognise different foods that can cause allergies
- Effect of allergens on health
- Ways of recognising food allergies through practical activity
- Increased awareness of effect of different foods on health



# Home Kitchen – Healthy Living

## Special Diets



- Vegetarian diet
  - Vegan diet
- Gluten free diet
- Cultural and religious





**Taking pride in appearance**

**Improved diet**



**Leading a healthier Lifestyles**

**Increased Poise and Confidence**

**Keeping Fit**

**Exercise to music**

**Dance**



**Healthy Living Seminar**

**Weight Management Corner**

# How to make a referral to Home Kitchen Healthy Living Course

**E Mail** [admin@southamptonmencap.co.uk](mailto:admin@southamptonmencap.co.uk)



**Complete the Expression of Interest Form on our Website:**  
[www.southamptonmencap.org](http://www.southamptonmencap.org)



**023 8058 4088**



**Southampton Mencap  
187a Portswood Road  
SO17 2NF**



**Call in and speak to us**

