



# Men: Let Me Teach You to Cook!

Do you want to develop and improve your cooking skills? This hands-on cooking class will build your self esteem and confidence as you prepare simple and nutritious meals.



## A course to develop your skills in:

- Confidence in the kitchen
- Preparing simple and healthy meals
- Utilising left-overs
- Food storage
- Kitchen operations
- Knife usage and skills
- Recipe development
- Adapting recipes
- Cooking terms
- Budgeting with food

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Skills for study  
work and life

We enrich our community by providing opportunities to connect, participate and learn

**Length:** 21 hours - 7 weeks

**Eligibility:** Visit the website for details.

**For dates, times, costs and prerequisites refer to the BNC Course Timetable.**

### Discover Learn Local

We provide education and training programs designed to meet your learning needs. As a registered Learn Local we help you return to study, become work ready, improve your skills or learn something new.

### Find us at the Ballarat South Community Hub

11 Tuppen Drive, Sebastopol



**Ballarat Neighbourhood Centre**  
**PO Box 540W, Ballarat. 3350**