

**The Royal Environmental Health Institute of Scotland**



# **How to Run a Cooking Group Course**

## **Syllabus**

**Minimum teaching time – 6 hours**

**This course was developed as a partnership between REHIS, NHS Forth Valley  
and Fife Health & Social Care Partnership**

**with support from**

**NHS Grampian and Select Wellbeing.**

The Royal Environmental Health Institute of Scotland is a registered Scottish Charity, No SC009406

**Aim:** The aim of the course is to

- provide participants with the knowledge, skills and confidence to plan, deliver and evaluate their own practical food activities.

All outcomes and objectives to be prefixed by the words: The expected outcome is that the course participant will be able to:

## **GENERAL INTRODUCTION**

### **Objectives**

- Appreciate the needs and expectations of other course participants.
- Identify their current level of knowledge, skills and confidence about delivering a cooking session.

### **1. Introduction to running a cooking group**

#### **Objectives**

- 1.1 Identify the benefits of cooking and running cooking groups
- 1.2 Appreciate the role and requirements of a cooking group leader

### **2. Planning a cooking group**

#### **Objectives**

- 2.1 Have a good understanding of the importance of assessing the needs of cooking group members.
- 2.2 Identify any barriers cooking group members may face and ways to overcome them.
- 2.3 Develop cooking group aims and objectives and determine key participant outcomes
- 2.4 Have a good understanding of the process of planning a cooking group
- 2.5 Appreciate the importance of writing a session plan

### **3. Delivering a cooking group session**

#### **Objectives**

- 3.1 Understand the process of delivering a cooking session
- 3.2 Appreciate the importance of completing a risk assessment and venue and session checklists.
- 3.3 Put their knowledge of delivering a cooking session into practice
- 3.4 Identify and support individuals with additional support needs and be aware of strategies to resolve any issues that may arise during a session.

#### **4. Evaluation and assessment methods**

##### **Objectives**

- 4.1 Appreciate the importance of evaluation
- 4.2 Be aware of the different evaluation techniques and tools available and how to use them
- 4.3 Have a good understanding of how to evaluate a cooking session/programme
- 4.4 Have a basic understanding of how to assess cooking group members

#### **5. Additional resources/information**

##### **Objectives**

- 5.1 Identify suitable sources of additional information and resources for cooking group sessions
- 5.2 Be aware of how to register as a REHIS Cooking Skills Centre and Presenter
- 5.3 Course summary and review

#### **6. Course assessment (post course)**

##### **Objectives**

- 6.1 Successfully complete the course assessment
- 6.2 Plan, prepare, deliver and evaluate two cooking sessions
- 6.3 Reflect and evaluate their own practice