

Introduction to Cooking

Session Plans

Session 1 – Health and Safety in the Kitchen
Fruit Kebabs and Pancakes

Session 2 - Introduction to Nutrition and Eatwell Guide
Soup Week

Session 3 – Introduction to Food Labelling
Pizza Week

Session 4 - Introduction to Eating on a budget
One Pot Cooking

Session 5 – Quick Meals and Future Goals

All materials and ingredients needed will be provided for you.

Health &
Safety in
the Kitchen

Basic
Nutrition

Food
Labelling

Practical
Meal
Preparation

Eating on a
Budget

Goal for
Future
Cooking

Dates of future sessions to be confirmed.

If you would like to be added to our waiting list please get in touch with us by phoning 02921 824240 or email CAV.IAS@wales.nhs.uk

Integrated Autism Service



Gwasanaeth Cyfun Awtistiaeth