



INDEPENDENT LIVING SKILLS:
JAMIE OLIVER
Cooking
CLASSES

Cooking doesn't have to be complicated or hard. With the right basic skills and a few handy recipes, you can create healthy meals in your kitchen with confidence.

We offer two fun cooking courses with Jamie's Ministry of Food. The program is a hands-on cooking course, using Jamie Oliver's philosophy on cooking, buying, storing and eating good, fresh, healthy food.

Start with the basics and then level up to course two.



Course 1

You'll learn basic cooking techniques including chopping, frying, cutting and how to use equipment. Then move on to some simple recipes.



Course 2

Jamie Oliver's 5 ingredients course will show you how, with just five key ingredients, you can get a plate of food together fast, and rustle up no-fuss, budget-friendly dishes any day of the week!

Perfect for:

Keen cooks who are 16 years and above

What to expect:

- Small groups at a dedicated Ipswich venue
- Instruction by professional trainers



Skills learnt:

- Follow recipes
- Basic cooking techniques
- Using kitchen equipment
- Knife skills

Duration: Five week course

Pricing: NDIS 1:2 ratio plus Jamie Oliver class fee

Progression: Finished these short classes? Why not sign up for our ongoing cooking class to build your own recipe book

COOKERY



Interested

Visit www.montrose.org.au/lifestyle
Or call us on **1800 193 362**.

Jamie's
MINISTRY OF FOOD

