Independent Living Skills - Cooking

Build confidence in the kitchen with this beginner cooking course. Designed for people with little or no cooking experience, you will develop practical skills for everyday life. Learn how to prepare simple, healthy meals, follow recipes, and work safely in the kitchen.



A course to develop your skills to:

- Prepare simple, nutritious meals
- Follow recipes and measure ingredients
- Use kitchen equipment safely and effectively
- Understand basic food hygiene and safety
- Build confidence to cook at home independently

The Commonwealth Department of Education, Skills and Employment endorses this course which counts towards Workforce Australia mutual obligations and points targets, including for Centrelink payment recipients.

Learn Local | Skills for study work and life

Ballarat Neighbourhood Centre

We enrich our community by providing opportunities for you to connect, participate and learn in a safe and inclusive space.

This course is 1 session of 5 hours.

As a registered Learn Local, we help you return to study, become work ready, improve your skills or learn something new. We do this by providing education and training programs designed to meet your learning needs. The tuition fees for this training course are funded by the Victorian government ACFE Board. Fees associated with all classes will be advised prior to enrolment.

Find out more about our courses by scanning the QR code to visit our website.

Find us at the
Ballarat South Community Hub

11 Tuppen Drive, Sebastopol

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