

English & Maths

Budgeting for Healthy Eating

This short English and maths course will improve your skills at the same time as helping you to provide healthy and tasty options without breaking the bank.

When does this start and end?

We have 2 different start dates for this course:

- 17 October 2022 - 18 October 2022
- 9 February 2023 - 10 February 2023

What are the entry requirements?

No formal qualifications are required to study this course. A willingness to learn is essential.

Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us courses@northern.ac.uk

Course description

How is the cost of living impacting upon what you eat? Could you use some tips on how to make healthy meals on a budget? This short English and maths course will improve your skills at the same time as helping you to provide healthy and tasty options without breaking the bank. Make your money go further and satisfy your taste buds.

What you will learn about:

- Shopping tips
- High nutrition, low cost
- Making money go further by planning your shop
- Calculating costs and making comparisons
- healthy use of microwave cooking

- Ratio and proportion for recipes
- Cooking times

What can this course lead to?

Functional Skills qualifications in English and maths

Want to learn more?

You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/about-us/open-events/>]

Location

Northern College, Yorkshire [<https://www.northern.ac.uk/contact-us/>]

Course fees and funding support

test

Course session dates

Session dates for 17 October 2022 - 18 October 2022

- Monday 17 Oct 2022 to Tuesday 18 Oct 2022

Session dates for 9 February 2023 - 10 February 2023

- Thursday 09 Feb 2023 to Friday 10 Feb 2023

Course fees and funding support

FREE*

* [This course is fully funded for eligible students.](#)

If you are not eligible, the cost of the course is £25.00. If you choose to stay residentially, and you are not eligible via the residential funding assessment, there will be an additional fee to pay. The vast majority of students are eligible to study and stay residentially for free and we will confirm when you apply.

Last updated: 7th October 2022