

An Introduction to Indian Food



Adult

This is the ideal class to learn about Indian food! You'll leave with the skill to make healthy Indian menus at home for you and your family.

Dishes across the Indian subcontinent are packed with nutrients, meaning there are many healthy options. Indian food can provide many health benefits, and they don't have to be full of saturated fats. The spices used, such as turmeric, ginger and chilli are known for their anti-inflammatory properties, as well as being beneficial for a healthy heart.

With some easy changes, you can make Indian food lighter but not scrimp on taste, and is a great way to add to your five-a-day!

This course is free, however, there is a fee of £30 to cover ingredients and teaching materials.



Scan the QR Code for full course description, assessment and progression options from this course

ENTRY REQUIREMENTS



LOCATION & NEXT START DATE(S)

Cornwall College Camborne - 9 October 2024



LEVEL No Qualification	DURATION 2 Evenings, 6pm-9pm
ATTENDANCE Part-time	FEES Tuition Fees: £9.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.



Find out more and apply online



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Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



**Find out more and
apply online**

