This **Healthy Eating on a Budget** course explores healthy eating by cooking from scratch.

The course covers the following:

* Introduction to vegetables, salads and low fat sandwiches.
* Preparation of vegetables to include safety and hygiene.
* Demonstration of hearty vegetable soup, low fat salads and tasty sandwich recipes.

Throughout the course you will:

* Explore recipes of choice to include tasty curries and stir-fries.
* Create own sauces from scratch to include pasta sauces and cheese sauce for lasagne.
* Explore “Fake Aways” by creating your favourite dishes from homemade pizza to tasty homemade sausage rolls.
* Learn and gain knowledge that treats can be healthy by creating and baking low fat tasty desserts and snacks.