

# THE BIG EAT III

Maida Hill Place, 2 Fernhead Road, W9 3ET

## FANCY KICKING OFF A CAREER AS A CHEF?

Did you know that there is a big shortage of professional kitchen staff in the UK?



**The Big Eat 3 is a Community Kitchen training program** set up by Maida Hill Place in collaboration with Westminster Adult Education Service.

**This course is a great opportunity for work in the catering industry.**

If you are interested in a new career then this course is for you.

### Entrance requirements:

Aged over 19+  
Looking for work  
Westminster resident

### Time:

**Six week course**  
**Saturdays 10am–3pm**  
March 23rd and 30th.  
April 6th, 13th, 27th and May 4th.

### Training Location:

Maida Hill Place, 2 Fernhead Road,  
London W9 3ET



Six class modules taught over six weeks to improve students' professional cooking skills and learn more about plant-based recipes. By the end of the course, participants will be empowered to make informed choices on foods that promote optimal health, to integrate more fresh cooking with their day-to-day life routines and to eat a greater variety of plant foods, especially fresh vegetables and fruits.

Includes time for Q&A at the end of each practical session and at the end of the course to address personal obstacles to eating better.

Practical sessions teach the following skills through preparation of recipes:

- preparing simple meals from scratch
- basic knife skills and knife maintenance
- veg chopping techniques
- preparation techniques incl. steaming, baking, stir-frying, grating, slicing, sprouting

**To register:** please send an email to [manager@maidahillplace.co.uk](mailto:manager@maidahillplace.co.uk)  
or call **020 8964 2549**



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