

# Cook and Eat Course

## Nutrition for Everyday Living

The Shed along with Tameside MBC and St John's Church Dukinfield are running a cook and eat course primarily, but not exclusively, for older men who want to learn how to cook and eat well. The content will be:

- **Food hygiene**
- **A range of preparation and cooking skills**
- **The foundations of a healthy diet**
- **Relationship between health, diet and exercise**
- **Reading and understanding food labels**
- **Anti-ageing diet tips**
- **What 'organic' really means**
- **How to address food allergies and intolerances**

### **Location and timing:**

The sessions, aimed primarily but not exclusively at older men, will be run at St. John's Church Centre, Vicarage Drive, Dukinfield, SK16 5HZ.

Sessions starting Saturday 16<sup>th</sup> June for six Saturdays over a seven week period (there may be one week when it isn't possible to run a session)  
10:00 until 13:30

### **How to apply**

The course is aimed at:

Older men, from across Tameside, in danger of being isolated and lonely who are interested in improving their health through self-care.

If you would like to take part please contact Mike on; 07984037920, (0161) 368 4974 or [mikerbarlow44@icloud.com](mailto:mikerbarlow44@icloud.com)

### **Please note:**

In addition to the participants we are looking for people who might like to join the participants for a free social lunch