



## **Let's Cook!**

**Are you aged 15, 16 or 17 and currently unemployed?**

**Are you interested in taking the first steps to becoming a chef?**

**Then this may be the short course for you!**

The Springboard "Lets Cook!" programme will run every Wednesday and Thursday at Fife College, Stenton Campus, Glenrothes starting on **Wednesday 29<sup>th</sup> April for 9 weeks.**

The course is an exciting mix of kitchen based learning and industry visits. It also covers 2 certificated Vocational courses: REHIS Food Hygiene & "World Host" Customer Care

A range of topics will be covered through the kitchen based activities and will include team building, confidence & assertiveness, work ethic, communication and healthy eating.

Chef whites, travel costs and lunch all provided.

An information session followed by short informal interviews will be held on **Monday 20<sup>th</sup> April (1-3pm)** at Fife College, Stenton Campus in Glenrothes.

***To register for the information session or to find out more please contact Vicki Sutherland on 07530 241249 or e-mail [vickis@springboarduk.org.uk](mailto:vickis@springboarduk.org.uk)***