

Level 5 - Back to Basics

The Country Kitchens team are excited announce the launch of Level 5 of the QCWA Country Kitchens Training PATHway – Back to Basics! Back to Basics is a series of cooking workshops designed to teach participants practical, hands-on cooking skills. In a fun and supportive environment, participants can learn the basics of healthy eating and living, and see just how easy it can be to make nutritious home-cooked meals from scratch.

The workshops in the Back to Basics series consist of three main sections:

1. Basic nutrition education
2. An interactive activity
3. Group cooking class

There are two types of Back to Basics series you can run in your community, each targeted to different participant groups:

Back to Basics: Food Literacy

- 4 sessions
- Each session focuses on one domain of food literacy
- Suitable for young adults and older

These workshops are delivered using a Facilitator Workbook which outlines the structure of each session, the nutrition education to be delivered, and the activities to be completed by each participant. The Facilitator Workbook also provides answers to each of the activities to help you guide the participants.

Participants also receive a workbook to use during the series and take home with them after completing the four sessions. Their workbook outlines all of the content covered during the series, is a space for them to complete the activities in each session and also contains the recipe cooked in the workshop plus two other variations for them to try at home.



Facilitator Workbook



Participant Workbook



Level 5 - Back to Basics continued...

Back to Basics: 5 Key Messages

- 4 core sessions + optional 4 session extension for school settings
- Each session focuses on one of the Country Kitchens 5 key messages
- Suitable for children or some disability and low English literacy groups

A resource pack will be provided that contains all of the bits and pieces required to run each session. A session plan steps you through the structure of each workshop and outlines the interactive activity to be completed with participants. The nutrition education is delivered using the *Nutrition Education Flipbook* which was introduced in Level 4 of the Country Kitchens PATHway. There is an extension of pages which can be inserted into your flipbook, which cover each of the 5 key messages in simplified, child-friendly language.



Recipe Booklet



5 Key Message Poster



Back to Basics Flipbook



Activity Resources

Back to Basics Workshop Benefits

Compared to Level 4 Hands on Nutrition Workshops (HONWs) which are half-day, one-off workshops, Back to Basics is delivered as a series of consecutive cooking classes, ideally with the same group of participants at each workshop. We know that behaviour change often takes time and repetition, so it is at this level of the Country Kitchens PATHway where you have a real ability to pass on your knowledge and skills and see positive change in the health and abilities of your participants.

The Back to Basics workshops have also been designed to be as simple as possible. Unlike cooking HONWs which involve participants preparing a range of different recipes, each Back to Basics session focuses on one, simple healthy recipe that is made by the whole class.

Level 5 Facilitator Training

Level 5 training is a one hour session delivered via Zoom. This session will you give you a detailed overview of both types of Back to Basics series and help you start to plan your very first workshop series. To check for upcoming Level 5 training sessions, log in to the facilitator area of our website and head to the 'Events' tab. Here you will find a list of all upcoming training sessions and can register by filling out the form! Alternatively, send an email to your CK buddy or to the team at countrykitchens@qcwa.org.au.