

Culture Chest Cook-along

Luton Adult Learning runs the Culture Chest project every year. It aims to encourage learners to share and celebrate their traditions, celebrations and cultures. Food always features highly in this project so this year we have decided to go online and launch the Culture Chest Cook-along!

Join us in our Facebook group for three sessions over two weeks to share your traditions, celebrations and your favourite food from your culture.

In the first session you will have the opportunity to take part in a discussion about how food plays an important part in your culture, family and celebrations.

In the second session we would like some learners to volunteer to share their cooking skills in a live cook-along from their home and others will be able to share recipes, videos and photos of their own special recipes. You will be encouraged to try out one of the recipes at home and share the results in the third session.

You will then have the opportunity to remain part of the Facebook group to continue to share your traditional recipes and ideas around food and culture as other learners join the next cook-along. We hope to finish with a Culture Chest Recipe book that you will be able to keep for the future.



To enrol visit the *Find a Course* tab in our website and look for the course on the Family Learning tab

www.lutonacl.ac.uk