

Introduction to Culinary Arts - A Tour of the Mediterranean

Location	Altrincham Campus
Course Type	Adult
Department	Hospitality & Catering
Start Date	Wednesday 21st January 2026
Duration	Part-time, 6 Weeks
Time	18:00 - 21:00
Fee	£ 81.00 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information
Course Code	APQ-HOXZ-1100

Course Overview

Through hands-on cooking sessions, students will learn to prepare a variety of traditional dishes from countries such as Italy, Greece, Spain, and Turkey, while exploring the principles of the Mediterranean diet known for its positive impact on physical and mental wellbeing. A Tour of the Mediterranean is a dynamic and immersive course designed to introduce students to the rich and diverse culinary traditions of the Mediterranean region. This course emphasises the health benefits, cultural significance, and social aspects of Mediterranean cuisine.

Course Requirements

You will need to be over 19 years of age to attend this course.

What You Will Learn

Mediterranean cookery is known for its fresh and flavoursome ingredients, as well as its simple and healthy preparation methods. This cuisine typically includes a wide variety of fruits, vegetables, seafood, olives, olive oil, herbs, and spices. Students will have the opportunity to explore the variety of foods and traditional cooking methods.

Assessment

There is no formal assessment on this course. You will receive feedback, support, and guidance from your tutor. Your learning will be supported through practical activities, discussions, paired/individual and group tasks and worksheets.

Progression

Learners successfully completing this short course to a good standard may apply for a place on our other introductory courses.

Other courses available to support your learning:

- Free English and maths courses for those who have not yet attained a grade at C at GCSE (grade 4 equivalent)
- Free digital literacy courses for beginners in computing and tablets
- Free positive steps to wellbeing courses to support improved mental wellbeing, health and confidence
- A range of employability skills courses

Career Options

Completing this course can open several exciting career opportunities in the culinary field. Here are some potential career paths:

Professional chef
Line chef
Market trader
Retail and commercial
Hospitality team member
Food Writer/Blogger
Personal Chef
Food Truck Owner

Each of these career options allows you to leverage your knowledge of Mediterranean cuisine and culinary arts, and many roles offer opportunities for creativity and entrepreneurship. Additional training, certifications, or experience may be required for some positions, so consider further education to advance in your chosen career path.

Mandatory Units

There are no mandatory units.

Contact Details

For further information please contact T: 0161 886 7070 or E: info@trafford.ac.uk

Disclaimer

Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.