



WELSH BACCALAUREATE

Advanced

Community Challenge

Colegau Cymru

Hospitality and Catering – Coaching



Available for assessment from September 2015

Basic home cooking

PURPOSE

The purpose of the Community Challenge is to develop learners' skills, whilst encouraging learners to identify, develop and participate in opportunities that will benefit a community. During the Community Challenge learners will explicitly develop skills of **Planning and Organisation** and **Personal Effectiveness** and apply them in an appropriate manner.

BRIEF

In this Challenge you will be given the opportunity to make a positive contribution to your community. You will focus on real-life concerns and needs whilst engaging in activities which aim to make a real difference. The Community Challenge should provide experiences that help you understand what it means to be an active citizen. The challenge should enable you to develop as an effective and responsible member of the community. In completing the Community Challenge you will be able to recognise the contributions you can make towards improving the chosen community and the benefits this will have for you and for others. Where appropriate, you will be able to demonstrate independence, responsibility and an ability to work well with others.



Being able to transfer your knowledge, understanding and skills to others is the essence of coaching. This process can help others develop their skills, confidence and understanding whilst achieving their personal goals.

Learning **basic home cooking** is an important life skill whether a student moving away from home, someone wanting to eat healthier meals or just a need to save money. Being able to cook can also have a positive impact on eating habits of families. Many groups in your community can benefit from the skills you have developed through your learning programme.

As an individual or as a member of a team (3 – 6 members) you must identify a community group who may benefit from you coaching them basic home cookery skills. You are required to plan, manage and run your coaching activities or events in an appropriate manner to help further develop their knowledge, understanding and enjoyment of home cooking.

You will be required to develop planning materials that will support these activities or events along with any other materials that will evidence your findings. As part of your planning you will need to consider ways that you can record and evaluate the success and benefits of your activities/events for this group of people as well as the potential of future activities or events. You will need to identify potential activities, problems and requirements that would enable you to meet the needs of these people in the community.

You must actively engage and demonstrate commitment over a minimum of **30 hours** and **at least 4 weeks** to develop these opportunities for your chosen community group, providing advice and support, to encourage further understanding, development and enjoyment of basic home cookery.