



## Course details

### Course title

Cooking Practical: Air Fryer Cooking

### Course code

Q00019133

### Course date

Start: 17/01/25

End: 07/02/25

### Number of classes

4 sessions

### Timetable

Fri 17th Jan, 10:00 to 12:30

Fri 24th Jan, 10:00 to 12:30

Fri 31st Jan, 10:00 to 12:30

Fri 7th Feb, 10:00 to 12:30

### Tutor

Nadia Belmajdoub

### Fee range

Free to £52.50

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

### Venue

Riverside Community Health Project (Newc  
Carnegie Building  
Atkinson Road  
Newcastle upon Tyne  
NE4 8XS

## **Level of study**

Beginners

## **Course overview**

Unlock the full potential of your air fryer with our comprehensive 5-week course designed for beginners and those with some basic experience. Our Air Fryer Cooking course goes beyond simple recipes, teaching you to create delicious and nutritious meals with ease. Each weekly session will be packed with hands-on demonstrations, expert tips, and insights into the health benefits of using fresh ingredients and spices. You will gain a thorough understanding of air fryer functionalities and features. You will overcome common limitations and expand your air fryer cooking repertoire and develop confidence in creating nutritious meals that go beyond the basics.

## **Course description**

This course is perfect for individuals who are new to using an air fryer as well as those who want to expand their culinary skills beyond basic recipes. Whether you're aiming to eat healthier or simply want to explore new cooking techniques, this course will provide you with the knowledge and confidence to create delicious, nutritious meals with your air fryer.

On this course, you will be introduced to the functionalities and features of air-fryer. You will develop confidence in creating nutritious meals that go beyond the basics. You will be able to prepare simple healthy food and lean proteins. You will understand how to select fresh nutritious ingredients and how to create flavourful spice blends for different types of dishes. You will also be able to adapt your traditional recipes to air fryer recipes. Our expert tutor will share tips and techniques for maintenance and for avoiding any common pitfalls.

You will have access to delicious recipes and list of healthy ingredients and spices. Our Air Fryer Cooking course goes beyond simple recipes, teaching you to create delicious and nutritious meals with ease. Each weekly session will be packed with hands-on demonstrations, expert tips, and insights into the health benefits of using fresh ingredients and spices. Join us on this culinary journey and transform your air fryer into a versatile tool for healthy and delicious cooking!

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during

your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/cookery/17-january-cooking-practical-air-fryer-cooking>