



Course details

Course title

Healthy Eating - Air Fryer Cooking

Course code

Q00019993

Course date

Start: 29/01/25

End: 09/04/25

Number of classes

10 sessions

Timetable

Wed 29th Jan, 13:00 to 15:00

Wed 5th Feb, 13:00 to 15:00

Wed 12th Feb, 13:00 to 15:00

Wed 19th Feb, 13:00 to 15:00

Wed 5th Mar, 13:00 to 15:00

Wed 12th Mar, 13:00 to 15:00

Wed 19th Mar, 13:00 to 15:00

Wed 26th Mar, 13:00 to 15:00

Wed 2nd Apr, 13:00 to 15:00

Wed 9th Apr, 13:00 to 15:00

Tutor

Nadia Belmajdoub

Fee range

Free to £50.40

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

Fulwell Day Centre (Sunderland)
Fulwell Road
Sunderland
SR6 9QW

Level of study

Beginners

Course overview

This course offers a comprehensive exploration of air frying as a versatile and health-conscious cooking method. Participants will learn the principles of air frying, including temperature control, air circulation, and cooking times, to create a variety of delicious dishes with minimal oil. Through a combination of theoretical instruction, practical demonstrations, and hands-on cooking sessions, students will develop proficiency in using air fryers and discover innovative recipes and culinary techniques. Emphasis will be placed on health-conscious cooking, flavour enhancement, and the adaptation of traditional recipes to suit air frying.

Course description

During this course learners will understand the principles of air frying and its advantages and disadvantages as a cooking method. You will experiment with a variety of ingredients and recipes suitable for air frying including vegetables, proteins, snack and deserts. This course offers a comprehensive exploration of air frying as a versatile and health-conscious cooking method. Learners will learn the principles of air frying, including temperature control, air circulation, and cooking times, to create a variety of delicious dishes with minimal oil. Through a combination of theoretical instruction, practical demonstrations, and hands-on cooking sessions, students will develop proficiency in using air fryers and discover innovative recipes and culinary techniques. Emphasis will be placed on health-conscious cooking, flavour enhancement, and the adaptation of traditional recipes to suit air frying. We will also cultivate skills for troubleshoot common issues and adjusting cooking techniques based on food types and desired outcomes.

Throughout the course, learners will cover the basics of food safety and personal hygiene

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/29-january-healthy-eating-air-fryer-cooking>*