

# Course Information Sheet

## Air Fryer Secrets



**ME14E33B**

<b>Venue</b> Online Google Classroom	<b>Start Date</b>	2 Oct 2024 18:00
	<b>End Date</b>	23 Oct 2024 20:00
	<b>Fee</b>	No Fee
	<b>Materials</b>	£0

[OCSW ME14E33B Air Fryer Secrets \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Conquer the winter blues by learning to get the most out of your air fryer! This 4-week online course unlocks delicious recipes, expert techniques, and insider tips to maximise your air fryer's potential. Explore the money saving tips and how versatile an air fryer can be. Stay in the warm and learn from our amazing chef how to use your air fryer to its maximum potential.

### Course Description:

Feeling stuck in an air fryer cooking rut? **Air Fryer Secrets** is the online course designed to transform your air fryer into a culinary powerhouse. Over four engaging weeks, you'll explore a variety of delicious dishes, master essential techniques for perfect results, and discover insider secrets to elevate your air fryer cooking. The tutor will advise what ingredients for each session.

### What will I learn? (Subject to change depending on the groups needs)

- **Week 1: Air Fryer Fundamentals:** Demystify the science behind air frying. Learn key techniques like preheating, layering, and shaking for crispy and flavorful results. What are the options and types of cooking that can be done in an air fryer?
- **Week 2: Exploring recipes:** Discover air fryer recipes perfect for the colder months. Learn to cook comforting soups, hearty roasts, and even side dishes that will warm you from the inside out. Using store cupboard ingredients and on a budget.
- **Week 3: Beyond the Basics:** Expand your air fryer recipes such as healthy snacks. Explore creative breakfast options and unlock the air fryer's baking potential.
- **Week 4: Pro Tips & Troubleshooting:** Master the art of air fryer maintenance and cleaning. Learn how to adjust settings for optimal performance. Discover expert hacks for overcoming common air fryer challenges. Create a budget meal using the air fryer and see how it can save you time and money.

### How will I be assessed?

Throughout the course, you'll participate in interactive quizzes, share photos of your air fryer creations, and engage in discussions on the online forum (formative assessment). There will also be a final project where you curate your own winter air fryer menu, complete with recipes and cooking instructions (summative assessment).

### **Who is this course for?**

This course is perfect for anyone who owns an air fryer and wants to elevate their cooking skills. Whether you're a beginner looking for basic guidance or a seasoned air fryer user seeking new winter recipes and techniques, this course has something for everyone. Have fun developing your maths skills.

### **Progression Opportunities:**

After completing this course, you can explore more advanced online cooking classes or consider certificate programs in culinary arts. There are also options for specialised air fryer cookbooks and online communities focused on air fryer enthusiasts.

### **Career or Job Enhancement Pathways:**

- Personal Chef - Deepen your culinary skills to offer personalised air fryer meal prep or cooking demonstrations.
- Food Blogger - Share your air fryer expertise and recipes with a wider audience.
- Restaurant Cook - Highlight your air fryer knowledge to gain a competitive advantage in fast-paced kitchens.
- Caterer - Utilise your air fryer skills to offer healthy and innovative dishes for events.
- Home Help
- Carer
- Volunteer

### **How do I enrol?**

The quickest way to enrol is online at [www.oucoursesouthwest.co.uk](http://www.oucoursesouthwest.co.uk), simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

### **How will the course be delivered?**

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

### **Will I need to practise outside the classroom?**

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

### **How will I know I'm making progress?**

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual

learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

**What will I need?**

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

**Please note:**

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

