

# AIR FRYERS

## FACILITATOR'S GUIDE

### **RATIONAL**

Air fryers are a popular kitchen appliance. They provide a healthier alternative to conventional frying because little to no oil is used in the cooking process.

### **PROGRAM GOAL**

Air fryers are a popular kitchen appliance. They provide a healthier alternative to conventional frying because little to no oil is used in the cooking process.

### **OBJECTIVES**

1. Increase knowledge about air fryers and their features.
2. Decide if an air fryer is the right purchase for you.
3. Develop knowledge of how to use and maintain an air fryer.

### **LESSON MATERIALS**

- Air fryer publication
- PowerPoint presentation
- Facilitator's Guide
- Sample recipes
- Evaluation

### **PREPARATION**

- Prepare copies of air fryer publication and evaluation.
- Decide on a recipe to demonstrate and taste.
- Make copies of recipes.
- Gather pens and pencils for completion of evaluation.
- Market the program through various channels.
- Reserve a room for the program.
- Buy ingredients and supplies for the demonstration.

## **FACILITY AND EQUIPMENT PREPARATION**

- Tables and chairs for participants
- Projector for PowerPoint presentation
- Air fryer(s)
- Disposable plates, utensils, and napkins for tasting

## **AUDIENCE**

Potential audiences include Homemaker groups and clubs, high school classes, 1 or 2 person households, and senior citizens centers.

## **INTRODUCTION**

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and is also popular for reheating leftovers. Air fryers are affordable, easy to operate, and easy to clean. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when deciding if an air fryer is a good purchase.

For an ice breaker, ask participants to share their favorite cooking appliance and if they have any experience using an air fryer.

## **LESSON**

Share the air fryer PowerPoint presentation or publication lesson material. Encourage discussion about how they prepare meals at home, how many people they cook for, and what they do with leftovers. Include information shared during the introduction. You can deliver this program in 30 to 60 minutes, depending on the recipe you demonstrate.

## **CONCLUSION**

Answer any questions. Encourage conversation about creative ways to use air fryers when cooking and reheating leftovers. As a discussion question, ask each participant to share one thing they found interesting or learned as a result of participating in the program. Complete the program evaluation.

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