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| **Dalton – Countertop Cooking** |
| **LESSON PLAN**Topic: CookingTitle: Using an Air Fryer**LESSON GOAL/EXPECTED OUTCOME**Individual will: 1. Safely use air fryer to cook food to desired doneness
2. Thoroughly and safely clean air fryer after use
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| **TEACHING METHOD/TECHNIQUES**1. With the air fryer unplugged, orient student to the parts including the warming basket and operating controls. (Use tactile markings to mark specific settings as needed.)
2. Discuss safety precautions for proper placement of the device when in use and for touching the device while it is running.
3. Demonstrate how to remove and reinsert the warming basket. Have student remove and reinsert the basket.
4. Have student choose desired food from several packaged items (e.g. frozen French fries, tater tots, onion rings, chicken nuggets).
5. Provide information on recommended cooking times for chosen food from air fryer instructions.
6. Place a tray or a cookie sheet near the device to ensure that you are placing the basket holder on a heat proof surface.
7. Place food to be cooked in a bowl and lightly spray with cooking spray.
8. Remove basket holder from the unit and place it on a tray or cookie sheet.
9. Place food in fryer basket; shake lightly to distribute so it is in a single layer.
10. Place the basket holder in the Air Fryer.
11. Plug in the air fryer.
12. Set the temperature knob or digital controls to the desired cooking temperature.
13. Set the time control knob or digital controls to the desired time.
14. If the food requires shaking mid-way through the cooking process, set the timer for half the time. When the timer rings, remove basket holder, shake, reinsert basket holder, and reset the timer. You may stop and check the doneness at any time.
15. When desired doneness is achieved, remove the basket holder from the unit and place it on the tray.
16. Gently tip the food into a bowl. Season as desired. Let cool briefly before serving.
17. turn off air fryer and unplug it.
18. Discuss techniques for safely cleaning air fryer once it has cooled down. Have student clean the air fryer and work area.
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| **\*TEACHING NOTES*** While food is cooking, prepare homemade dipping sauce like honey mustard, siracha ranch, or garlic mayo.
* The medium 2.5-3 quart sized air fryer has a larger basket and can therefore hold more food.
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| **SUPPLIES NEEDED**1. Air fryer with analog or digital controls (If using an air fryer with digital controls, models with buttons having designated settings versus those that toggle between several options are best)
2. Bump dots or puff paint to tactually mark for specific settings as needed
3. Cooking sheet or heat proof tray
4. Information on recommended cooking times for various foods in accessible formats
5. Mixing bowl
6. Large spoon for mixing and transferring food
7. Tongs
8. Cooking spray
9. Desired packaged food (e.g. French fries, onion rings, chicken nuggets)
10. Serving bowl
11. Seasonings
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| **COMPLIMENTARY TASKS TO REINFORCE LEARNING*** Use cutting and measuring skills to prepare fresh food for air fryer cooking
* Use online resources to locate recipes using air fryers
* Use online and mobile device app resources to access interest/social media groups to connect, learn, and share with others who use the air fryer
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