

# FEED THE FAMILY WITH AN AIR FRYER

Subject Area  
Student Type  
Study Mode

Hospitality & Catering  
Adults  
Part Time

## What is the course about?

As an exciting extension of our ever popular 'Feed the family' courses, we introduce our brand new 'Feed the family with an Air Fryer' course!

On this exciting new course, you will learn all about how to shop for a bargain, with a focus on getting the best offers and being careful with the ingredients you select. You will also learn about calorific consumption and how to cook fast and healthy dishes whilst not compromising on flavour. You will finish the course knowing how to create beautiful meals for the whole family using an air fryer.

If you attend all of the sessions, you will even receive a fantastic new Air Fryer from us as a free gift enabling you to put into practice all you have learned on the course!

## Why should I choose the course?

This is an amazing opportunity to learn lots of helpful hints and tips in the kitchen, whilst learning about reducing calorific consumption and shopping for a bargain.

Each week you will learn about the costing and calories in a set dish, whilst going on to prepare all of the ingredients for your evening meal. All ingredients will be provided, completely free of charge!

## What will I learn?

This course will help you brush up on your cookery skills, enabling you to create exciting and varied Air Fryer dishes at home.

You will also learn about how to be thriftier in the supermarket, including lots of helpful hints and tips on budgeting, translating measures from imperial to metric, working out the best bargains, weighing up whether 'special offers' are actually worth it and a full understanding of discounts. You will also learn how to make healthier food, learning about the make up of food and how calories can be reduced through healthy cooking options.

## What will the course lead on to?

You may choose to go onto catering adult course after completion of this course. Equally, you may choose to simply use the course as a spring board to help to save more money on your food shopping, whilst enabling you to make fantastic healthy meals for the whole family whilst on a budget.



**Warrington  
& Vale Royal  
College**

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Winwick Rd, Warrington WA2 8QA

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 01925 494 494

Winsford campus  
Weaver St, Winsford CW7 4AH

 [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk)

## What support is available?

We have a team of staff dedicated to providing learning support if required, as well as a Welfare Team that is on hand to offer guidance, support and help when needed. Additionally, eligible students can access a wide range of finance and funding support to help them during their time at college. For further information please visit: [College Life](#)

## Why should I choose to study the course at Warrington & Vale Royal College?

This course will be delivered at our cutting-edge Buckley's restaurant. You will gain first class tuition by both our in-house chefs and our highly skilled multiply tutors. Also, don't forget you will be rewarded with a brilliant new Air Fryer, free of charge, if you attend all of the sessions.

## What are the entry requirements?

To be eligible for this course, you must be aged 19 older as of 31 August 2023. You must also be living in Warrington and have a Warrington postcode. Applicants must not have achieved a grade 4 (equivalent to grade C) or higher in GCSE Maths or must be able to demonstrate they are no longer working at this level. This will be established via an initial assessment.

## Are there any additional costs associated with the course?

There are no additional costs.



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