

**Lesson Plan:**  
**Feeling Fried and Pressured?**  
**How to Use Combination Air Fryer and Pressure Cooker**

Subject: Food Science

Grade Level: High School

Duration: 2 weeks (9 days)

Based on 45 minute class times



**Objectives:**

By the end of this lesson, students will be able to:

1. Identify the different parts of combination air fryer and pressure cooker
2. Explain the functions of combination air fryer and pressure cooker
3. Operate the combination air fryer and pressure cooker using its functions
4. Create a recipe using combination air fryer and pressure cooker
5. Evaluate the performance of combination air fryer and pressure cooker

**Needed Items:**

- Chromebook
- Air Fryer/Pressure Cooker Combo Appliance and Owner's Manual

***Day 1 and 2: Introduction to Combination Air Fryer and Pressure Cooker***

**Warm Up**

To begin the lesson, ask the students what they know about air fryers and/or pressure cookers/ instant pots. Ask the students to share any ideas they have or meals they have seen made in these appliances. Take a few minutes to discuss the pros and cons of each appliance.

KWL Chart.

**Introduction** - present the instant pot / airfryer to the students in the box, explain how to view and read product labels / display the owner's instructional manual and the importance of it

<https://www.youtube.com/watch?v=MRSHWpth1ek>

Using the owner's manual, the students will create a presentation in which they will evaluate the appliance's features using Google research, the appliance itself, as well as the owner's manual and share their thoughts about cost, value, ease of use, and clean-up. This activity will be completed in a "jigsaw learning format". Each group will be assigned an area from the topics listed below. All "jigsaw teams" will share one Slide Presentation to work from, provided by the teacher. They will create a Title Slide for their "puzzle piece" and research the material and provide pertinent information for their classmates to review. Once the various "pieces" are completed, the various groups will present their findings to the class while the class will take notes on a worksheet

provided.

### Research Activity

Google Slides Jigsaw Puzzle Piece Research Activity:

- \* List and Explain the benefits / cost / value of using this appliance in cooking
- \* List and Explain the different parts of the appliance, their functions, and ease of use
- \* Explain the similarities and differences between the two types of appliances - air fryer and pressure cooker
- \* Describe and Explain how to handle and use the appliance in a safe and proper manner
- \* Describe and Explain the steps on cleaning the appliance
- \* Review and Explain the warranty

1. Air Fryer/Pressure Cooker Appliance Jigsaw Puzzle Piece Learning Activity

[https://docs.google.com/presentation/d/1g3nAbls91q-jf3-xTwEfC6XOntzvBUalwX4ZSfjfxA4/edit#slide=id.g251da32fde6\\_0\\_142](https://docs.google.com/presentation/d/1g3nAbls91q-jf3-xTwEfC6XOntzvBUalwX4ZSfjfxA4/edit#slide=id.g251da32fde6_0_142)

2. Presentations of research to the class.

Jigsaw Puzzle Pieces Student Note Taking Worksheet

<https://docs.google.com/document/d/1ZPzia4-txuzZowuU5xESD9INi1y9cDe0RoWYhrFoj6Q/edit>

### ***Day 3 and 4 : Learning Center Activities for a Combination Air Fryer and Pressure Cooker***

1. Parts

[https://docs.google.com/document/d/1fO9rQg1t\\_bwlbfseXo2EpzwsnDGG1GRorX\\_xbVpGg8U/edit](https://docs.google.com/document/d/1fO9rQg1t_bwlbfseXo2EpzwsnDGG1GRorX_xbVpGg8U/edit)

2. Control Panel

<https://docs.google.com/document/d/1ZVNxSHsL2v46honkWgBeWa7B3Ha5M-kw2EYIGhy6k84/edit>

3. Cleaning / Maintenance / Safety

<https://docs.google.com/document/d/115vkZRQFFEJp8QBoGz-8CCX-TI8sIVobwuJG-KLxfPA/edit>

T - Worksheet Dos and Don'ts

[https://docs.google.com/document/d/1gYKqqfh-5rd7dfh8wKOxYehI7oWu\\_RK9BoDOXeqpPXY/edit](https://docs.google.com/document/d/1gYKqqfh-5rd7dfh8wKOxYehI7oWu_RK9BoDOXeqpPXY/edit)

4. Recipe Research

<https://docs.google.com/document/d/11HfGSxOV9Un0oCHlbKStxMgVOF4pfAIMjysNbjnf7sk/edit>

Air Fryer/Pressure Cooker Appliance Learning Center Activities Informational Sheets

[https://docs.google.com/presentation/d/1P1CXZBY\\_NSMgwFRDMA\\_7D3xiSrfEibhGDU9dvsWhDI8/edit#slide=id.g2294d399365\\_0\\_74](https://docs.google.com/presentation/d/1P1CXZBY_NSMgwFRDMA_7D3xiSrfEibhGDU9dvsWhDI8/edit#slide=id.g2294d399365_0_74)

### ***Day 5 : Learning Center Activities for a Combination Air Fryer and Pressure Cooker in Review***

1. The students will discuss and review what they have learned from the past two learning center day activities. They will present their findings to the class and turn in their work to the teacher.
2. As a class, the students will review various cooking charts and food items that can be made which are included with the appliance packaging. Ideas and food items to make this semester will be discussed and documented for future food labs.
3. The students will review the Trouble Shooting area in the Owner's Manual.
4. If students have an air fryer or pressure cooker at home, they will share their experiences.

### ***Day 6 : Prepping a Recipe for a Combination Air Fryer and Pressure Cooker***

Students will select a recipe to make / grocery shop for the needed items using price, brand, and size comparison shopping / annotate the recipe to understand the instructions

1. Students will present their chosen recipe to their classmates in Google Doc or Slide format.
2. The students will discuss and select a recipe from the offerings provided
3. Select the Recipe as a group
  - \* Grocery shop for needed items using skills learned from previous food classes
  - \* Annotate and Discuss the cooking time and temperature of the appliance
  - \* Review the appliance / reading the manual instructions / observing the appliance itself with switches and settings

### ***Day 7 and 8 and 9: Prepare a Food Item, Evaluation, and Feedback***

Students will have hands-on practice in the use of the appliance and cook a simple recipe selected as a class from their research.

- \* Follow the recipe and complete the finished product / taste test / clean up
- \* Review the final products with a follow up which will include evaluating the finished product and if the use matched the findings that they explored in evaluating the appliance's features in terms of cooking time, temperature, flavor, and texture of the dish.

#### **Instructions:**

1. Have the groups prepare the ingredients and cook the recipe together, following the steps they have outlined.
2. Once the dish is cooked, the groups will evaluate their cooking experience.
  - Did they enjoy the process?
  - Was the recipe easy to follow?
  - Did they encounter any challenges?

Encourage the groups to share their experiences and insights with the entire class.  
Conclude the activity by summarizing the value of using an air fryer/ pressure cooker for efficient and healthy cooking.  
Remind students that they can continue to explore recipes for their air fryers / pressure cookers at home.

Assessment:

To assess the learning outcomes of the activity, ask students to individually write a reflection essay, answering the following questions:

What was the most challenging aspect of cooking with an air fryer / pressure cooker?  
Did you encounter any new cooking concepts or terms while browsing recipes online?  
If so, how did you learn about them?  
What did you learn about making healthy meals with an air fryer / pressure cooker that you did not know before?  
How did the recipe that you prepared turn out?  
Would you change anything about it the next time you make it?  
Would you recommend an air fryer / pressure cooker as a useful kitchen tool? Why or why not?  
Did everyone in your group take part and do their fair share? Explain in detail.

Combination Classroom Research, Learning Center Activities, and Kitchen Food Lab Assessment:

The students' performance will be assessed based on their classroom research and presentations, note taking, learning center activities as well as participation in hands-on practice, the creativity of the recipe, mise en place, prep, the evaluation of the cooked dish, clean up, and teamwork.

\* Grading Rubric

[https://docs.google.com/document/d/13xvyqC1\\_dCfnXaOiM\\_TTqbNoxyGOFzYIkD\\_jy6bwLPU/edit](https://docs.google.com/document/d/13xvyqC1_dCfnXaOiM_TTqbNoxyGOFzYIkD_jy6bwLPU/edit)

*A Few Favorite Recipe Selections by the Students:*

Air Fryer Chocolate Cheesecake

<https://airfryingfoodie.com/air-fryer-chocolate-cheesecake/>

Air Fryer Oreo Cheesecake

<https://airfryingfoodie.com/air-fryer-oreo-cheesecake/>

Instant Pot Balsamic Pork Tenderloin

<https://www.lecremedelacrumb.com/instant-pot-balsamic-pork-tenderloin/>

Instant Pot Deviled Eggs

Becky L. Bucher / Cory-Rawson High School FCS

<https://www.skinnytaste.com/instant-pot-deviled-eggs/>