

All About Air Fryers

Directions: Use the provided [resource](#) to complete the following questions.

1. An air fryer is more like a ***conventional oven*** or a ***convection oven*** only smaller. *Circle the correct answer.*
2. How does an air fryer cook/heat the food?
3. Do you have to preheat an air fryer?
4. What is unique about the timer on an air fryer compared to an oven timer?
5. What makes foods prepared in an air fryer healthier than foods prepared in a deep fryer?
6. Why might you have to flip or shake foods in an air fryer part way through cooking?
7. You can convert most oven recipes and use your air fryer instead by following the *rule of 25*. Explain the rule of 25. *You may have to look this one up!*
8. How do you safely clean an air fryer?
9. What can happen to your air fryer if you don't regularly clean it?

10. Define the term “rancid”. *You may have to look this one up!*
11. True or False: Most foods that can be prepared in a deep fryer can be prepared in an air fryer.
12. Air fryers have many pros and cons. Read through the below statements and circle or highlight in green the PROS and underline or highlight in pink the CONS.
- It's a more healthful cooking technique than deep frying.
 - They cook food quickly at a high temperature, so items can burn more easily if you're not careful.
 - They generally have small capacity, so they're not the best for a large family.
 - They're easy to use.
 - They're not suited for cooking high-fat foods, such as bacon, which can burn and smoke as drippings occur.
 - They won't heat up your kitchen like an oven.
 - You can make crispy foods with a small amount of oil.
13. Look at the below chart and calculate the calorie saving between preparing the listed foods with an air fryer instead of a deep fryer.

Food Item	Air Fryer Calories	Deep Fryer Calories	Calorie Savings
French Fries	176/serving	471/serving	
Chicken Nuggets	200/serving	320/serving	
Chicken Wings	270/serving	531/serving	
Potatoes	166/serving	370/serving	
Chips	75/serving	179/serving	

14. Which food item above has the greatest caloric savings?

15. Click [HERE](#) for an image of an air fryer. Add one picture example for each category of a food and recipe link that could be prepared in the air fryer **Note:** Do NOT use duplicate food examples to cover several categories or use food examples from the linked resource or the **provided sample**; find new ideas! Be sure to label the category the food is representing. **SAMPLE**

- Appetizer
- Breakfast
- Main Dish
- Side
- Dessert



16. If you could choose ONE food item/recipe from your five examples to prepare in our 43 minute food lab, which one would you choose?