

Course Outline and Details

Course Code	TL7010Y25C	Title:	Cooking With An Airfryer
Time and duration		Location	
Start Date:	07 January 2026	Welcome to the UK Hub	
Start Time: 12:30	End Time: 14:30	Grays Shopping Centre	
Start Day:	Wednesday		
No. of Lessons:	6	Grays	
No. of Weeks:	6	Essex	
Total No. of Hours:	12.00	RM17 6QE	E: tacc@thurrock.gov.uk

Description

This is a 6 week practical course for ESOL learners to build everyday English while cooking simple, healthy meals. Each session combines step-by-step air fryer recipes with vocabulary, speaking, reading, and writing activities. Learners will gain confidence in the kitchen and in using English for everyday life.

Entry Requirements

This course is for ESOL learners at beginner to intermediate level (Entry 1 -3). No previous cooking experience is required.

Please inform your tutor of any food ALLERGIES or DIETARY requirements before the course begins.

Learning Outcomes

This course combines practical cooking skills with English language learning. You will learn how to safely use an air fryer to prepare simple, healthy snacks, family meals, and sweet treats. At the same time, you will build your English vocabulary, practise speaking, listening, reading recipes, and writing simple instructions.

By the end of the course you will have developed new friendships and interests groups and taken the opportunity to learn more about your local community.

Resources/Equipment

Pen and notebook

Container to take food home

Ingredients may be provided, but sometimes you may be asked to bring items

Support Available

Support from the tutor with language and cooking tasks

Visual resources and recipe cards

What is expected of me?

Attend all sessions on time

Take part in cooking and language activities

Work safely and follow health and safety guidance

Practise English inside and outside the classroom

Progression

After this course, you can progress to other ESOL courses, craft classes, or employability and skills-based courses.

Other Tailored Learning workshops/courses.

Further courses at TACC (www.tacc.ac.uk)

Health/Medical Conditions

Please inform your tutor of any food ALLERGIES or DIETARY requirements before the course begins.

Please advise your tutor of any medical or health issues that may impact on your learning or your safety whilst attending the college.

The College wants to make sure every learner has the best chance to achieve their full potential. If you need any help or support on your course, and you have not told us already, please speak to your tutor or email TACC@thurrock.gov.uk and a member of staff from our Learner Experience Team will contact you. Everything you tell us is in confidence and we will only use this to help you on your course.