

Student Name:

Summary: Why is practice important to mastering a skill? What is pride? And how does it show up at work? In this lesson, you will listen to a short story from StoryCorps and answer a few questions that hone in on taking pride in one's work and the importance of practice.

Time: 20 minutes

Materials:

- Computer or phone with internet access to listen to the podcast
- Notepad, paper, and pencil

Vocabulary:

- **Lox:** salmon that has cured in a salt-sugar rub or brine
- **Pickling:** the process of preserving or extending the shelf life of food by either anaerobic fermentation in brine or immersion in vinegar.



HOW TO: CUT VEGETABLES

LISTEN: First, listen to [Joshua Gubitz and Len Berk Story Corps](https://tinyurl.com/ESYslicing). Click the following link or type <https://tinyurl.com/ESYslicing>.

WRITE: Write the answers to questions on your notepad or paper. You may re-listen to the audio recording or re-read the transcript as often as you need to help you answer the questions.

1. Why is practice important to mastering a skill? When Len says “I’m still trying for the perfect slice,” how does he mean that? Is he still practicing after 20 years?
2. Two aspects of taking pride in work are identifying with the job and finding joy in the work. How does Len find joy in his job? What does Len say that shows he identifies with his work?
3. What do you do that you take pride in? Are there any aspects of cooking that you enjoy doing?
4. Look back on the goals from the worksheet Finding Success on Your Own Terms. Are there any additional kitchen techniques that you want to improve your skills on?



YOUR PERFECT SLICE

Teacher Notes:

- If students are completing this lesson as part of the kitchen curriculum [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 2.2. The second lesson of Unit 2.

References:

StoryCorps (2015, June 5). *Joshua Gubitz and Len Berk*. [Audio Clip]. Retrieved from <https://storycorps.org/stories/len-berk-and-joshua-gubitz-150605/>

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