



Student Name:

## Learning How to Flip Food

**Summary:** Have you watched chefs on TV effortlessly flip an egg or pancake without using a spatula? Do you want to be able to do that and impress your friends with your skills? In this lesson, you'll learn how to flip food in a sauté pan and reflect upon how you learn new skills.

**Materials:**

- Computer or other device to view the video
- Paper and pen or pencil
- Pan with curved sides and something to practice flipping, such as popcorn or uncooked rice

**WRITE/DESCRIBE:** Write the story of a time you had to learn something new that involved practice. What were you learning? How did practice help you learn?

### Write or Draw Your Story

Now that you have reflected on the importance of practice, you are going to learn a new skill that requires practice—how to flip food.

**WATCH:** Go to <https://tinyurl.com/esyflipfood> to watch Nick from The Edible Schoolyard demonstrating the skill of flipping food in a pan.

**PRACTICE:**

Head to the kitchen and practice flipping. **REMEMBER:** To flip food in a pan, you want to push the pan away from you to get the food moving, and then yank it back with a gentle toss. You

should expect to make a bit of a mess when you are starting out. Remember to clean up and keep practicing!

**REFLECT:** How'd it go? Go to someone in your house and demonstrate what you learned. How long do you think you will have to practice to master the food flip?

**Student Notes:** Want to explore further? Below are some ways you can practice flipping and share what you learn with others.

- **What else can you flip?** Think about other foods that can be flipped. Write them down and practice filling those foods.
- **Saute and Flip.** Did you know that flipping food is an important technique when you saute food? Perfect your filling skills while sauteing. Use our [saute visual](#) for information on how to saute.
- **Share a video of your flipping food skills.** Once you feel confident in your flip, record a video, and share it with your teacher and family members.
  - We would love to see your videos and post them on our social media platforms! If you would like to share your videos with us, please ask permission from a parent or guardian. Tell them to fill out our [Media Release Form](#). Send the signed form along with your video to Edible Schoolyard at [learning@edibleschoolyard.org](mailto:learning@edibleschoolyard.org).

**References:**

Edible Schoolyard Project (2020 April, 23). *Flipping Food Demonstration*. [Video]. Retrieved from [https://www.youtube.com/watch?v=ho6fnWjNY\\_4&feature=youtu.be](https://www.youtube.com/watch?v=ho6fnWjNY_4&feature=youtu.be)

**Notes for Teachers/Parents**

- This activity...
  - Supports students in practicing reflection
  - Asks students to utilize tools in the kitchen
  - Reaches our student outcomes of:
    - Students feel that cooking and gardening is more accessible.
- The *student notes* section of this document details ways to engage further. One of the prompts suggests students share a video with us of them filling food. That section requests that students get permission and that parents fill out a media release form.