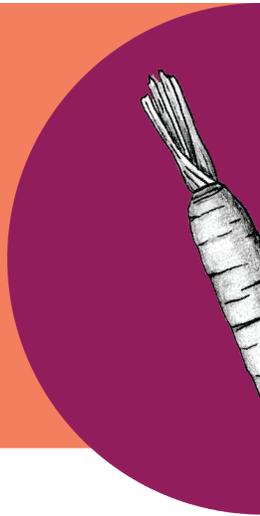


THE **EDIBLE**
SCHOOLYARD
PROJECT



HOW TO: FLIP FOOD

Student Name:

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.

Time: 30 minutes

Materials:

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



HOW TO: FLIP FOOD

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

A large, empty rounded rectangular box with a black border, intended for students to write or draw their 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: View the [Flipping Food Demonstration](https://www.youtube.com/watch?v=ho6fnWjNY_4&feature=youtu.be) video at https://www.youtube.com/watch?v=ho6fnWjNY_4&feature=youtu.be to watch Nick from The Edible Schoolyard demonstrate the skill of flipping food in a pan.



HOW TO: FLIP FOOD

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!

CLEAN: Now that you are done in the kitchen it's time to clean up! Go to the lesson, [A Clean Kitchen](#) to download your [Cleaning Checklist](#).

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 flipping those foods.
- **Make it a challenge:** Try to flip the rice (or whatever you have in the pan) ten times in a row without spilling any!

References:

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

Notes for Teachers/Parents

- If students are completing this lesson as part of the kitchen curriculum, [Cooking with Curiosity: Challenging Perfection with Reflection](#), this lesson is 3.1, the first lesson of Unit 3.
- This lesson encourages students to practice flipping with rice or popcorn kernels as a means of low stakes practice. Flipping a cooking egg or pancake is more difficult and also more stressful as a mistake would mess up the end product. Practice with rice or popcorn kernels also avoids the risk of burning themselves with hot food while learning a new fine motor skill. This lesson provides practice for students to build their motor skills and muscle memory before attempting to flip hot food. This practice sets them up for success when it matters.