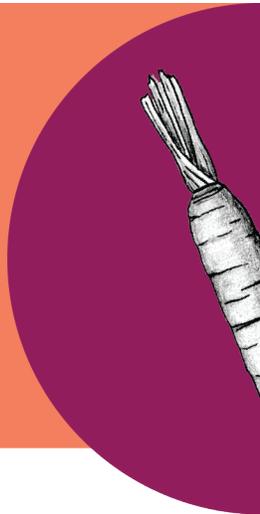


THE **EDIBLE**  
**SCHOOLYARD**  
PROJECT



## SPIN YOUR KITCHEN REFLECTION WHEEL

**Student Name:**

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**Summary:** Your reflection wheel has eight different questions that expand on the question: *Are you happy with what you made and how you cooked? Why or why not?* Every time you cook, spin your wheel, and reflect on the question you land on. There are a variety of ways to respond to that question. Choose ONE of the reflection prompts below to answer the question.

**Time:** 10-20 Minutes

**DO:** First think about the following question: *Are you happy with what you made and how you cooked? Why or why not?* You can respond in writing or just think through your answer. Then spin your kitchen reflection wheel. If you don't have a [Kitchen Reflection Wheel](#) see the questions below and choose one at random.

Write down which reflection question you landed on.

My reflection question:

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## SPIN YOUR KITCHEN REFLECTION WHEEL

**CHOOSE:** Select ONE of the following prompts to reflect and respond:

1. Draw your answer to the question from the reflection wheel.
2. Find an older family member and tell them your answers to the reflection wheel topic. If you are completing this lesson in a class, write down what you discussed.
3. Copy the question from the reflection wheel onto a piece of paper. Then, write 2-4 sentences answering the questions.
4. Record a voice memo of your response to the reflection wheel topic.

### Reflection Wheel Questions:

1. LOOK: Do you like how it looks? Are you comparing it to something else?
2. TASTE: Do you like how it tastes? Are you comparing it to something else?
3. SKILLS: Did you feel you had the information and skills needed? Did you feel you had the right equipment?
4. LEARNING: What did you learn from the process? Would you change anything? What?
5. CURIOUS: How did you stay curious? What questions did you ask?
6. SENSES: How did you use your senses? Did you stay present?
7. CHALLENGES: What challenges did you encounter? Did you ask for help when needed?
8. MAKE AGAIN? Do you want to make this dish again? Would you use the same recipe?

### Student Notes:

- Try spinning the wheel as you are cooking or during a time you are starting to feel frustrated by the cooking process. Some of the questions might help you remember your [Kitchen Habits of Mind](#).
- Try spinning the wheel a couple of times after you cook and answering multiple questions!
- Get someone in your house who cooks to spin the wheel and support them to reflect on their cooking!

**Teacher and Parents Notes:**

- Parents: The [Kitchen Reflection Wheel](#) is a great way to prompt reflective conversations that build critical thinking skills. Consider creating a family version of the reflection wheel, answering the questions as a family.
- If students are completing this lesson as part of the kitchen curriculum *Cooking with Curiosity: Challenging Perfection with Reflection* this lesson is 1.2b: The second part of lesson two of Unit 1.