

# COOKING WITH CURIOSITY -

## Supporting Reflection & Self Efficacy

When do you reflect? How do you reflect?

The Edible  
Schoolyard Project  
encourages choosing  
locally grown, organic  
produce to support the  
health and wellbeing of  
farmers, farmworkers,  
and the planet



# THE EDIBLE SCHOOLYARD TEAM LEADING THE TALK TODAY IS:



Nick Lee is a Senior Program Manager and has been with the Edible Schoolyard for nine years after starting as an AmeriCorps service member in 2012.

Raquel Vigil is a Curriculum Specialist joining the team this past fall after leading the Urban Ag. Career Technical Education program at Mission High in SF for 6 years and completing her Masters in Curriculum and Teaching at Teachers College, Columbia University.



As Project Coordinator, Russell helps manage the Edible Schoolyard Project's volunteer program, leads tours of the garden and kitchen classrooms, curates and maintains the online resource library, and supports with online communications.



# Agenda

- Who is in the room? Poll and all together moment
- Reflection as a tool to build self-efficacy
- Intro to Cooking with Curiosity
- Reflection on your own cooking
- Breakout Discussion - How can you support students to practice reflection?
- Q&A



# Essential Questions

- What is self-efficacy? What is reflection?
- What is Cooking with Curiosity and how can you access and use it?



# The Edible Schoolyard Project

- Founded by chef and owner of Chez Panisse, Alice Waters
- All students participate in the garden and kitchen programs at Dr. Martin Luther King Jr. Middle School in Berkeley, CA (~1,000 students)
- Students are farmers, cooks, learners, and teachers.
- Celebrating our 25th anniversary this year.
- Over 5,800 programs are part of our global network of edible educators.
- New curriculum development and online teacher trainings in response to learning at home.



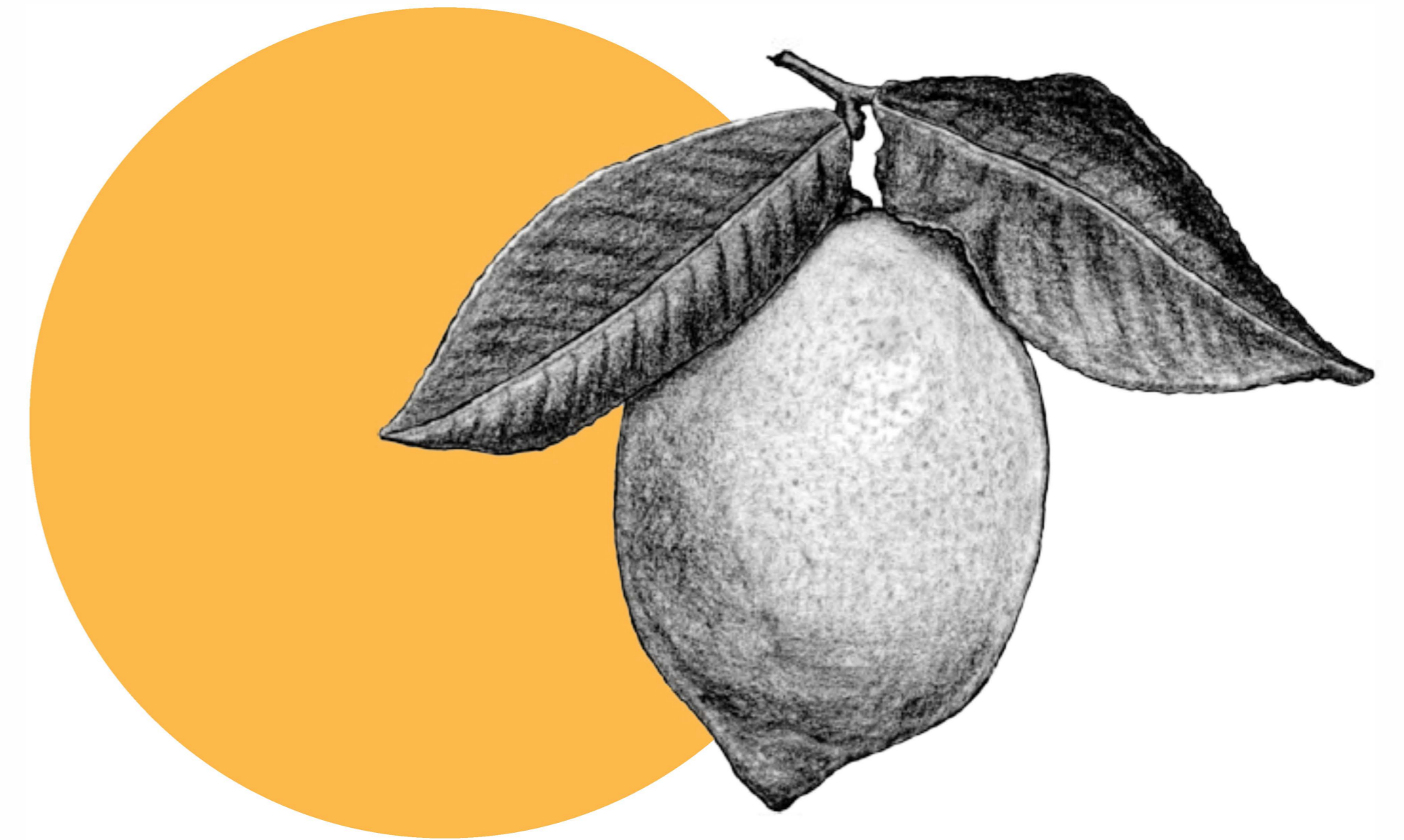
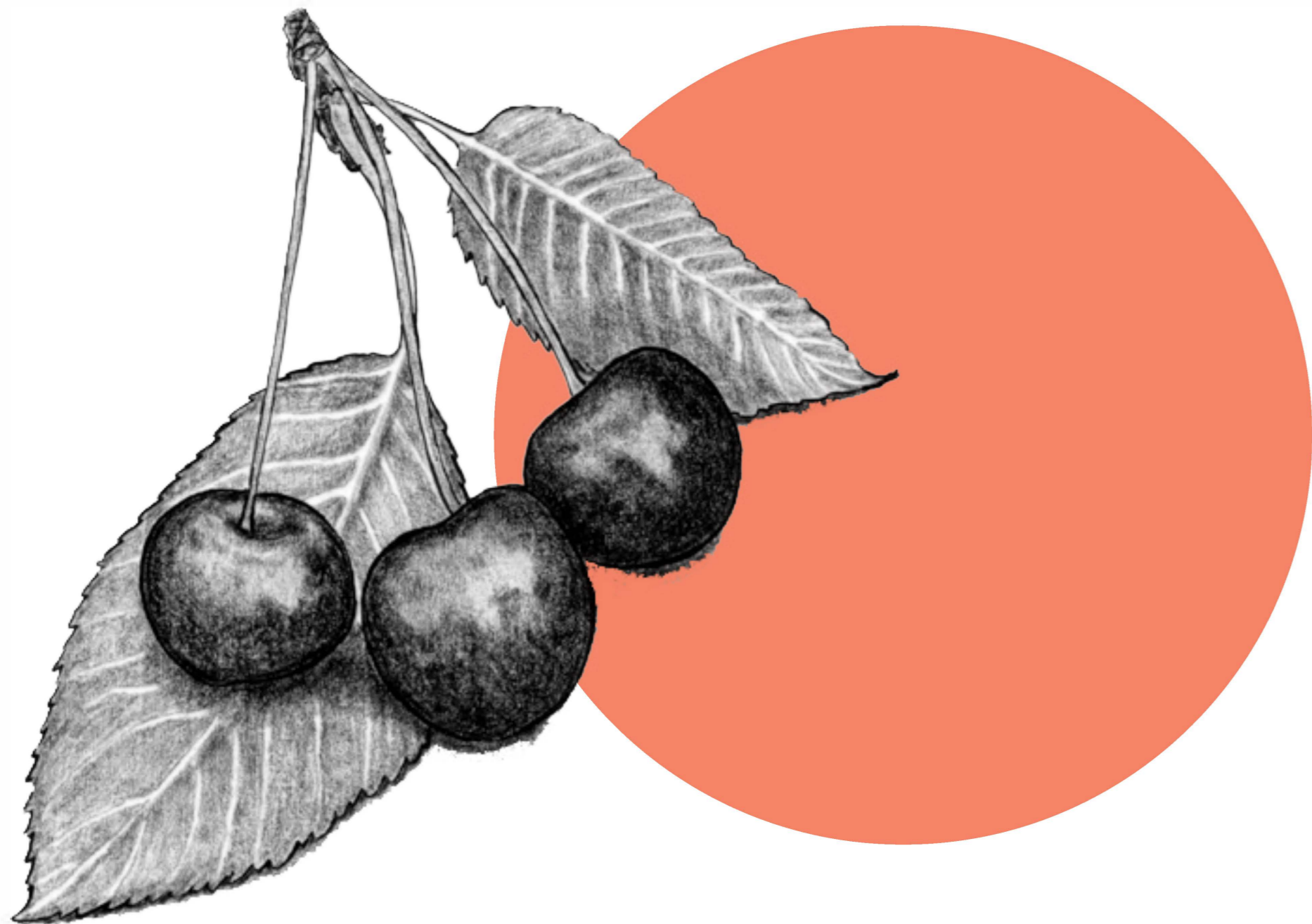
# WHAT IS EDIBLE EDUCATION?



- Edible education is expansive - it engages health & wellness, sustainability, labor & justice, food systems, and life skills.
- Edible education is personal - it sparks joy, curiosity, appreciation, and connection.
- Edible education is cross-curricular and interdisciplinary - food and gardening can all be taught across multiple subjects.

# Reflection and Self-Efficacy

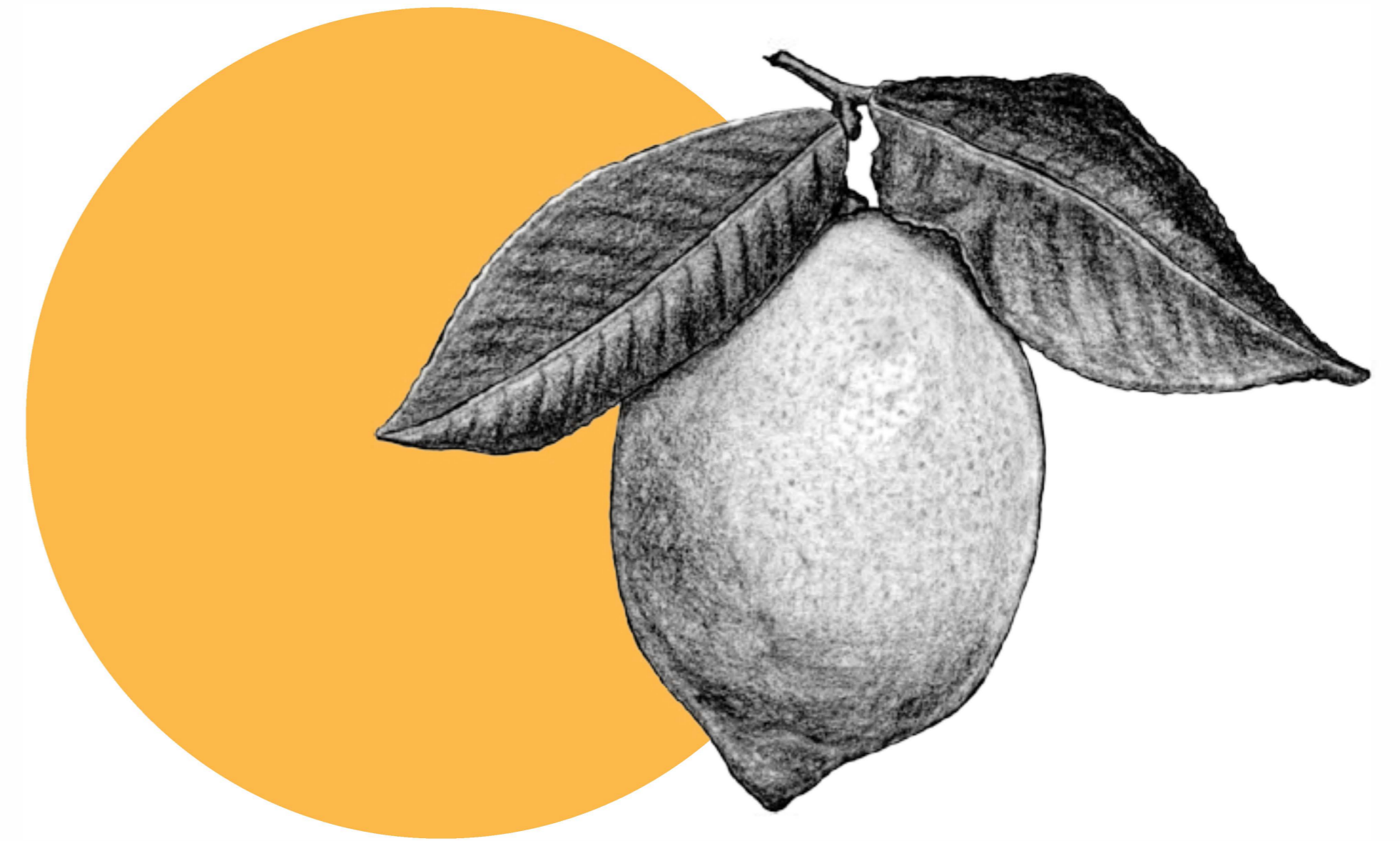
**Reflection** is the practice of looking at and considering your own thoughts and experiences.



**Self efficacy** the belief that an individual holds that they can accomplish things.

# Questions to answer in chat

How do you prompt students to reflect?



What are different ways to engage in reflection?



# Cooking with Curiosity

A curriculum that supports cooking skill development through reflection, experimentation, and choice-based recipes

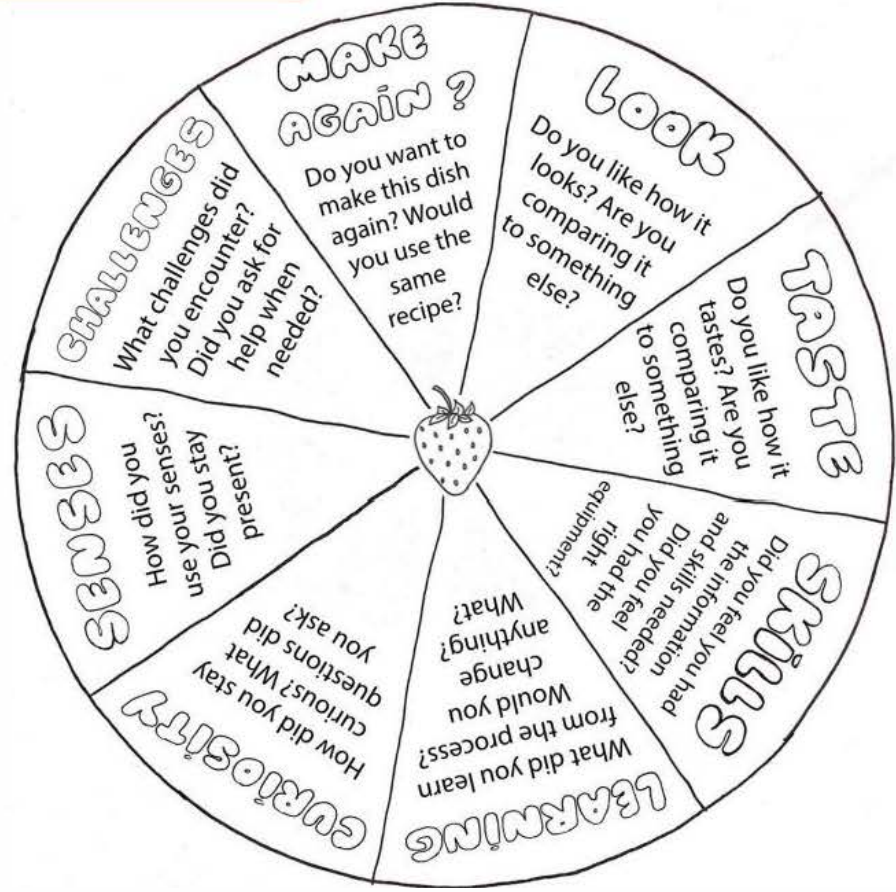
- Available to all at no cost
- 16 week curriculum AND each lesson designed to work as a standalone
- Designed for distance or in-person learning
- Reflection is woven into the entire curriculum





# KITCHEN REFLECTION WHEEL

- Think of one of the following:
  - the most recent thing you cooked
  - a recent cooking project that didn't turn out well
  - the latest "new to you" thing you cooked
- Take 5 minutes to reflect and write some answers to the questions on the reflection wheel.



# Breakout Time

- Roughly 8 to 10 minutes to discuss the following:
  - Introduce yourself!
  - How did it feel to do a written reflection on cooking? Did you process or realize anything new?
  - How might you support your students to do more reflection?
  - Do you have any questions from this session that your peers may be able to talk through with you?

