

# Dried Beans: Cultural Resistance and Environmental Resilience

## HANDOUT: Cooking Lab Reflection (p.1)

Name: \_\_\_\_\_ Meal: \_\_\_\_\_

Component	Meeting (I am able to...)
Enduring Understanding/6 EU	<ul style="list-style-type: none"><li><input type="radio"/> Make strong connections between our class content (vocab, themes, and specific examples, etc.) and the meal we made.</li><li><input type="radio"/> Explain why we made the meal and how it connects to sustainable food systems.</li></ul>
Experimentation/6 EXP	<ul style="list-style-type: none"><li><input type="radio"/> Contribute equally to our cooking lab work.</li><li><input type="radio"/> Maintain a clean and food-safe cooking environment.</li><li><input type="radio"/> Reflect on and analyze my meal, cooking experience, and cooking skills.</li></ul>

1. Insert a picture or describe your meal.

2. SENSES & CURIOSITY: What did it look like and taste like? What did you like about it? If you had to make the dish again, what would you try differently next time? (3-4 sentences)

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## HANDOUT: Cooking Lab Reflection (p.2)

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Name: \_\_\_\_\_

3. CONNECTIONS & CHALLENGES: What did you learn during the cooking process (foods, skills, collaboration, etc.)? What do you want to remember? What do you want to practice for next time? (3-4 sentences)

4. CLASS CONNECTIONS: Why did we cook this meal? How does this dish connect us to our current unit and class content? How does what we cooked connect to sustainable food systems? You should reference specific examples and use our class content and terms.

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## HANDOUT: Cooking Lab Reflection (p.3)

Name: \_\_\_\_\_

5. COOKING SKILLS: Review this rubric and assess your cooking collaboration and food safety.

Component	Meeting (I am able to...)
Food Safety (EXP)	<ul style="list-style-type: none"><li>○ Maintain a clean and safe cooking environment by:<ul style="list-style-type: none"><li>• Using sanitary techniques (washing hands, long hair pulled back, keeping hands and tools away from mouth, etc.)</li><li>• Using techniques to minimize cross-contamination.</li><li>• Using techniques to minimize harm (knife safety, heat safety, closed-toe shoes, etc.).</li><li>• Keeping the lab station neat and orderly.</li></ul></li></ul>
Cooking Skills (EXP)	<ul style="list-style-type: none"><li>○ Be open to trying new foods and cooking techniques.</li><li>○ Independently follow a recipe and lab instructions.</li></ul>
Collaboration, Self-Direction (SD)	<ul style="list-style-type: none"><li>○ Divide the work up equally and efficiently.</li><li>○ Rotate responsibilities.</li><li>○ Listen to others' ideas and respectfully communicate your own viewpoint.</li><li>○ Clean up the workspace and cooking kit.</li></ul>