

THE EDIBLE  
SCHOOLYARD  
PROJECT

# KITCHEN REFLECTION WHEEL

Student Name:

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**Summary:** While you are learning to cook, it is important to take time and reflect. You will want to notice what went well and what you would do differently next time. In this lesson, you will create and decorate a kitchen reflection wheel that you will use as a tool to prompt reflection throughout your time in the kitchen. The lesson [Spin Your Kitchen Reflection Wheel](#) shows you how to use your wheel.

**Time:** 30 minutes

**Materials:**

- Scissors
- Glue
- Thumbtack, pushpin, or round prong brass fastener
- Cardboard (optional)
- Colored pencils, markers, or crayons (optional)
- [Reflection Wheel Visual](#)
- Paperclip



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**READ:** Taking time to reflect on your experience in the kitchen will help you become a better chef. One of the most important questions you can ask yourself is *Are you happy with what you made and how you cooked? Why or why not?* When you take the time to answer this question, you will notice your successes and what might not have worked. Unfortunately, most of the time when a recipe doesn't work out, it is treated as a failure. However, as the [Kitchen Habits of Mind](#) lesson states, cooking is about being open to the process and understanding that no matter how a recipe turns out, you should celebrate.

To encourage you to reflect on the question, *Are you happy with what you made and how you cooked? Why or why not?* you will create a kitchen reflection wheel and respond to the question you land on.

**CREATE:** Follow these steps to create your kitchen reflection wheel.

- Print out your [Reflection Wheel Visual](#). If you don't have a printer, you can copy down the template onto a piece of paper.
- Glue your reflection wheel onto cardboard. You can cut out your wheel so you just have the circle or leave as is.
- Decorate and color your wheel however you want!

**CREATE:** Choose ONE of the following ways to make your spinner.

1. **Make a spinner using a pencil**

- a. Place a paperclip in the center of your kitchen reflection wheel (on the image of the strawberry)
- b. Place the pencil point in the center of your reflection wheel and push the end of the paper clip so it rests behind the pencil point and spin! See image one for reference.



Image one: *pencil spinner example*



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## 2. Make a spinner using a paperclip and a brass fastener or thumbtack

- Open a paper clip so that it is an “L” shape or leave as is.
- Pierce the center of the spinner. You can use the sharp point of your scissors to pierce a hole.
- Place a thumbtack or brass fastener in the hole of the paperclip, securing the paper clip to the wheel. If you are using a brass fastener, make sure you secure it to the back of your wheel. See photos below for reference.



Image Two: Spinner with Brass fastener

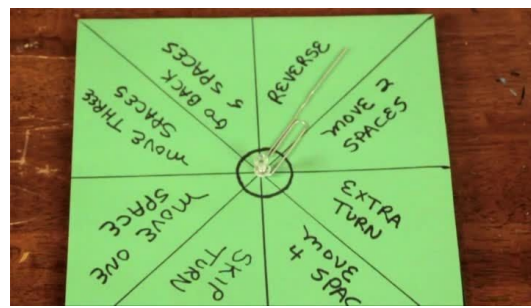


Image three: spinner with a thumbtack

**DO:** See the lesson titled [Spin Your Kitchen Reflection Wheel](#) for what to do next.

### Teacher and Parents Notes:

- If students are completing this lesson as part of the kitchen curriculum [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 1.2a: The first part of lesson two of Unit 1.
- For sections that instruct students to READ, you can record yourself reading aloud and send it to students. Direct them to read along with the recording. This is a helpful strategy for differentiating learning that supports all students, especially English Language Learners.

## References:

Image One: Math Games 4 Kids. Learn with math games.com. Retrieved by <https://www.learn-with-math-games.com/math-games-4-kids.html>

Image Two: Chitwood, D. (2018, May 14). How to Make a paper clip game spinner that spins easily. Living Montessori Now. Retrieved from <https://livingmontessorinow.com/how-to-make-a-paperclip-game-spinner-that-spins-easily/>

Image Three: *Middle School Math Mania*. Wordpress.com. Retrieved from <https://middleschoolmathmania.wordpress.com/2013/09/13/integer-practice-with-dice-and-spinners/>

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