# REFLECTION WHEEL



**MAKE AGAIN?**
Do you want to make this dish again? Would you use the same recipe?

**LOOK**
Do you like how it looks? Are you comparing it to something else?

**CHALLENGES**
What challenges did you encounter? Did you ask for help when needed?

**TASTE**
Do you like how it tastes? Are you comparing it to something else?

**SENSES**
How did you use your senses? Did you stay present?

**SKILLS**
Did you feel you had the information and skills needed? Did you feel you had the right equipment?

**CURIOSITY**
How did you stay curious? What questions did you ask?

**LEARNING**
What did you learn from the process? Would you change anything? What?