

Light of Life

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7th Grade

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The concept of the “meal” is uniquely human. Traditions and practices around food are a form of internalized understanding about the respective cultures we live in and, by extension, can provide a platform to investigate what differentiates human beings from other forms of life. Kids enjoyed getting to use their hands in ways that may be outside of their norm (food prep, cooking) and investigated their own personal histories centered around food traditions. Each student had ample opportunities to share parts of themselves in creative ways (cookbook) and getting to know more about others in our (digital) classroom community. This project heavily focused on using food as text, a form of media accessible for students from all dispositions; everybody’s gotta eat!

Teacher Reflection

This project was a fun way for our students to form rich connections with themselves and one another! In exploring the cultural heritage connected to the different foods in their lives, students developed a profound understanding of self that they were excited to share. By developing their cooking skills, our students also gained confidence around other important life skills such as collaboration, exploring their senses, and patience.

—Jean Catubay

Student Reflection

I think that learning about food was fun because it’s something that a lot of people have in common. It was fascinating to learn about different cultures and get to try the cuisine that people in our class enjoy. I was proud of myself for learning some basic cooking skills, which I think will be important in the future. I even got my Food Handler’s Card! This project was also a good opportunity for me to get to know my family a lot better.

—Bressi R.G.