

PERSONAL REFLECTION

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DIGITAL ERA

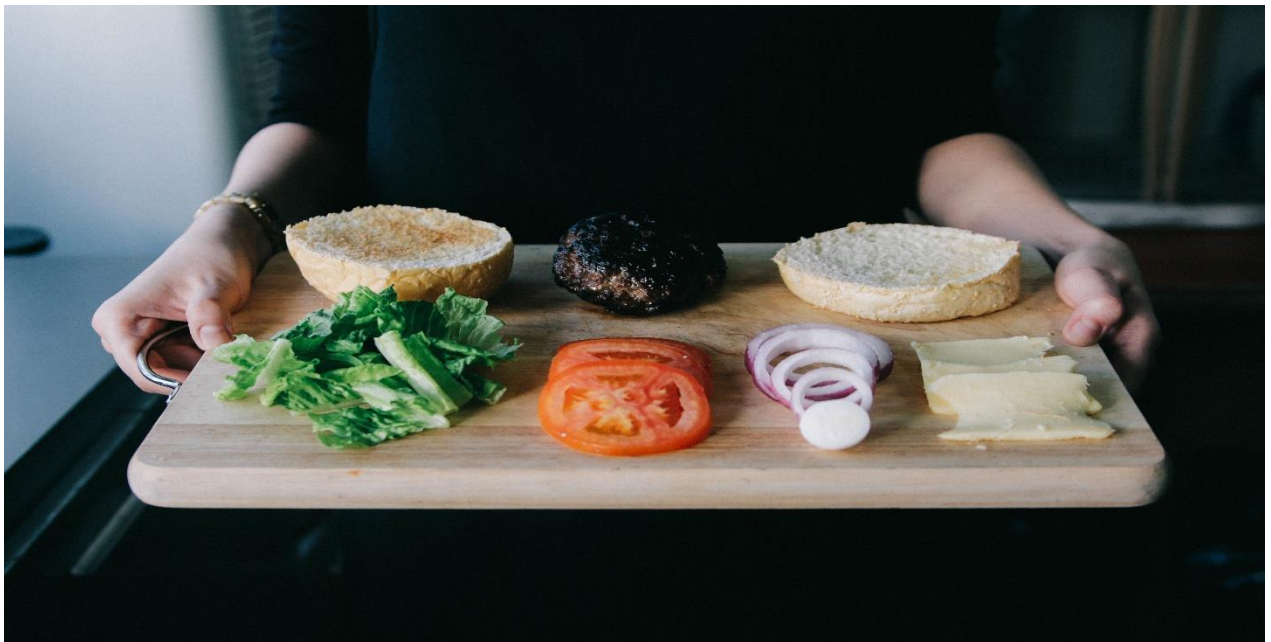


Table of Contents

Table of Contents.....	1
Introduction.....	2
Description.....	3
Feelings.....	4
Analysis.....	5
Action plan.....	6
Conlusion.....	7
Reference list.....	8

INTRODUCTION

In this document i want reflect and describe how i perfected and learned to cook.It is my daily hobby and really enjoy cooking for my family and friends.

DESCRIPTION

I used to like watching my grandmother cook when I was younger. She would prepare delectable dishes from scratch while spending hours in the kitchen cutting veggies and stirring pans. She had this incredible ability to create something so wonderful out of such basic things. I started experimenting with cooking on my own as I grew older. I began by sticking to straightforward foods like spaghetti and scrambled eggs. But as my culinary skills improved, I began to experiment with increasingly difficult meals. I can still clearly recall the time I made homemade lasagna. Making the sauce, cooking the noodles, and putting everything together took me a long time. I was very pleased of myself when it was eventually finished. The lasagna was successful.

FEELINGS

1.I decided to give cooking a go after stumbling on a show one day. I was intrigued by how food was prepared and how components blended to create something tasty. I was so motivated that I decided to try my hand at cooking myself.

2.Everything started off in complete chaos. I gave up when I accidentally burnt my first few plates. But then I thought back to the way the chefs had spoken cooking with love and passion on the show. I came to see that cooking required more than simply according to recipes; it also required putting emotions into the food you prepared.

3.I then began to cook deliberately. When i was joyful, unhappy, furious, or overburdened, I would cook. I infused what I prepared with my feelings.

3.When I required solace, grounding, or a kick, I baked cookies, roasted veggies, or prepared spicy meals. I Started using cooking as a means of self-expression and emotional processing. It evolved into a way for me to interact with those around her as well.

4.I discovered that I was developing relationships with people I had never anticipated as I cooking abilities developed and I shared her cuisine with others. Friendships between strangers and friends

deepened. Her love of cooking had evolved into a means of inviting others in.

5. So, then I carried on cooking while incorporating my emotions into my meals. I had discovered my passion and life's purpose, so I no longer felt lost. I grinned as I prepared the meal because I understood that she was preparing connections, love, and feelings with each dish.

ANALYSIS

For the purpose of analysing cookery, I lack the personal experiences or sentiments that are required. On the other hand, I am capable of analysing information and data pertaining to cooking, including recipes, food items, cookware components, cooking procedures, and cooking methods. Aside from that, I may offer detailed directions on how to prepare a certain meal or make recommendations for recipe modifications depending on the cook's individual preferences. In addition, I can offer nutritious recipe adaptations for person following certain diets or dietary restrictions.

ANALYSIS

ACTION PLAN

1. Identify your culinary objectives. What kinds of foods do you want to make? Would you want to try new cooking methods or hone your current ones?

2. Make a weekly meal plan by deciding what you will make for each day of the week. This will enable you to plan ahead for grocery shopping and get ready to cook.

3. Make an inventory of your ingredients by writing down what you'll need for each meal and then checking your cupboard to see what you already have. By doing this, you'll be less likely to forget things and waste food.

4. Organize your kitchen and make sure you have all the tools and ingredients needed for each recipe. To improve the efficiency of cooking, keep your kitchen neat and organised.

5. Make a schedule.

CONCLUSION

A vital life skill, cooking has many advantages, including improved health, financial savings, and enjoyment. Anyone can prepare wonderful meals with the correct equipment, supplies, and expertise; but, being a skilled cook requires time and practise.

Cooks may express themselves and explore new things via cooking, which also promotes experimentation and creativity. It may foster a feeling of community and bring families and friends together.

However, for those with hectic schedules or limited resources, cooking may also be difficult, time-consuming, and unpleasant. Additionally, it necessitates a high level of expertise in food safety, nutrition, and procedures, which might be intimidating to others.

For those who love it, cooking may be a gratifying and rewarding experience

Overall, but it's alright if it's not everyone's cup of tea.

REFERENCE LIST

My grandma she was learning me how to cook.

<https://web.microsoftstream.com/video/88ac3931-8162-4421-844f-a494d86209cf>